

FOOTNOTES

News and notes about the members of Liberty Athletic Club
April Edition

Coach's Corner

Everyone,

March was a terrific month for the road and track. As Steve Vaitones, managing director of USATF New England, said after the national masters meet, Liberty is not only running well, but also performing "en masse." We had 17 members competing in the National Masters T & F Championships (Denise, Annmarie, Pam, Beth, Gail, Mary Kate, Dru, Leslie O, Reg, Leni, Sue, Barbara, Karen L., Sandy, Mary, Liz, Carrie) and several members volunteering/cheering (Bethany, Karen S.). As decade relay captains, Denise, Leni, and Mary took care of all those details that make a team work.

A week or so after the National Masters, the thought of our 70s women establishing the 4 X 400 indoor record still inspires. Mary, Sandy, Liz, and Carrie – in your 70s and still striving and performing – you're setting the Liberty tone. Liberty has always been a pioneer in women's running, and you're showing that we still are. Many younger members often mention that you inspire them to keep training hard. So, congratulations again Mary, Sandy, Liz, and Carrie!!!

Now we're looking forward to Liberty at the Boston Marathon. Running the Marathon will be LAC Boston Marathon Captain Mary Kate, Karen S., Andrea Hatch, Meaghan, and Jody.

So spring is here – we'll let you know when we hear from Boston College regarding a water training night.

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

From the President

March went out like a lion for Liberty AC. With the National Masters Track Meet at Reggie Lewis we had a chance to strut our stuff for all to see. Too bad the meet will not return here for the next couple of years!

As Cathy mentions in her piece for this newsletter, we had 17 participate out of an adult membership of about 35. Not shabby at all folks. I want to congratulate the road runners in the club who showed up for individual events – Beth, Pam, and Dru in the 3K, and Leni – the 800. Karen Levin ran both the 3K and the mile and is one of the club's most versatile members – as a track runner and road runner. I ran 2/3 of the 3K and called it a day – it was one of those races where I was good for 10 laps but the race was 15! The 800 on Sunday was just about right – 4 laps!

And the relays – what great teams we had – two 40s teams against some pretty fast women and a 60s and 70s team as well. So – what happened to the 50? As for the 70s team – I want to thank Carrie who was willing to run fourth and have the track almost entirely to herself – well we were a 1/2 lap behind the 60s team, Liz – trekking down from Sugar Hill, NH – a long trip to run 400 meters – and thanks Peter for coming along and also taking some photos, and Sandy Hayes who came to practice to get ready for the relay although she is not suppose to do more than jog. We set a world record for W 70-79 for the 4 X 400 – as there was no record. Now there is one – and maybe some other group of 70+ women can get together to challenge it. One lesson learned from this – be careful how you write down the name of the team – it has to say Liberty Athletic Club – and be careful that everyone on your team not only has a USATF membership, but also put down that they are affiliated with Liberty! Now this can be checked online – but that useful piece of information was sent to me the day after the meet was over. Gee thanks a lot USATF.

Now it is on to the marathon – good luck to all Liberty runners and Andrea – this makes what – 347 357!

And it is April and I have not seen membership checks from about 8 people. Those 8 probably will not be reading this – so I will send out email reminders – dues are for the calendar year – and it is a royal pain in the backside to have to chase folks for dues for months. Either you are going to pay or you are going to drop your membership – time to fish or cut bait. We use the dues to support club activities. Short of winning the lottery or finding a godfather/mother to give us an endowment, or someone is willing to sponsor us – dues are used to pay our great coach, other costs that go along with running a club, a Web site, etc – and nothing goes to the officers – nada – we are not paid - we give our time for free.

Check out the Web site – I will be updating the calendar and uploading some photos from the track meet.

SPOTLIGHT

FULL NAME – Lauren Rand

AGE – 26

TOWN – Somerville

HOW LONG YOU'VE BEEN RUNNING – Since I was a freshman in high school – so about 11 and a half years.

HOW MANY YEARS HAVE YOU BEEN A LIBERTY MEMBER – Since 2006.

WHY CHOOSE LIBERTY – After college I missed the structure of having a team to run with. Liberty provided a great way to bring some structure back into my running, as well as provide a running community which helps to keep it fun! It is incredibly motivating to see such a strong and adventurous group of women!

