

FOOTNOTES

*News and notes about the members of Liberty Athletic Club
March Edition*

Coach's Corner

Everyone....

We've had more people than ever in the past four years at track practice....I've got to think that's a good sign. You're training hard, every one of you, and that will pay off. As always, keep alert to how your body is feeling.

A few topics to throw out....

BACKING OFF — Backing off your training once every four weeks is something to do regardless of how good you feel. The Principle of Adaptation states that when the body is repeatedly subjected to stimuli of the same type, adaptation at each level is essentially complete within 21 to 28 days. After this time adaptation is minimal without a period (often 7 days) of recovery. So – remember the benefits of a cutback week every 4th week. Cut back your training by as much as 25 to 30% depending on how you feel and when your event is.

LEG SWINGS — Let's try to incorporate leg swings on an individual basis within your warm-up before we do intervals as a group. Here is the routine I suggest along with video links if you find them helpful:

Incorporate into warm-up 3 X 10 of each of the following leg swings.

1. Straight leg forwards/backwards.
2. Side to side.

Video link: http://www.youtube.com/watch?v=u_-Rl3sIugc&feature=fvw

3. Forwards to backwards (“B” kick with “pawing”) – raise leg with bent knee, then extend leg, and swing leg back.

Video link (this woman could use more extension, but couldn't we all?): <http://www.youtube.com/watch?v=btcJYKDTEAY>

NATIONAL MASTERS — We've got a few people injured since the last decade lists.

Captains are:

40s: Denise.

50s: Dru.

60s: Leni.

70s: Mary.

If you're doing an individual event as well as the relay, sign up ASAP. If not, show up on the day of the event and have your USATF number and a copy of your birth certificate or passport handy.

That's it. Good luck again to Mary, who's off today for indoor worlds. We'll be cheering for you, Mary!

And good luck to everyone else in your races this month. Congratulations, again, to all seven of our runners – Annmarie, Ginny, Denise, Dru, Beth, Karen, and Mary – who ran in New England's.

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

The climb to the top

By Carrie Parsi

NOTE: The following is Carrie Parsi's first-person account of her amazing climb up Mount Kilimanjaro last month.

There are several routes to the summit of Kilimanjaro, 19,340 feet. Our route was the Machame route starting at 5,800 feet.

At the trailhead we met with our porters, members of the Chagga tribe who live in and around the base of the mountain. That first day we hiked for seven hours, a steady uphill through mostly rain forest to our campsite at 10,000 feet. Our tents were already set up for us and our bags with sleeping bag, mattress, etc. ready to unpack.

I slept very little that night and soon learned that was altitude related. After that I was glad to get four to five hours each night. Loss of appetite was another casualty of the thin air. Our guides constantly checked to make sure we were eating enough. On the trail we stopped every hour for water and snacks which we were given each morning after a hot breakfast.

We split up into two groups the fast and slow. The pace was steady with the guides constantly chanting Pole...Pole...Slowly...Slowly...in Swahili. A long days hike was followed by a shorter one, though the shorter days were more challenging.

On the third day we reached 14,800 feet. We had passed through heath forest to moorlands with huge Lobelia and Senecios, the latter large cacti type trees. Then through high desert plateau littered with huge volcanic boulders. Now, we were shaking ice off our tents when we got up in the mornings and going out to pee in the middle of the night was to be avoided. At meals we exchanged complaints such as headaches, nausea and the dreaded diarrhea and the occasional blister.

Summit Day. We hike four to five hours to high camp. Rested and ate. At midnight we left camp and climbed steadily for six hours to the summit. It is cold and windy and very steep. Ahead we can see the moving headlights of other climbers. Breathing became more difficult and each step was measured and slow. Chatter stopped except for the regular call "you ok Tracy, Carmel, Carrie, etc.?" I hardly had breath to answer.

Finally, the top. We made it before sunrise. To the east the long line of horizon was a beautiful glow of orange hues as the sun came through. To the west the full moon was hanging against the icecap and lower down the vast plains of Africa. The wind howled and blew us around. My camera which I kept inside my jacket had frozen. It all seemed surreal. Cameras flashed.

