



Boca Raton Road Runners

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September 2011

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BRRR Monthly Board Meetings

1st Wednesday of the month
Saquella's Café 8pm
Royal Palm Plaza,
Boca Raton



If you missed our two social events last month, then you missed out on some good food, great fun, and fast times, even in this heat. The Levis JCC race had over 400 finishers in its inaugural event on a hot, sticky and stormy evening at South County Regional Park in West Boca. Luckily, the rain and lightning flashes stayed in the distance, and the Levis JCC's Run, Sweat & Beers 5k certainly went off at a lightning pace. Maybe the threatening conditions contributed to the fast times! Afterwards, race director Janet Hull served up 6 varieties chicken wings and a keg of cold beer, courtesy of Hurricane Grill & Wings in Boca to parched and hungry runners.

Two days later the club was at The Dreher Park, Palm Beach for the 7th annual running of The Dash. The race went off without a hitch under perfect skies and the steamy temperature. Afterwards race director Dave Ragsdale directed runners to a BBQ dinner of hotdogs and hamburgers with all the trimmings.

At both races BRRR members provided a strong presence and took home some hardware! Here are some of the notable performances from the Run, Sweat & Beers 5k: Scott Heckman, 20:44.5, Lauren Fuchs 21:48.5, Tom Kasprik 21:53.8, Larry Podwill 22:11.4, Kara Mills 23:32.3, Kari Hamilton 23:44.5, Rie Gibbons 25:29.9, Lee Bernstein 28:38.5, Maria Rose 30:18.8, Mindy King 30:22.5, Ramona Legowski 33:10.1, Jack Rudman 45:10.1. And at at Dreher Park: Josh Peterson 17:43.4, Dan Chun 23:06.4, Cicily Chun 24:45.2, Joanne Neustrand 27:14.5, Diane Lavalley 42:31.2, Geri Barry 38:11.4, Liz Scarry 43:43.9 Congrats to everyone who ran and placed!

Several of the above participants sharpened their times by attending BRRRC's track program at FAU, which sees between 40 to 50 runners going through their paces on any given Tuesday night. I want to make sure everyone is aware that safety is our number one priority. Recently, we had to cancel a work-out mid-way through due to a fast approaching storm throwing off some fierce lightning. Thanks to everyone for responding to the coaches' decision - your cooperation and sportsmanship in vacating the track so quickly was greatly appreciated - even though the storm never really materialized into to anything dangerous.

Speaking of the tricky weather conditions, I hope everyone is taking advantage of the information Nancy Frey provided last month in her article on hydration. Nancy is back again this month with more important training tips. If there is anyone in the club who wishes to pass on specific knowledge and skills that will help our members, please feel free to contact me and I will arrange publication of a periodic or one-off column on your special subject.

With marathon season upon us, the club is looking to publish a list in next month's issue of the marathons that members have registered for this Fall and Spring. Please send your marathon information to bocaroadrunners@yahoo.com

My final note is an update on the Boca 10k. Unfortunately, the BRRR board has decided to cancel the race for 2011, due to economic reasons. Last year the event, held in December - on a weekend when there were several other races on the Broward/Palm Beach race calendar - was poorly attended. The event was scheduled for October this year, but we have been closely monitoring the proliferation of races in South Florida and weighing up our chances of putting on a successful event in an economy that is spiraling downwards and frightening off sponsors. Sadly, the answer is we cannot compete this year. In 2012, however, we are already working to bring it back as one of our major races.

See you out *running*...Scott

Track Etiquette

- ◇ Arrive early to warm up and stretch, run clockwise in the outer lanes to warm up.
- ◇ Always run your work-outs in a counterclockwise direction (the infield will be on your left).
- ◇ The lanes of a track are like lanes on a freeway. The inside lanes on the left are reserved for faster runners. The lanes farther to the right are for the not-so-fast runners and walkers.
- ◇ No iPods Allowed
- ◇ Always pay attention to runners around you, especially when you are starting and stopping.
- ◇ Try not to run more than two people abreast (shoulder to shoulder) so you aren't blocking the lane.
- ◇ Move to the right if you hear someone yelling "track" or "on your left." This signals that a runner is coming up on your left to pass you.
- ◇ If you are lapped, move to the third or fourth lane.
- ◇ Always look both ways before crossing the track...Always!!



