

JSR Team News: July/August 2016

Happy summer! It seems like it was just yesterday when we were suffering through a winter that refused to die. Now, we have a dew point that refuses to drop. Not to worry, though, those cool, crisp September days are almost here. And that means fall marathon season is upon us! The Summer Olympics are here and nearing an end, marathon training is in full swing, and good things are happening with our team, which has just grown by one member!



Team News – Welcome to Brian Falcone

In August, we welcomed JSR's newest member, Brian Falcone. For those of you who don't know Brian that well yet, here is a bio that he wrote for us:

I feel like I should preface this with – I love the marathon distance. So that being said.....

I picked up running when I was 27 years old, with the goal of losing weight and quitting smoking. Believe it or not, I was a closet smoker for the first two years as a runner and would drive to races alone, just so I could have a cigarette on the way home.....crazy.

I started with a few 5Ks and quickly ramped up to the ½ marathon. My times were getting faster and the pounds were coming off quick; so I did what everyone else does these days – I signed up for a marathon.



Brian races through the streets of Rome

I smoked my last cigarette on May 31st, 2007 and ran my first marathon on October 7th, 2007, with a time of 4:30:14. It was slower than I was hoping for, but the temps had climbed to the mid 80's that day and nobody was ready for that. Although I was new to running, I knew that I was better than that and I signed up for another one. In 2008 I ran the Chicago Marathon and shattered the 4-hour barrier with a 3:57:13. I was hooked. Marathon #3 was 3:40:55 and #4 was 3:24:55. I was shaving big chunks off my times and was starting to feel like a real runner. At this time, I had a few friends who had run Boston, and I wanted to be part of that group. My 2010 goal was to qualify for Boston. I trained hard, logged lots of miles, and ran a BQ for #5 in

3:08:39! The next 4 marathons I was hovering in the low 3:0x range, and I finally broke the 3-hour mark with marathon #10 in 2012 – 2:59:15.

The next 3 marathons were low 3:0x and high 2:5x's, and I was starting to feel like I was stuck there. As my speed had progressed, my training group had become smaller, and in 2013, I reached out to Eric Leuck. I knew him for a while back and was following his running progress on Facebook. This is what brought me to my first JSR run in Fall of 2013. I showed up to a group run in Gurnee and was in awe to see such a large, fast group come together for a long run. I got some good insight on the Twin Cities marathon from the group, and ran #14 there in 2:47:35. Over the next few years I have tried to make most Sunday JSR runs and I have benefitted because of it. Of the next 7 marathons, five of them were under 2:45. And in spring of 2016, I ran marathon #22 in 2:39:31.

Since breaking 2:40, my new goal is to just have fun with running. I plan to work hard, try different things, and push myself to see how much faster I can get – knowing that if I do fail, I still have achieved being smoke free for 9 years, losing 50 pounds, running Boston, and running a marathon in 2:39.

I look forward to continuing the hard work with the group and working together to accomplish all of our goals.



Race Results

Our last newsletter left off right before Grandma's. Mesh ran tough at Grandma's Marathon, gutting out a 2:55:48 on a day that turned out to be hotter than forecasted (and very humid and sunny). Brian Wakefield did an awesome job pacing Mesh, who finished 3rd for masters women.

In other race news, we had a large group race 4 on the 4th in Elmhurst, including many JSR kids:

4 mile:

Brian Wakefield	21:28 1 st Masters, PR
Steve Clark	22:30 1 st 45-49AG, PR
Mike Marty	22:40 PR
Dave Zeisler	22:47
Jim Burgess	23:26
Josh Rich	23:30 2 nd 45-49AG
Kate DeProsperis	23:45 1 st 35-39AG, PR
Meshelle Rich	24:19 1 st Masters, PR
Kristine Burgess	25:02 3 rd 30-34AG



Emma Wakefield 29:09 2nd 0-14AG

1K:

Ryan Moats 3:42 1st 9-10AG, 3rd OA

Max Zeisler 3:55 2nd 11-12AG

Lily Rich 5:13 8th 7-8AG

Noah Zeisler 5:41 12th 7-8AG

Grace Rich 6:18 6th 5-6AG

Ben DeProsperis 8:19 10th 1-4AG



Also attended by JSR was the Northwestern Run for Walk, a 4.1 mile race on the CARA circuit, honoring the late coach Randy Walker:

Steve Clark 22:50 1st Master, 4th OA

Jim Burgess 23:07 2nd 30-34AG, 7th OA

Eric Leuck 27:30

In August, we raced the Gurnee Days 10K, with JSR taking 6 of the top 10 spots. Rob Wiley returned to racing and, despite claiming to be fat and out of shape, raced to a very impressive third place finish:

Rob Wiley 35:12 1st Master, 3rd OA

Brian Wakefield 35:15 2nd 40-44AG, PR, 4thOA (and this was part of a nine mile tempo run for Brian)

Jim Burgess 35:53 1st 30-34AG, 5th OA

Steve Clark 36:03 1st 45-49AG, PR, 6th OA

Mike Marty 36:45 3rd 40-44AG, PR, 9th OA

Dave Zeisler 38:00 10th OA

Patrick Etherington 42:03 16th OA

Miki Tasic 48:00 2nd 60-64AG



Max and Noah Zeisler also raced the 2 mile race, and finished in 14:42 and 22:11, respectively. Max took 3rd place in the 0-14 age group.

