

JSR Team News: May/June 2016

Wow, this year is moving fast. How fast is it moving? Faster than a Russian medalist at a random drug test. Faster than a Rob Wiley port-o-john break. Faster than Springtime in Chicago. Faster than a . . . okay, you get the picture. Spring racing season is nearly over, track is well underway, and our next JSR marathon start is this coming weekend – Go Mesh! We’ve seen a lot of new PRs this year, and some great training and fitness gains. But we’ve also had some injuries pop up, so take some extra time to take care of yourself. What better way to benefit from an ounce of prevention than by attending our upcoming cryo party at Elite Sports Therapy & Wellness in Highland Park? (More on that below in the Sponsorship section.)

Team News

Our last newsletter left off right before a busy racing weekend. Our eight-person River2River team (Lactic Acid Junkies) rocked the hills of Southern Illinois, dominating the mixed masters category by nearly an hour (and beating both the mixed (non-masters) category winners and the men’s masters category winners). Our Junkies finished 13th overall out of the 227 finishing teams. Getting junky with it masters-style were Dave, Mesh, Patrick, Miki, Jenny, Mike Terry, Amy and Carl Macuiba.



This year’s Ravenswood 5K was well attended, and the awesome post-race brunch hosted by Josh and Mesh no doubt contributed to that. Competing in the race were:

Brian Wakefield	15:51	1 st Masters, PR
Trey Robinson	16:59	8 th AG
Dave Zeisler	17:00	5 th AG
Steve Clark	17:53	4 th AG
Mesh Rich	18:05	2 nd Masters, PR
Josh Rich	18:23	5 th AG
Eric Leuck	19:14	9 th AG
Patrick Etherington	19:27	14 th AG



Kevin Claffey	19:32	2 nd AG	And also . . .		
Kelli Tasic	19:38	1 st AG, PR	Max Zeisler	26:25	20 th AG, PR
Miki Tasic	22:57	7 th AG	Henry Clark	27:23	26 th AG, PR
			Sam Henderson	18:14	14 th AG, PR



Mesh battling with Wendy Jaehn at Ravenswood



The Boston Marathon was held on April 18th, and Mike Marty can now notch his first Boston on his belt. His finishing time of 3:16:46 in no way reflects the great shape he's in (instead it reflects the random, hot ass day in a sea of cool April days). He nevertheless had a great experience at the race, reflecting that "the people of Boston are awesome."

Next up was the Indy Mini Half Marathon, on May 7th, where Mesh lowered her PR to 1:21:12 – winning the women's masters division in the process and finishing 16th overall for women.



The Soldier Field 10 miler was the next race for JSR to shine. Josh, Mesh, and Miki raced in windy and very muggy conditions. Mesh finished fifth overall, with Josh running by her side and finishing 4th in M45-49. Their time was 1:03:37. Miki raced to a 12th place in his AG, with a very respectable for the conditions time of 1:18:08.

Other races included Kate's completing "the double" at the Western Springs Tower Trot. She ran both the 5K and 10K, in 19:07 and 39:20, finishing as 2nd woman in the double and third overall. Mike Marty also raced the Roar Run 5K in Gurnee, winning the race easily in 17:45 and taking home a \$100 gift certificate to Dick's Sporting Goods.

Over the River and Through the Woods, to Grandma's Marathon We Go – by Pacer Brian

With Mesh running Grandma's this coming weekend, paced by Brian, we thought it would be interesting and inspiring to hear some thoughts from our master of the universe herself:

Were there any setbacks you encountered in this training cycle? If so, how did you deal with them?

This was probably my best training cycle yet. I had a couple minor setbacks but I listened to my body (most of the time) and made sure to always be honest and communicate with Jenny. I skipped some workouts, cut them short, or delayed them in order to let my body rest. I realized it wasn't as important to follow the plan exactly as it was written – it was more important to make sure I didn't overdo it or injure myself. More doesn't always equal better. Jenny told me that her coach had once told her "You need to tell me how you're feeling....or else I can break you!"



En route to a 1:21:12 PR at the Indy Mini Half Marathon

When feeling over-extended in training, what do you find are the best tricks for recovery to get your body ready for the next big workout? And how often do you implement these techniques?

I'm not sure if it's my age or this level of training, but my body doesn't recover like it used to – it needs a lot more help. With the exception of my one 80 mile peak week, I always tried to take one day off each week to rest. I also tried to get a massage now and then and A.R.T. weekly. My goal was to do about 45 minutes of PT exercises per week for my hips/core, as well as yoga

once a week. I sat on a lacrosse ball to loosen my hamstrings, foam rolled my legs, and took a hot epsom salt bath almost every night.