BRRR Since 1976

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BRRR

Weekly Runs in our Area

Monday

Join Broward's newest running club the Broward Pacers, sponsored by Running Wild, for a evening run around the Pompano Air Park, Federal Hwy in Pompano Beach
Details 954-565-9400 Running Wild

Tuesday

Speed Work

Every Tuesday, FAU Track, Boca Raton
All levels Welcome
A1A Group 6:30 pm to 7:45pm
Coach Howard 7:45p.m to 9:00pm

Wednesday Club Fun Run!

Every Wednesday, 6:30 p.m.
A1A/Palmetto, Boca Raton, all levels welcome!
Various Distances up to 5-8 miles, Bathrooms & Water

Thursday Runs

**** NEW **** Every Thursday, 6:30 p.m. Starting July 7th
A1A/Palmetto, Boca Raton, all levels welcome!
Various Distances 5-8 miles, All Levels Bathrooms & Water Avail.

Running Wild, Ft Lauderdale, 6:30pm
Details 954-565-9400

Know of a run that we don't have listed? Email us and we'll get it listed!

September BRRR Social



Hurricane's Grill & Wings

The Garden Shops -
Powerline & Palmetto Rd's
22191 Powerline Road
Boca Raton, FL 33433
562-395-3306

Speed Work at FAU Track in Boca

Speed work-outs every

Tuesday evening at FAU's new track complex in Boca Raton. BRRR membership not required to run, fees applies per night or per 15 week session. Coaching by Art Duffy 6:30 to 7:45 and Coach Howard Elakman 7:45 to 9pm Registration required to run, sign up at track. (BRRR offers the flexibility to switch between classes as your schedule requires. Contact coaches for details)

Looking for the great photos taken by Marty Fuchs of MSF Photography at Memorial Day 5K

You can find them at: <http://eventpictures.com/app/event/viewEvent?eventInstanceId=22607>

Overtraining for the Marathon... Do you know the signs???

By Nancy Frey



Have you ever trained, trained and trained for an endurance event only to get to the start line feeling tired, sluggish, and irritable, and your legs feel like 100 pounds...??

Welcome to the "ART OF OVERTRAINING".

Athletes are running faster than ever before, with new records being broken and the pace accelerating. Many factors seem to be contributing to this improvement says USTA but the one that seems to be the most important cause of improved performance is the training that athletes are undergoing. Some running experts estimate that training loads have increased by 20 percent over the past decade and while this is an amazing statistic, the bottom line is can a "regular-average" marathon runner handle this without some sort of setback or decline in performance?

The term Overtraining or Overtraining Syndrome is described as an untreated overreaching condition that results in chronic decreases in performance or impaired ability to train, and is very different from the term "Overload", which is a planned progressive increase in training with the goal of improving performance. So how do we manage one with out the other? First and most importantly make certain that your training plan is well organized and carefully planned for YOU, not your training partners.

Everyone has different adaptation abilities and stress levels so do not run someone else's plan, use a periodization approach with careful guidelines for implementing the principles of training, i.e. Micro, Meso and Macro cycles, (For more information on this subject please contact me) which will progress the distance and intensity and work in recovery periods.

What are the signs of Overtraining and how can we prevent this from happening? The most common signs of overtraining are: an unexpected drop in performance (that can not be attributed to illness or injury), general fatigue, depression, anger, anxiety, loss of desire to exercise, changes in sleep or eating patterns and heaviness in the limbs.. i.e. 100 lb legs.. Sound familiar???

Runners are a particular breed who many times fail to recognize the signs or... choose not to accept the signs and things spiral downward quickly. Prevention can be difficult but will work with just a few simple strategies. First and foremost is REST and RECOVERY. This is a crucial part of any marathon training plan and will allow the body the ability to progress to the next level if done properly. Secondly, proper nutrition, hydration and sleep can either make or break you especially during times of peak training so adapt the above to your increase in either miles or speed.

And finally teach yourself to "Listen to your body", if you are feeling tired, TAKE A DAY OFF, it will do wonders for your performance.

For additional information on marathon training plans please feel free to contact me.

Nancy Frey

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USTAF, USTA, NASM, ACE, CPR certified

Coming Next Month - Member Marathons

Email your fall or spring marathon info to bocaroadrunners@yahoo.com



**Run Sweat & Beer's 5K &
Dreher Park "Dash" By Marty Fuchs
MSF PHOTOGRAPHY**
<http://eventpictures.com/app/event/viewEvent?eventInstanceId=22824>

