

**BUILD A CORE THAT WORKS: 4 UNIQUE EXERCISES FOR ENDURANCE + SPEED**

# RUNNING TIMES

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## SUMMER HEAT ISSUE

### HOT MYTHS + TRUTHS

TRAINING // RACING // THIRST  
HYDRATION // APPAREL // SWEAT

### HOT RACES

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### 4 CLUB COACHES WHO INSPIRE

+ THEIR TOP ADVICE FOR LOCAL COMPETITORS



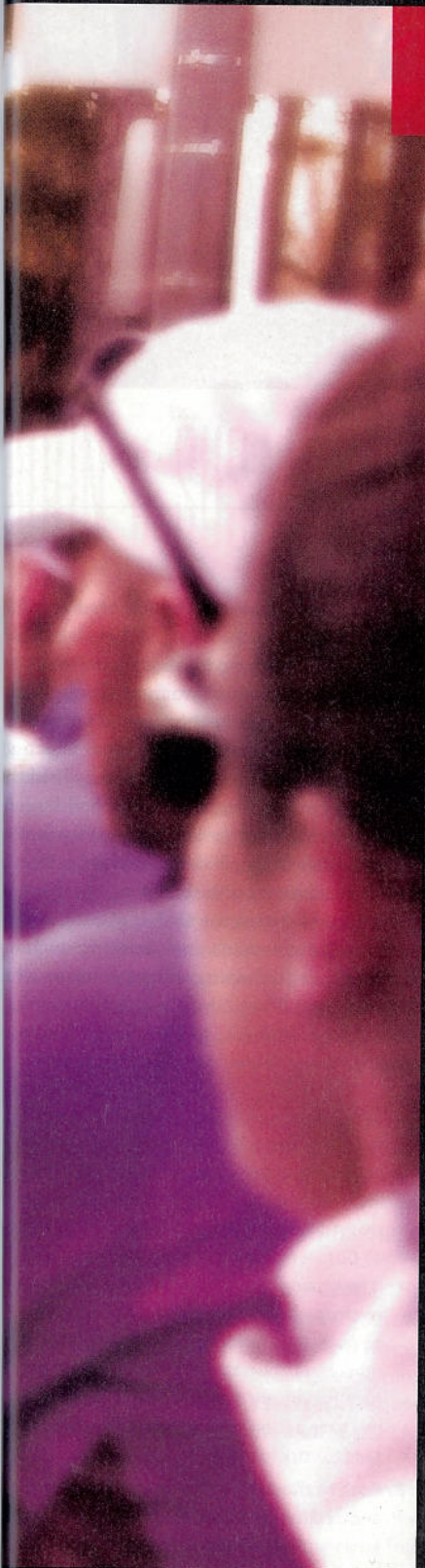
### HOT TRACK STARS

**SHANNON ROWBURY**  
MINDING EVERY DETAIL  
TO BE AMERICA'S BEST

+ **ANDREW WHEATING**  
STILL HAVING FUN — AT THE TOP







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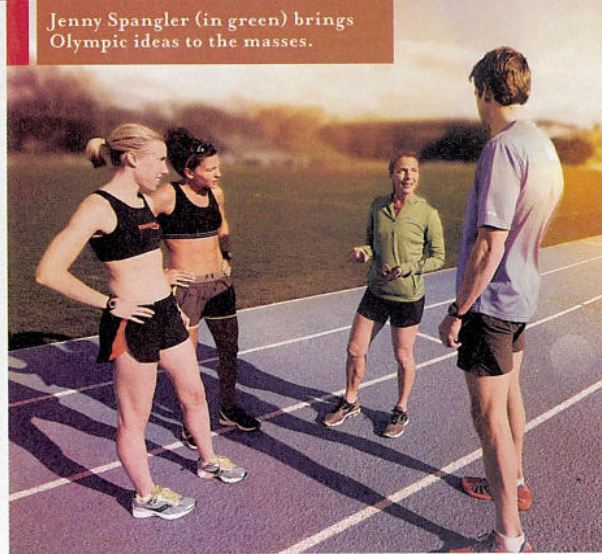
# LOCAL HEROES

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A GLIMPSE OF TOP CLUB COACHES  
REVEALS PASSIONATE INDIVIDUALS WHO  
KEEP US MOTIVATED AND RACE-FIT

We devote a lot of space in *Running Times* to elite coaches, as they direct the training of those who do this sport best. But in most every town across the country you'll find club and team coaches who help locally competitive runners refine their training and achieve their goals. We interviewed a few of these coaches, both to bring recognition to their work and to get their top advice for less-than-elite runners. You'll find their advice is remarkably similar: Consistency is the key. And it helps to have coaches like them to provide the motivation, team spirit and diversity of training necessary to bring out the best in a runner.