Were there any pleasant surprises you experienced in this training cycle?

I was surprised I had a good half at Indy Mini without a taper, especially in the middle of such high mileage. I knew I was in PR shape, but I was hesitant to really go for it. I decided to start off conservatively for a couple miles then see if I could drop it. It ended up being a good day, which is why I love to race – to have a few of those moments where it all comes together and you can finish strong.

If you had a "go to" workout for your Grandma's training, what was it?

I love racing a half marathon 5-6 weeks out to get a gauge of where I'm at. Even a bad race can still be a good extra-long tempo that you wouldn't normally do in training. I also love (but hate) the 800/3/800/3/800 continuous workout at 10K/MP/10K/MP/10K pace. The gear shifting is tough and the workout is a mental struggle for me, but if I can finish with a good solid effort, I'm happy and feel it improves my overall fitness.

What have you learned about training, or racing the marathon, since your last marathon?

This cycle I went into each workout with less pressure yet more confidence. I realized some workouts had just intimidated me and I had let it get to my head. I learned to approach each workout like I do my races: more relaxed and focused. I can't muscle through anything anymore, I need to find a smooth rhythm and focus on my form all the time. And if I don't nail a workout, it's not that big of a deal in the scheme of things. It's just one bad day. Move on! I've also tried to focus more on nutrition this cycle. I actually had to add more carbs pre/post run to fuel my muscles. I started taking gels more often and sooner in my races and workouts. I've also focused on taking in more fluids. So far it has seemed to help.

When things got tough, as they often do during marathon training, what were some sources of inspiration for you?

My family is my biggest inspiration. Josh and the kids are very supportive and I appreciate them so much. My friends, Jenny, and teammates always motivate me with their own journey! I've had some rough days (tired, heavy legs) the last couple weeks and it was fun to watch the video montage of Jenny winning the 1996 trials again. She was so tough, so confident, and yet so humble. THAT is motivating!

What are your plans immediately after Grandma's? Any special things you're going to treat yourself to?

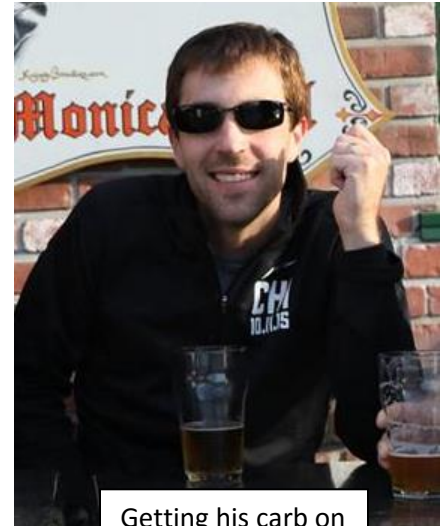
I plan to take a week off from running. I would like to say two, but I know I'll never make it that long. My body needs to heal, though, before I start training seriously again. I haven't decided if I'll do CIM or take a break from the marathon. I want to continue to build on my momentum of 2.5 years being healthy (injury-free). I'd really like to eventually focus on middle distance, I seem to enjoy that the most. I just really love to race and challenge myself.

Very inspiring words, Mesh! Best of luck to you and pacer Brian at Grandma's. We'll be "watching" online and cheering for you.

Captain's Log

Get Your Carb On

There's a lot of talk nowadays about getting your protein. Don't get me wrong, it's important. There's some good science behind an increased protein intake and athletic performance, as well as a 4:1 carb to protein ratio for optimal muscle absorption and replenishment. Another main dietary factor that gets lost nowadays and can seriously impact your performance is carbohydrate intake. It's what our muscles want and are most able to convert to glycogen most efficiently. Without paying attention to your current protein intake, I bet it's more than the current Recommended Daily Allowance, which is 46-56 grams of protein per day, maximum. You probably get this in one meal. So to switch gears a bit, let's focus on how to replenish our muscles after a run, and that's best done with carbs. I'm not talking about sugary drinks, white bread, crackers, or candy, but whole grains, legumes, and whole fruit. I don't write this column as advice, as I'm in no way qualified to give that out on this subject. I am presenting this to give ideas based on my own personal research. If you're looking for that next break through, and want to experiment a bit with diet, then focusing on carbs might be for you. So, without further ado, I, as an oatmeal connoisseur, present you with 3 great oatmeal recipes sure to replenish your muscles with plenty of good carbohydrates. Oh, and they contain plenty of protein too:



Getting his carb on

Standard: Hard to beat the classic

Oats, like many other grains, use the typical 2:1 ratio of oats to water.