Other races attended by JSR the last two months include:
The PR Mile, Mike Marty, 4:44, PR, 2nd OA (cool video here: <https://www.facebook.com/theprmile/>)

Hemingway 8K, Steve Clark, 28:08, PR, 1st masters, 6th OA
Grayslake 5K, Mike Marty, 16:29, PR, 1st masters, 9th OA
Bix 7, Dave Zeisler, 42:01, 4th 40-44AG (see full story below)
Acres of Hope 5K, Kevin Claffey, 20:03, 3rd OA (on a muddy course)

Why I Love the Bix 7 in Davenport, Iowa – Dave Zeisler

Born out of the running boom of the 1970s, Bix is one of the biggest non-marathon or half marathon races in the world. It's no secret that I love this race, but I get asked why, which is a valid question: it's an odd distance, the course is next to impossible, and the weather is always hot and humid.

I first learned of Bix when I was in college at Iowa State. My high school teammates who ran XC for University of Illinois stopped through Ames to visit and were heading to the Quad Cities on their way home. "What is this 'Bix' you speak of?" was my reply when they mentioned what they were going to do there.

After my rebirth into running about 2001, I found that the Bix 7 still existed. A coworker and I signed up. After running high school XC, and a few meager 5Ks through my life, Bix was the biggest race I'd ever entered at the time and I had no idea what I was in for.

The Strava segment for this course says it all. The massive hill at the start of the race is legendary. It's a quarter mile long, rises 120 feet, and has an average incline of about 10%. But that's not the worst of it. Between mile 3 and 4 there is a shorter, steeper hill, which you run twice because of the out-and-back course. On the way out earlier in the race, this hill is a beautiful gradual downhill that will have you thinking "Aw hell, this ain't so bad." But when you flip halfway and make your way back, it turns on you and slowly devours you alive. You finish going down the Brady Street hill which, if you survived the grind of the previous six



miles, is assured to be your fastest mile of the day (or even of the year). What could be more fun, right? <https://www.strava.com/segments/3498635>

It took me sixty-one minutes to plod the race that first year and, for some reason, I was hooked. The post-race party was immense with live music, water, soda, hot dogs, burgers, Hostess snacks, fresh fruit, popsicles, a huge beer tent, and over 10,000 jovial runners. It's universally loved as one of the best post-race parties and it hasn't changed much in 15 years.

The challenge of the course had me hungry to come back the next year and do better. And I did, and it was that second running that sealed it for me at the top of my "must-do" list. The 2002 Bix 7 was won by a little known American who, two years later, would go on to win America's first Olympic medal in the marathon in 28 years. This was, of course, none other than Mebrahtom Keflezighi.

Since its inception, the Bix 7 has been won by an esteemed list of runners including: Bill Rodgers, Joan Samuelson, Frank Shorter, Lisa Uhl, Ryan Hall, Molly Huddle, Khalid Khannouchi, and Catherine Ndereba. Many of them come back year after year to run again. They speak at the expo and mingle with all the runners. Over the years I've talked to Bill Rodgers, taken a selfie with Joanie and, this past year, my 12 year old son Max got a "bro-hug" and a "Good luck, Max" from Meb as they warmed up before the race.



But, for me, it's still that nearly-impossible course that keeps me coming back. Over the seven miles I'm more than happy if I end up averaging my half marathon pace. Mile 1 is so slow, mile two is all downhill, miles three and four are a roller coaster, miles five and six are all uphill, mile seven is like being dropped off a cliff!! But that challenge makes me want to try again and do better, every damn year. It's why any of us run, right?

In 2013, hell froze over and the starting temperature was 58 degrees, the coolest in race history. This translated into my best Bix time ever, a PR by a minute and ten seconds, running 40:58. After thoroughly getting my arse kicked over the last twelve years, in my tenth attempt, for one day, I owned that race. It was one of those days when everything was perfect, and to this day is one of my best race performances ever.



In my first few runs at Bix, Roger (former JSR) and

Steve joined me. And since then, I've run the race with Kristine, Thomas Frazer, and team friend Chris Basten, who came home saying Bix was a "religious experience." Our other friend Chris "Devo" Haydel is another annual fixture at Bix, having done it more than a dozen times, saying "you just have to run it to know."