RUNNING BACKGROUND – I started running freshman year in high school. I actually had no idea what cross country even was when I signed up for it - I only did because my friend was going to do it (and she actually didn't end up joining the team because of bad knees!). I had never even run a mile in my life! Then in college I didn't think I was going to run, and then about a month before the season started I was put in touch with a future teammate and she convinced me to give it a try. It's funny how things work out!

EVENTS – Currently I don't really have events - just whatever comes up. In college I ran cross country, and for track I ran primarily the 1500, though I was thrown into many other events on occasion ranging from the 4 X 400 to the 10K.

PROUDEST RUNNING MOMENT – Finishing the 1/2 marathon I did a few years ago was exciting. I had never run anything like that before, and I exceeded my expectations by quite a bit so that was pretty cool.

WHAT ARE YOU TRAINING FOR – I just signed up to run the 13 relay in May. I only know one of my teammates so it will be a great opportunity to meet some new people and participate in a relay which I have been wanting to do for awhile.

WHY YOU RUN – There are so many reasons I run! I run because it feels great to move and usually leaves me happy and energized. I also run because it is a great stress reliever, and a perfect time to tune out to my music and think about whatever is going on (or sometimes to think about nothing at all). Running is also a great excuse to not do homework :)

FAVORITE RUNNING MOTTO/QUOTE – My coach in college always said "break it up!" Basically don't think about the whole run or the whole race, just take it one step at a time. This was his solution to any and all problems. I think it is one of those things that you had to be there, but this simple advice is something my teammates and I have not forgotten!

RUNNING ADVICE – Always keep some "runner" friends around! It's great to have someone to call up to go running when you can't get yourself off the couch! In addition, they understand your sometimes crazy need to go running!

FUTURE GOALS – To be able to run for a LONG time!

RACING

NATIONAL MASTERS INDOOR TRACK and FIELD CHAMPIONSHIPS

A group of 17 strong Liberty women ran in the National Masters March 26-28 at Reggie Lewis.

Pam Lino took 9 seconds off her best 3K set in December, running an 11:49 and winning the bronze medal in her age group. **Beth Soukhanov** also ran the 3K, her first national masters championship, and posted a personal best of 11:57.66. **Dru Pratt-Otto** ran a solid 13:42.12. **Karen Levin** ran a 14:24.3, the same time as last year.

Mary Harada won the gold in the 800, running a 3:44.82, despite being sick for several weeks. **Leni Webber** also ran the 800, winning the bronze in 3:37.30.

Liberty had two 40s 4 X 800 relay teams who placed 3rd and 4th. **Beth S., Annmarie O., Denise N., and Pam L.** won the bronze in a time of 11:55.53. **Mary Kate S., Gail C., Leslie O., and Dru P.O.** ran a 12:14.11.

Liberty's two 4 X 400 relay teams both took home gold! The 70s team of **Mary H., Liz S., Carrie P., and Sandra H.** not only medaled, but also established a world record, running 7:21.74! The 60s team of **Regina W., Sue G., Barbara S., and Leni W.** ran a 6:59.82.

Leslie Ouellette – Leslie ran the Ras Na hEirann 5K in Somerville March 14. Despite the horrible rain, wind and hills, she ran a 23:44 - a 5 second improvement from last year placing her 8th out of 149 women in her age group.

Ellen Duranceau – Ellen also ran the Ras Na hEirann 5K and placed 3rd in her age group running a 25:57, meeting her goal!

Jen Daigle – Jen also ran the Ras Na hEirann, running a 32:51, a big improvement over her previous results.

Regina Wright – Regina ran a strong New Bedford Half Marathon March 21 during an unusually warm day. She ran a 2:12.18.

Bethany Edwards – Bethany also ran the New Bedford Half, running a 2:13:49. This is the third half since January, all of them pain free, a faster than the one before.

Carrie Parsi – Carrie ran the 8th Annual Salem Greens XC 5K race March 21 in 27:42, placing first in her age group.

TIDBITS

Water workouts –

Coach Cathy is organizing an aqua workout. She held one last year and says she has more tricks up her sleeve this year. You can look at the "members" section of the club Web site to find her aqua workouts - there is a button to click to open up the material. The members site is password protected - the password is libertyrunning. Cathy is certified in the Berdenko Method for Aqua workouts which will greatly enhance your water work outs. More detail to come!

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.

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

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40s

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