We greeted our other group and headed back to camp very satisfied and looking forward to showers and a real bed to sleep in when we returned to Arusha.

Now, when I look at my Kilimanjaro summit certificate it still seems surreal. There were fourteen in our group and eleven made it to the top of Africa.

SPOTLIGHT

FULL NAME — Marjie Hendrick

AGE — 52

TOWN — Newton

HOW MANY YEARS HAVE YOU BEEN A LIBERTY MEMBER — I joined in November 2009

WHY CHOOSE LIBERTY – I heard about Liberty through Pam (Linov). Pam and my husband know each other. I have been interested in joining a women's running club for some time now. Joining a track club was a bit out of my comfort zone, I run distances and had never before worked on speed, even though I know that is important.

RUNNING BACKGROUND – I did not run in high school or college. I married a very athletic man and our children are three-sport athletes - I became an athlete in my later years!
EVENTS – My big event is running the Boston Marathon. I ran my first Boston in 2006 for Dana Farber and raised over 10,000 dollars in honor of my dad. I qualified and will, hopefully, run my fifth Boston this year. I am 52 and my qualifying time is 4:05. My best time was 3:57. I also enjoy running half marathons, 5Ks and 10Ks.

PR's – I just PR'd on Feb. 9 in a 10K in Boston - 51 minutes, I PR'd by 3 minutes. I attribute my increased speed to the track work outs I have been doing with Liberty.

PROUDEST RUNNING MOMENT – I have a few: Qualifying for Boston these past few years! Running 5Ks with my daughter, she is a senior in college and a strong athlete. Each time I go out and hit the road in any type of weather and persevere...when I turn around and am heading back home I feel strong, happy and like a different woman!

WHY YOU RUN — Because I can, because it is hard work, because I love the feeling of accomplishment, because I love the runner's high! And, because I love seeing other runners on the road and track - there is an unspoken bond that we runner's share and I love being a part of something bigger. I never played team sports, like my husband and children, and running has given me a sense of camaraderie with other runners.

FAVORITE RUNNING MOTTO/QUOTE — Aretha Franklin..."Rock steady..." I listen to music on my long runs and love Aretha! I just read "Born to Run" and it is a must read for all runners.

RUNNING ADVICE — Be positive and challenge yourself. Running distance and pushing yourself for speed takes daily, weekly, monthly consistency....I am a teacher and know that hard work pays off in ways unimaginable.

FUTURE GOALS – To continue to run Boston - I live in Newton and running Boston is in

my neighborhood. Also, to challenge myself and try running at a track meet with other Liberty runners.

RACING

NEW ENGLAD INDOOR TRACK and FIELD CHAMPIONSHIPS

A group of seven strong Liberty women ran in the indoor championships Saturday, Feb. 21. **Annemarie O'Brien** won the masters mile in 6:32.53! Also running the mile were **Dru Pratt-Otto** and **Denise Noland** who ran two PRs - 6:48.30 and 6:49.06 respectively. **Karen Lein** ran the mile in 7:14.02, a PR for a meet this year and **Mary Harada** ran a 7:47.84, age grading over 90 percent!

And although **Regina Wright** didn't race, she was there to cheer the team on!

Mary Harada — Mary left today for the national masters meet in Canada. Good luck to Mary.

Money making opportunities for the club:

We have been asked to volunteer for the Corporate Challenge - \$30/volunteer - so this will be a chance to do some pretty painless fundraising. We were dropped from the list the past couple of years so this is good news that we are back on the list.

The event is **Thursday June 24** and depending on our assignments arriving between 4 and 6 p.m.

Mary will keep us posted and asks that we please put down this date - we need to raise the money to keep ourselves solvent and not have to raise dues again to meet expenses.

Volunteers are needed for the Tufts 10k - paying \$20/club member - I know that some club members run the race but many of us do not - and could turn up to hand out shirts etc. The event is **Monday Oct 11**.

Sunday June 27 - the Boston half marathon will probably be looking for help, but whether we can get cash for it is still up in the air.

Winter races — 2009-2010 Indoor Track Season

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

Fri-Sun, March 26-28

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

Injured Runners Society (IRS) —

Reminder — Marcia Puryear has establish 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