- 1 cup old fashioned or extra thick cut oats
- 2 cups water
- Boil water, add oats, and simmer with top somewhat on for 5-15 minutes, depending on thickness of oats and the consistency desired.
- If you decide to use steel cut oats, the ratio goes up to 3:1 of water to oats and you'll need to simmer for 20-30 minutes.



Stock photo. Nowhere near as yummy as Jimmy's recipes.

- Topping Suggestions:
 - Chia seeds (huge in Omega 3's, protein, and fiber)
 - Cinnamon
 - Grade B Pure Maple syrup (don't be afraid of a little sugar)
 - Pecans
 - Cashews
 - Almonds
 - Almond butter (or any nut butter)
 - Berries of all types
 - Dates

Overnight: Served cold, and unbelievably refreshing after a warm morning run. Since we're not heating here, the standard 2:1 ratio does not apply. I typically don't measure out how much liquid to oats I put in, and never had it turn out bad. For those that want a little more direction, here's a guideline:

- 2 cups oats (recommend only using old fashioned rolled oats for this)
- 2.5 cups non-dairy milk (preferably unsweetened)
- Maple Syrup to your desired sweetness level
- 2-3 TB Chia seeds (Highly recommended to give a better consistency)
- Cinnamon to desired level
- Blueberries
- Sliced bananas
- Mix all ingredients in a bowl, cover, and let sit in refrigerator overnight.
- Another great option is to fill mason jars so they're easy to grab in the morning.

Crock Pot Overnight: The ultimate oatmeal experience

Our traditional 2:1 ratio takes an even more severe turn.

- 2 cup oats
- 9 cups water
- This amount fills up a standard crock pot perfectly. You can increase or decrease with a 4.5:1 liquid to oat ratio
- Cinnamon
- Can add dates, dried fruit, and I've even added sliced apples at this point
- Combine all ingredients, mix, and pour into crockpot the night before. Turn crock to low and let sit overnight. This will be ready in the morning. Some might crust to the sides of the crock pot, don't be alarmed but mix everything up and serve with any of the following suggestions:
 - Maple Syrup
 - Bananas
 - Berries

- Almond Butter
- Cashews
- Chia seeds
- Dates or sliced apple if not already added

Coach's Corner

June is upon us and that means training will really start “heating up” for those of you preparing for a fall marathon. If you haven't already done so, now is the time to put together a tentative training schedule for yourself. The schedule should include races, family vacations, long runs, weekly mileage, and the all-important “step back” weeks. Even though adjustments will most likely need to be made from time to time, it is important to make a plan and stick to it as best as possible.

Please pay attention to all of the “extras”. I always tell people that training is the easy part. The hard part, for me, is committing to stretching, foam rolling, strength training, massage, nutrition, and hydration. I have seen SO many runners have a great training cycle only to have their race(s) derailed due to undermining the importance of these essential elements of your training. Always come to the long runs prepared! You should be properly fueled BEFORE you get to the run and always bring any fluids and gels you will need INCLUDING post run nutrition. If you are enjoying a fun night out the evening before the long run, the general rule of thumb is one glass of water per one alcoholic beverage.

Sunday, July 10th, will mark the beginning of fluid supported long runs along with a 7am start time.

Let's continue our fantastic JSR “power of the group” mentality and continue to help each other out as often as we can. Thanks to all of you who have helped Mesh with her long runs and tempo workouts during her training cycle leading up to Grandma's. GOOD LUCK, Mesh!!!



Upcoming Races and Events

The next big ones on our calendar, after Mesh racing Grandma's, is 4 on the 4th at Elmhurst. It would also be fun to have a get together afterwards with families. Later in July is the Bix 7, which should make for a super fun road trip. Let's start up the texting and see who is interested in each race and getting together after 4 on the 4th.



In addition to those two races, here are the remaining team races for the year:

Race	Distance	Date	Website
Downes Grove 5 Mile	5 mi	June 26	http://www.dgparks.org/sports-and-fitness/downers-grove-5-miler
4 on the 4 th	4 mi	July 4	http://4on4th.com/
Bix7	7 mi	July 30	http://qctimes.com/bix/
VH Track Relay	7-8x1mi	July ??	Always a fun event, and a great workout.
Gurnee Days	10K	August 8	http://www.gurneeparkdistrict.com/jevents/eventdetail/1228/-/gurnee-days-trail-run
Swinging Bridge Trail Race	8K	September 18	
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

Spotlight On . . . Kate and Brad

This month, we hear from Kate and Brad, who are making great strides with their training.

Kate DeProsperis

How has training been going this winter and spring?