There you have it. That's why I love Bix. And I'll be back next year.

Coach's Corner

With the Summer Olympics in full swing, Jenny reminisces about her experience arriving in Atlanta in 1996 and attending the opening ceremonies:

1996 Olympic Opening Ceremonies BEHIND THE SCENES

Without a doubt, the opening ceremonies are one of the highlights of an athlete's Olympic experience. Being in one venue celebrating with the best athletes in the world is an unbelievable rush. Occasionally, however, athletes choose not to participate in the opening ceremonies and people shake their heads in disbelief. After all, how could one NOT want to take part in such a grand event that is an opportunity of a lifetime? I thought it would be fun and informative to give you some insight into what an Olympic athlete goes through at the opening ceremonies based on my experience at the 1996 Olympics in Atlanta:

1. Athletes board the bus in the Olympic Village at approximately 4pm.
2. Athletes are dropped off at the stadium where the Atlanta Braves play and handed a brown paper bag snack/lunch/dinner.
3. We all hang out in the stadium attempting to stay cool and off our feet while we wait.
4. The opening ceremonies begin and we watch the first half in the stadium on a huge screen that was brought in for the event.
5. We are boarded back on the bus and driven to the opening ceremonies where we wait on the bus.
6. Once given the "all clear" we disembark and eagerly wait in the tunnel for our turn.



7. The cheering erupts as the “United States of America” is announced! Chills run down my spine.
8. We all wave, celebrate, and soak in our surroundings. Witnessing Muhammad Ali light the torch was THE highlight for the evening – WOW!!!
9. As the opening ceremonies come to an end, we board the bus one last time for the Olympic Village. We arrive back at the village about 8 hours after we left.
10. The rush of the evening will last a lifetime but the body is very fatigued and I am grateful that I don't compete for another week.

So the athlete returns after midnight elated but exhausted. I can definitely understand why someone who is competing in the next day or two would not want to take part in the opening ceremonies. I will always be grateful that I could experience the opening ceremonies, as this memory will be with me forever.

Upcoming Races

Our list is getting shorter!

Race	Distance	Date	Website
Swinging Bridge Trail Race	8K	September 18	http://www.lflb.org/
Park Ridge Charity Classic (Team competitions)	5K	September 24	*There is a team competition with this race Registration not open yet
Chicago Marathon (Team competitions)	26.2mi	October 9	https://www.chicagomarathon.com/ (Male, female, mixed, master team competitions)
Lake Bluff Pumpkin Chase	5K	October 29	http://www.lakebluffpumpkinchase.org/
Illinois Club XC Invite	5K	November 13	*Consider entering JSR team(s). Depending on the team (masters, mixed, etc.) we could be really competitive with other clubs and is a chance to build JSR reputation

Social Events – from Kate and Mesh

Summer is in full swing and with marathon training, and we have some great social events with a few long runs:

On August 21st we will be having our long run at WFG. Afterwards, all are welcome to the DeProsperis house for



bagels and coffee and to watch the Olympic men's marathon!

Time: 7am

Location: *Waterfall Glen Forest Preserve*

Route: A beautiful rolling 9 mile loop that you can repeat as many times as you would like :)

Fluids: Kate is dropping fluids at 3 and 6.5 miles. You will also have fluids at your car (9 miles)

Post Run: Kate's house for coffee and bagels!

Address: Ryan and Kate DeProsperis
79 Sheridan Avenue
Clarendon Hills
(approximately 6 miles from Waterfall Glen)

PLEASE RSVP!

On September 11th we will be having our long run in the city – starting and ending at the Rich household. All are welcome to attend and enjoy socializing afterwards at the house. We will also start planning our cheer squad for Chicago – if anyone has any other ideas please let the group know!

Spotlight On . . . Rob and Kevin

For this newsletter, we hear from Rob and Kevin, who are both racing again.

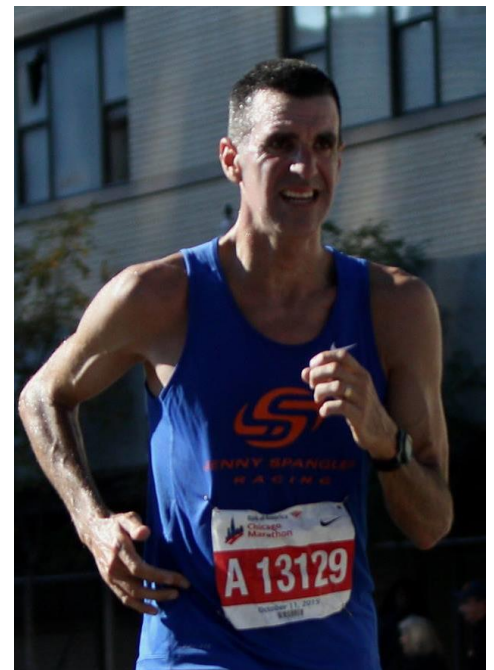
Rob Wiley

How has training been going this spring and summer?

