



**ATHENS**  
ROAD RUNNERS

# PACE

*A newsletter of the Athens Road Runners*

## ARR in Action: Couch to 5K

**AUGUST 2013**

Last Saturday marked the end of the “Couch to 5K” running program for 40 faithful participants. But for most of them it marked a significant beginning.

Many of these runners made dramatic improvements in their physical fitness – losing pounds, inches, and shaving minutes off their mile time. They “graduated” with the completion of the Coach Mike Health Run 5K at the Athens YMCA on August 3. When asked about their success, most credit the encouragement from their coaches and mentors and the accountability and camaraderie the group provided.

It all started when Athens Road Runner Board Member Andrea Belcher, a Human Resources Supervisor with Eaton Automotive, shared with the board her passion for working with beginning runners. She had renewed her passion for running by participating in a Couch to 5K program with a Fleet Feet Sports store in Florida a few years ago. Last spring she started a similar program for her co-workers at Eaton with great success.

In April, Mark Schroeder of Athens Running Company approached Athens Road Runners President Julie Thompson and Andrea Belcher to see if he and the store he owns with David Laggis could be involved in our next session of Couch to 5K “to help make it as successful as possible.”

That’s exactly what this partnership did. The Athens Running Company mailing list drew from a wide population, many of whom had tried similar beginner programs in the past but had not stuck with them.

At the informational meeting in May, 35 people attended, with introductions of, “I’m not a runner” or “I used to be a runner.” Now, after eight weeks of two or three weekly running workouts and a 5k race, they can all say, “I AM a runner.”

Congratulations to these new Athens Road Runners who are all on the road to a lifestyle of fitness and health: **Jessica Allen, Gayle Andrews, Meredith Baker, Marie Ballard-Myer, Courtney Baron, Lisa Bartholow, Laura Campbell, Darlene Carson, Melissa Chiz, Jakemia Coleman, Jeannee Connell, Katie Dillard, Holly Doss, Ashley Dunbar, Britt Freeman, Stacy Grolimund, Eric Halford, Kathy Hardman, John Johnson, Tino Johnson, Zoe Johnson,**

## Club Highlights

If you are training for the Athens Half Marathon, check out the programs by WoW Boot Camp (for beginners), Fleet Feet Sports Athens (All Levels), and our own Coach Al Jeffers (Novice 2 and Intermediate) on the “Train” page of our Athens Road Runners website.

Plans are underway for an Athens Road Runners party after the 4<sup>th</sup> Annual AthHalf on Sunday, Oct. 20.

**Carol Lively, Ro Maurer, Courtney McGough, Tony Paramore, Randy Ramsey, Adam Schroeder, Charles Schutte, Sarah Shelnut, Gena Short, Tres Small, Kevin Snyder, Marlana Street, Bryant Summerour, Stephanie Sykes, Diana Werling, Bonnie Wood, Sarah Wunsch, Linda Wycheslavzoff.**



These sweaty Couch to 5K participants and their mentors have something to smile about after finishing the 31<sup>st</sup> Annual Coach Mike Health Run 5K at the Athens YMCA on August 3.

# Where in the World Are the Athens Road Runners?



Malcolm Adams – Florida Keys



Gabby Huff-Streiter – N.Y. City



Steve Marcotte – San Francisco



Scout Huff-Streiter – NYC



Nina Santus, Monica Huff – Grandfather Mountain, Boone, NC



Julie Thompson and kids - Pocono Mountains, PA



Cole Byers – Chesapeake Bay, VA



Chandler Thompson - Greensboro, NC



Dan DeLamater, Don DeMaria, Paul Welch, Pat Johnson, Greg Morin – Peachtree Road Race, ATL

## Recent Races for Road Runners

Congratulations to all of the Athens Road Runners who crossed finish lines in July.

**July 4 - Peachtree Road Race 10k** in Atlanta: Jerry White 37:50, Gary Douberly 41:51, Bob Rentz 43:27, Monica Huff 43:35, David Duncan 44:14, Dan DeLamater 44:15, Casey Mull 44:32, Bo Ryles 48:19, Troy Johnson 48:57, Pat Johnson 49:02, Greg Morin 49:47, Paul Welch 51:25, Don DeMaria 54:01, Rhys May 57:12, Steve Marcotte 58:31, Anne Marcotte 58:32, Christine Miller 58:54, Megan Johnston 59:57, Kimetha Hill Williams 1:00:54, Michele Johnson 1:11:26, Kelly Ondovchik 1:16:29, Randy Pearson 1:21:34, Jennifer Givan 1:23:21, Darlene Carson 1:38, Laurie Kaulbach 1:38:40 and **Fun Fourth Freedom 10K** in Greensboro, NC: Chandler Thompson.