Training has been good – I am making good progress getting back into things – I struggled the first 4-5 months or so post-partum and now I feel like my body is responding well to the training and every run isn't a workout anymore!

What's been the most challenging part of getting back into racing shape?

The lack of sleep!! Josh is still not sleeping well (Ryan is a softy) so I haven't really had a full night sleep since August– so trying to



adapt to less rest has been harder but once we get into a good sleep pattern I hope it will feel like a million bucks!

What's new in your life that the team might not be aware of?

I changed jobs at the turn of the year – still work from home and same co-workers so basically same responsibilities and hours etc.

Have you tried anything new with your training that's working well?

Better attitude in terms of being flexible with my schedule – be thankful to get it in and done even if it at a not so ideal time or place.

If you could take your family on a vacation anywhere in the world, where would it be and why?

Right now a vacation with the family would be stressful and we would be in the hotel room most of the day because of naps! So now I wouldn't mind a getaway with Ryan! In the future I cannot wait to bring the boys to Disney and see the magic in their eyes!

With two boys now (well, three with Ryan), what new challenges are you facing when it comes to training?

Challenge now is fitting it all in in a day: work, time with the boys, running and all wifey and mommy duties! I have to let some things go and just do the best I can every day – shop on Amazon, order hello fresh meals, and rely on my support system to allow me to train. With the challenge comes an even bigger desire to make my time away from the family worth it – so hence the comment some have heard – “I didn't come up here to run 8 min miles!!” – the increased demands have narrowed my focus to train hard when I can and give it all I've got on that day!

Brad Moats

How has training been going this winter and spring?

Training has been a struggle for the last several months. I haven't felt like myself for a long time. I am committed to getting back in good shape again - it's just a matter how long it will take and how "good" good is going to be. I put on some unwanted pounds since November last year and it has been more of a struggle than I thought to relieve myself of them.

What's been the most challenging part of getting back into racing shape?

I'm just trying to get back in "shape" right now, without the "racing" adjective in front. Racing would be nice but reasonable shape is my more immediate goal. I need to run outside more rather than just running on the treadmill. Plus it's tough being so far off from my prior level of fitness - it's a challenge both physically and mentally. I hope to be able to attend track sessions this spring/summer - hopefully that will



give me a boost. It been motivating to see the early success of the JSR team so far this year - really impressive results by everyone!

What's new in your life that the team might not be aware of?

I recently started a job at Allstate in Strategy & Innovation for their Emerging Businesses segment, mainly focusing on developing/driving new growth strategies. I was helping grow a startup Corporate Development advisory firm (The Uplift Partners) for the last 7-8 months prior to taking the Allstate job. While it was fun and challenging, it was taking too long to launch and it wasn't driving the income I needed. The Allstate role is interesting so far. The only issue is that I now have zero chance to run/exercise at lunch (at least right now) - I am basically on the campus all day. So getting used to running early every day has been an adjustment. With travel soccer for Jackson and Ryan (practice 3 nights per week from 5:30 pm - 8:30 pm between the two of them) plus Owen, I don't have many opportunities to run at night.

Have you tried anything new with your training that's working well?

I wish I could say I found the silver bullet, but in the end I think consistency is the key to success (in running and in whatever you are trying to accomplish). Hopefully the arrow will start trending upward soon.

If you could take your family on a vacation anywhere in the world, where would it be and why?

Good question. I think going to see the Grand Canyon would be very cool and the boys would love it. We'll definitely need to plan that in the next couple of years.

How has your running changed now that your boys are older?

I have been forced to be much less selfish when it comes to my running and my own time. If it is a choice between going to one of their games/helping them with something vs running, I will always choose them. Travel soccer for both of them has been quite a family commitment. But it has been fun for all of us and the boys love it.

Sponsorship – From Kristine

Cryo Party at Elite Sports Therapy & Wellness

Elite Sports Therapy & Wellness is hosting a Cryo Party for JSR. The party is on Tuesday, June 28th starting at 7:30pm (following the track workout). Elite STW is located at 1200 Old Skokie Valley Rd, Highland Park, IL 60035 (above the Tesla dealer). Elite STW will be offering cryotherapy trials and also giving tours of their state-of-the-art facility. We will be ordering dinner from the OtherDoor in Lake Bluff to have at the party. Please RSVP to Kristine (kejennings@gmail.com) by Tuesday, June 21st for the event so we have time to figure out food orders. If you have any questions please also email Kristine. Thank you!



So, until next time, good luck to everyone with their training and upcoming races. And join us if you can for the cryo party later this month – it'll be so cool – just ask Kevin.



Special thanks to Kevin for all the great family photos taken at the Rich household