It has been a rough year of training. For quite some time I have been battling high hamstring/glute tightness that has been difficult to manage. I took some time off late last year and began integrating strength and stretching to address the issue. After a few months with little change I threw in the towel and just went back to trying to run. Every time I try to integrate speed or up the mileage the issues worsen. I hope to turn the corner soon and get back to a higher level of training and racing.

Have you tried anything new in your training this year?

I started the year with daily stretching and strength training several times a week. This had a negative effect so I am back to just running. I also stopped running on the treadmill two months ago. I think it was hurting me by shortening my stride and pushing pace.



Do you have any race goals in mind for the future?

I would love to get back on the racing scene this fall. Given where I am at I will stick to low key shorter races. I would love to do some XC races.

What's your favorite food/beverage after a race or long run?

If it is a morning run I need strong coffee. :) If it is later in the day I settle for Gatorade or water. I keep it pretty simple.

What has training been like between work and all the boys' sporting events?

It has been a big challenge. I have three kids in sports. Luke and Liam are both on travel baseball teams and Brody is just getting started. I am an assistant coach for Luke's team and help out with Liam's when possible. It is very time consuming but they grow up quick and I enjoy spending time with the boys and watching them develop. As an athlete my whole life I know how important it is to have good role models in youth sports. It allows me to share in their experience too.

Balancing work has been very difficult too. I took on a new position about 1-1/2 years ago and it is far more demanding. It is a global role so requires travel to Asia and Europe. I also have less control of my daily schedule so my running has suffered a bit.

With all that said though I love to run and race. It is an important part of who I am and it allows me to get more enjoyment out of life while setting a good example for my family. There are so many inactive, unhealthy people in America. Running helps me lead a healthy lifestyle and feel more energized.

Kevin Claffey**How has training been going this spring and summer?**

This season of training & racing has gone well so far. It does not go exactly as planned, but that's OK. Every running year has ebbs and flows, and the patient person gets the victory over these 'bumps in the road'. I have been dealing with a sore right foot (a bit of plantar fasciitis). Every time I think I have it licked, the bugger flares up again and makes me an honest runner once more. Sheesh!

A few weeks ago, I raced a 5K trail race in a corn field in McHenry – my first trail run that I can recall, and the slowest as well. I still managed to make the overall podium (3rd), despite the slippery farmland! I'm looking forward to keeping up with my training and signing up for some 5K/ 10K races in the fall season that is fast approaching.



What's been the most challenging part of your training lately?

The most challenging part of my training continues to be just how much to push the envelope in long runs combined with speed work. As Jenny has mentioned to us, that balance beam of 'training', can seem very narrow, and before I realize it, an area of my running form gets tweaked. Then I hope for the correct discernment to keep pushing forward – easier said than done, yes?

Have you tried anything new in your training this year?

No, I haven't changed up the routine lately, but thanks for asking. :-)

How do you motivate yourself to stick to your training plan?

Being a part of this running team has provided great motivation for me since day one almost nine years ago now! Connecting with this group of gifted, talented men and women, working hard together, either on the oval track or on the asphalt roads and dirt trails, I see their hunger and love for hard core running. No matter what age group I have been a part of, I stay young on the inside, thanks to all my JSR mates!

What's your favorite food/beverage after a race or long run?

After a long run I enjoy a meal replacement smoothie, made with almond milk, flaxseed, Greek vanilla yogurt, coconut cream, brown rice protein powder, frozen bananas, and fresh seasonal fruit (fresh peaches right now).

What's something you've been up to this year that your teammates might not know about?

Over the past year or so, I have been horseback riding at John White Stables in Woodstock. The stables have English Riding with Arabian & Half Arabian show horses and this is a great outlet for me to break up the running mileage. If things continue to go well, I just might enter into a horse show at some time in the near future!

**Sponsorship – From Kristine**

On June 28th, after our track workout, JSR was treated to a cryo party at Elite Sport Therapy & Wellness in Highland Park. Our members enjoyed a session in the cryo tank, toured the facility, and met the staff at Elite. We also enjoyed a nice build-your-own-burrito dinner, with margaritas, from the Other Door in Lake Bluff. It was a fun evening, as we enjoyed everyone's reactions while spending three minutes in the cryo tank, and continued to build our relationship with the great staff at Elite. Remember that Elite is offering free cryo for the team – just give them a call at (847) 748-8804.

Coming up, Jenny and Meg are looking to set up a date for all of us to try out the ElliptiGO. I have already had a chance to try one out with Meg, riding through the streets of Deerfield and Northbrook, and had a blast. More to come!



So, until next time, good luck to everyone with training and upcoming races. And join us if you can for the men's Olympic Marathon at Kate's on August 21st.