

FOOTNOTES

News and notes about the members of Liberty Athletic Club

February Edition

Coach's Corner

Everyone –

We're into the more intensive training season – for the marathon, track, and road. Remember to listen to your body when doing intervals.

A few thoughts:

Marathoners: Let me know what you think you're able to build to regarding maximum miles for intervals on the track (p.e. of 7.5). You've mentioned everything from 3 to 5.5 miles. I'll tailor workouts to the greatest common denominator, but you can opt for the least. If you tell me what you can handle, that will help. Just e-mail or tell me at practice. Mary Kate is captain of the Boston Marathon for us. Thanks, Mary Kate!

Tracksters: We've got a significant contingent planning to race at the New England's on Feb. 21st – I have 10 on our roster so far – Annmarie, Beth, Denise, Dru, Lauren, Ginny, Karen L., Mary, Meghan, and Pam. Any members who want to come and cheer them on are also encouraged – let us know and we'll let them know!

WWW'ers: Regina is organizing the Waterville Winter Week-enders for running cross training and “gaming” – if you're interested in joining (we have about 8 so far – Jan, Leslie O., Pam, Leni, Reg, Antonia, maybe Bethany.....and anyone else? (March 7-9, a Sun. through Tues.)

Close to that time, Mary is headed for Kamloops in early March for the world masters indoor t & t c'ships. We'll look forward to cheering for her!

Carrie and Kilimanjaro: She's ascended that African mountain. Photos are available at <http://AlpineAscents.com/Cybercasts.asp>.

Web site: Remember — it has second workouts for the week.

Injured group: Marcia –please keep us up-to-date! We're thinking of you.

Cathy Utzschneider is the head coach of Liberty Athletic Club. She can be reached at c.utzschneider@rcn.com.

Greeting from the Pres:

Not much to write about for January — I think most of us have been huddling inside trying to stay warm — or out running in the cold and wind and wishing we were inside and warm.

For February — the New England Open Track and Field Meet is at Harvard U on Sunday Feb. 21st. This is basically an open meet — but some masters events and masters are welcome in the open meets. We have quite a few of the track practice group who are planning on running.

Cathy has us paired up to support each other.

Hopefully the weather will cooperate and we will have clear roads and skies so no excuses not

to turn up.

Annmarie (mile) and Ginny (mile or 3K)

Pam (mile) and Beth (3K)

Meaghan (3K) and Mary (mile)

Lauren (undecided) and Karen L. (mile)

Just a reminder: The National Masters Indoor Track Meet is at Reggie Lewis Friday March 26-Sunday March 28. We hope to have age-group relays for either the 4x 400 or 4x800 — depending upon the wishes of each age group. If you are interested in being on a relay team — be sure to let Cathy know. After this year it may be several years before this meet returns to Boston.

And another reminder — the National Masters Outdoor Track Meet is in Sacramento, CA July 22-25.

And Final Reminder — Dues Dues Dues — \$140 for coaching membership, \$90 for non-coaching membership. Please pay up now — it is a royal pain in the backside to have to chase after folks for this — and this year I am not doing that. If you have not paid by March 31, you will be dropped from the email list. And — if you are planning to run in a relay at Reggie — you must be a dues paying member of Liberty AND of USATF.

Mary Harada is the President of Liberty Athletic Club and a world-class runner. She can be reached at mary.harada@comcast.net

SPOTLIGHT

FULL NAME — Marcia Puryear

TOWN — Concord, MA

HOW LONG YOU'VE BEEN RUNNING — 30 years

HOW MANY YEARS HAVE YOU BEEN A LIBERTY MEMBER — 15 years

WHY CHOOSE LIBERTY – I was “lured” to Liberty by members I had met at various races; nervous that I would not “measure up,” but peer pressure won. So glad I did!

RUNNING BACKGROUND – I was not particularly athletic in high school, but did join the synchronize swim team! Loved it! Not too bad at softball either!

EVENTS – I have run all distances, but much prefer the long distances; I am a better at 1/2's and full marathons than 5 or 10K's; a steady-as-she-goes kinda gal!

PROUDEST RUNNING MOMENT/PR's – “Proud” has many faces...1995 Freihooffers standing on the podium with my good buds and Lynn Jennings; coming in 4th in the 50s group with my first 6:something pace; winning the San Francisco Marathon in 2006 running across the finish line with my son; just running so many glorious races with my 30s daughter, full of

joy and pride that I could keep up with her!