**July 13 – Grandfather Mountain Marathon** in Boone, NC: Monica Huff, 3<sup>rd</sup> in age group, Nina Santus.

**July 27 - 4th Annual Heat of the Night Retro Run 5K** in Watkinsville: Ken Adams (18:56), Malcolm Adams (21:08), Susan Adams (22:26 – Female masters winner), Bo Ryles (22:54 – second in age group), Chrissy Procter (22:55- third in age group), Belinda Moon (23:40 – 1<sup>st</sup> in age group), Greg Morin (23:48) and **Go and Glow Aquathlon** : Joel Landrum, overall men's winner; Aidan Landrum, 1<sup>st</sup> in age group; David Duncan, 1<sup>st</sup> in age group; Caroline Duncan, 1<sup>st</sup> in age group; David Duncan, Jr. - 3rd in age group.

Did we miss you? Send race pictures and results to [info@athensrr.org](mailto:info@athensrr.org).

## Collage of Boston Strong Runs from Pavement Runner.com



## Welcome, New Members!

The following people joined Athens Road Runners in the month of July. Please welcome:

**Jan Branam**  
**Audrey Cowart**  
**Brandom Cullum**  
**Jennifer Hocter**  
**Andrew Knoblich**  
**Bridger Loftin**

**Stephanie Loftin**  
**Kendra Nelson**  
**Audrey Varner**  
**Melissa Walton**  
**Peter Walton**  
**Joe Woodyard**



Athens Road Runners is a supportive community of runners of all ages and abilities.

Our mission is to inspire and engage individuals to achieve health, fitness and training goals through running.

Thank you to our sponsors and partners:



# Training Plans

by Athens Road Runners Coach Al Jeffers

It is time to start training for the fall half marathon and full marathon season. Whether you just hope to finish a race or get that elusive PR, you have likely explored various training plans. It is easy to find a training plan online, but it is important to choose a plan that suits your running ability and experience.

**Beginner or Novice plans** are typically for runners new to the sport with very little running background. The weekly mileage totals will be less than the more advanced plans. Running is truly a developmental activity, which means you build strength year by year as you increase the total amount of miles you have run. If you start from scratch and increase your mileage too quickly without giving your legs and body time to adapt to the stresses of running, you increase the possibility of injury. Overuse or overtraining is by far the largest contributor to the injury totals.

**Intermediate plans** are best for runners who have run or raced the distance previously and have kept running on a regular basis. These plans will focus a bit more on building your mileage base. An intermediate plan will also introduce speed training. As your mileage builds you also open the possibility to running a faster pace. The objective is to not only finish, but to finish with a faster time.

**Advanced plans** work best for the experienced runner who trains regularly throughout the year and has a history of racing. These plans often include higher weekly mileage totals and a regular routine of speed work.

Whatever plan you choose there are a few things to always keep in mind:

1. Follow the plan as closely as possible. The rest cycles and build-up phases are set at particular intervals to allow the proper rest after a mileage buildup or intense effort.
2. If you miss a day, do not try to make it up by adding to the next workout. Run the workout scheduled for that day. Missing an occasional workout will not necessarily throw you off track. However, overdoing it or not allowing the proper rest will increase the possibility of injury and extended fatigue.
3. Be honest with yourself. If you are feeling over fatigued and think you might be overdoing it, you probably are. Remember the important thing is to be ready on race day and not worn out on the starting line. A training plan is there to prepare you for the task at hand, but not to destroy you in the process.

Please feel free to contact me if you have any questions about a training plan.

Happy running!

## Racing Ahead

Darius Goes West "Run, Stroll, & Roll" – Aug. 24 at 7:30 a.m.

"Run for College" at 9:00 a.m. – Aug. 24 at 9 a.m.

Want a bigger challenge? It's not too late to sign up and train for the Bookin' It 15K on October 15<sup>th</sup> or the Athens Half Marathon on October 20.

## Get Connected!

Join us for group runs every Saturday morning at 7:30. (parking lot behind at the Bottleworks on Meigs St.) or speed workouts on Wednesday mornings at 5:30. Stay motivated to run in the heat.

Check out our Facebook page, web site ([athensrr.org](http://athensrr.org)) and Meet-Up site for photos, news, and info on upcoming races.