Jenny Spangler (in green) brings Olympic ideas to the masses.

# JENNY SPANGLER

## JENNY SPANGLER RACING

Lake Forest, Illinois

BY JEFF BANOWETZ

Having a former Olympian as a coach can be a double-edged sword: Sure, she knows how to compete at the highest level, but can she relate to aspiring age-groupers or beginning runners whose marathon goals are more than double the time of Olympic qualifiers?

Oddly enough, for the runners who train under Jenny Spangler, the 1996 U.S. Olympic trials marathon champion, the question never comes up.

"She talks to everyone the same way," says Eric Leuck, a 33-year-old corporate risk manager from Vernon Hills, Ill., who has dropped his marathon PR from 3:20 to 2:50:03 (at last year's Twin Cities Marathon) since he started training under Spangler in 2009. "I don't think anyone really gets intimidated, at least not after they meet her."

"But when I ran Boston, I was in the Bill Rodgers running store, and I happened to mention that I was with Jenny Spangler Racing. And suddenly all these guys are talking about the Olympic trials and the greatest upset ever. It's easy for us to forget what she accomplished because she's so humble."

Thanks to her shocking 2:29:54 win in that 1996 trials race in Columbia, S.C., Spangler will forever hold a place in American running lore. But to the group of 30 or so runners Spangler coaches in Chicago's northern suburbs, she's like the down-to-earth girl next door — even if her legendary racing feats are well-known in the racing community.

"I thought, 'Oh, I can't be good enough to train with Jenny Spangler,'" says 32-year-old financial services manager Kate DeProsperis, who ran middle-distance events at Notre Dame and has trained under Spangler for the past five years, leading to a 2:48:47 marathon PR last year at Cal International.

DeProsperis and Amy Haney, 38, who's run 2:54:11, are hoping to break 2:46 to qualify for the Olympic marathon trials, with the help of club member Leuck, who's planning on pacing the women. DeProsperis adds: "From the very beginning, she was very approachable. Now, she's just a friend."

A friend who has managed to attract a diverse group of runners. Spangler, 47, coaches an array of competitive sub-elite athletes on her Jenny Spangler Racing team. But she also guides runners with goals of running their first marathon or a faster 10K. Despite the disparity, the group has grown close.

"I think working together as a group really motivates people," says Spangler, who last ran a marathon in 2004 and has raced sparingly since because of injuries. "We all have running goals, but it's also about the stress relief and having fun. You don't want to lose sight that this should be fun, even if it's work."

"She's created an atmosphere where people want to be around her," says Jeff Rizner, 47, a product manager for an energy equipment company who's run more than 50 marathons and half marathons since he started running in 2003 after surviving a stroke. "There are lots of fast runners who are finished before us, but they stick around. Everyone really does feel a connection to the group, regardless of pace."

Spangler emphasizes the long run as the key workout each week. But to her, the most important part of coaching at the non-elite level is flexibility.

"Most people have full-time jobs and families, so running can't be the top priority," she says. "It's my job to help people be realistic with

their goals and make a schedule that actually works for them."

Since her Olympic trials success in 1996, Spangler has continued to fight through injuries. In 2003, she set the then masters American marathon record with a 2:32:38 at Chicago; the record meant she simultaneously held the American junior and masters mark in the event. But she hasn't raced the last several years. Now, with another Olympic trials on the horizon in January, she may just be back.

"I miss it — I miss the training and the competition," she says. "I love working with my athletes, but I'm hoping this year to see what I can do myself."

### JENNY SPANGLER'S TOP ADVICE

1. Put away the watch for most of your training. Consistency is a key component to running improvement. To obtain this consistency, I promote training through perceived effort. One day a 7:00 mile may seem easy but the very next day it feels hard. If you are a slave to your watch, you tend to push your body too hard when it may not be ready for a certain pace on that day. On the other hand, the watch may be holding you back because you are ready for a faster pace, but if you have a fixed time already in your head you tend to stick to that time.
2. Don't be afraid to come out of your comfort zone and try different distances. I find that marathoners, in particular, shy away from the shorter races such as a 5K or mile. Variety in your training and racing will keep the joy and excitement in your running for a long time.