WHAT ARE YOU TRAINING FOR — I am training to adjust my goals, my big picture of where running will be in my life. With painful hip arthritis and cartilage injury, my future running is in question. Time will tell, there are always goals to be had.

WHY YOU RUN — Running has been a huge piece of my identity through the years. It brings me balance, control, joy of movement and an opportunity to bond with wonderful friends and help others to become energized around their own running lives and potentials.

FAVORITE RUNNING MOTTO/QUOTE — “It’s the long run that puts the tiger in the cat,” Bill Squires. ”The spirit doesn’t know how to tell time,” John Bingham.

RUNNING ADVICE — Be flexible but steady at your goals; always, always look at the big picture — in life and in running.

FUTURE GOALS – A moving target; I guess it’s to just stay the course of resolving pain issues as much as possible, stay positive, show up every day, dream big.

RACING

Mary Harada — Mary ran a 91 percent age-graded mile in a time trial at the Greater Boston Track Club’s Invitational Track Meet Jan. 24. She ran a 7:72.50!

TIDBITS

Carrie Parsi’s big climb —

If you didn’t know, Carrie is climbing Mount Kilimanjaro in Tanzania! She left Jan. 22 and is in a hiking group with 13 others. Here’s a link to stats about the mountain: http://en.wikipedia.org/wiki/Mount_Kilimanjaro.

The following is a recent post from Carrie’s group:

Hey everyone it is Eric on Kilimanjaro Friday the 29th of January about 6:00pm. We are all here happily installed at high camp at around 15,500 ft and we just enjoyed a nice meal of spaghetti with meat sauce and shish kabobs and vegetables and we are headed to bed to rest for a few hours before we get up and go to the summit. We will be getting up at 11:00 tonight and leaving right around midnight. Everybody is doing good, we are focused on having everything prepared and making it to the top. The weather is currently great and I don’t see any reason to make me think that it is going to change; we will have lots of sunshine tomorrow. That is all for now, we will give a cybercasts on the down side, once we are all back here at high camp and descending down to our last camp on the mountain, tomorrow afternoon. Thanks for following along.

To follow Carrie’s climb, go to: <http://AlpineAscents.com/Cybercasts.asp>

Winter races — 2009-2010 Indoor Track Season

<http://www.usatfne.org/track/2009-indoors.html>

Sat. Feb 6

15th Annual Reebok Boston Indoor Games — Reggie Lewis Center, Boston.

Sun. Feb 21

USATF-New England Indoor Track & Field Championship — Harvard U, Boston
(tentative)

Fri-Sun, March 26-28

USA National Masters Indoor Champs — Reggie Lewis Center, Boston.

Age-graded goals 2010 —

Anyone looking for a goal this year? Here's an idea — pick a favorite race distance (track, road) and set a 2010 Goal Challenge. Either set a time to achieve, or an age-graded time that represents an improvement over last year's age-graded result at the same race.

Example: if you are now 61 and ran 59:50 for a 10K when you were 60 (when you ran an age-graded performance of 66.21% for an open equivalent time of 45:49 — see the Web site at <http://www.howardgrubb.co.uk/athletics/wmalookup06.html>) you could try, at 61, to improve that age-graded performance.

Really simple and an alternative for those who've wanted an extra oomph to "go for it."

If you're interested and haven't already, email Bethany — bedwards@cnc.com — with your race, time in 2009, and time in 2010, and we'll add you to the list!

Injured Runners Society (IRS) —

Reminder — Marcia Puryear has established a support group for Liberty runners side-lined by injuries, illness, or whatever. If you want to join, email her at puryear96@comcast.net.

DECADE TEAM CAPTAINS

To help assist Coach Cathy and President Mary keep the team energized, team captains are named for each decade. Any questions or concerns, contact your team captain below.

30s

Lisa Zagura — Lisa_Zagura@hotmail.com

Bethany Edwards — bedwards@cnc.com

40s

Pam Linov — linov_p@verizon.net

Leslie Oulette — leslieoulette@comcast.net

50s

Drusilla Platt-Otto — dpo@accessfinancialsol.com

Karen Shanley — Kmshanley@aol.com

60s

Leni Webber — labwebber@comcast.net

70s

Mary Harada — mary.harada@comcast.net