



JENNY SPANGLER
R A C I N G

JSR Team News: *October through December 2017*

Happy New Year!

The year 2017 may have flown by, but JSR had many miles of new experiences in that short time. We were joined by four new teammates, we had some great road trips to Indy, Boulder, and Lexington, we pulled each other through a lot of tough team workouts (more of which should end at Dan's pool, hint hint 😊), and we saw the hard work pay off with new PRs and other great performances. Some of us experienced adversity, and worked hard to overcome it. In the fourth quarter, we watched many impressive marathons – including an OTQ! – cross country racing, an Ironman World Championship, and awards being earned from the LFLB Running Club. Let's bundle up for the bitter cold, look back, and celebrate another great year.



Team News: Welcome, Wendy!

The latest, breaking news for 2018 is that Wendy Jaehn has joined JSR. It feels like Wendy was already an honorary team member, having raced with us on the Shamrock team last year, joined us for many runs, and road tripped with us to Indy Mini. But now, having completed her 2017 obligations, Wendy is officially a part of JSR! As you already know, Wendy is a hard worker, one of the top women runners in the Chicago area, a devoted mom, and a great person. So please give Wendy a warm welcome to JSR next time you see her.



Read on to hear Jenny's thoughts on the year, remember this quarter's performances, hear some Q&As with Mike Marty, and read not one, but two(!) summaries of our road trip to Lexington for NCAA Cross Country club national championships.

Coach's Corner – THINKING ABOUT 2017 AND LOOKING AHEAD TO 2018

As you know, I am a firm believer in the “power of the group,” which was one of the forces behind the inception of JSR. As I reflect on 2017, I am grateful for the



addition of our four new teammates (Jason, Amanda, Dan, and Nathan) plus the cohesiveness of our team. Each member of JSR plays an extremely important role through the support of each other. I liken us all to the 6th and 7th runners on a cross-country team. For various reasons, we may not always be able to contribute to racing for the team but we still provide valuable positive support in a variety of ways. I would like to personally thank each one of you for being great representatives of JSR. Your supportive positive enthusiasm is contagious not only to your teammates but to those who train and race with us. THANK YOU!!!

Following are a few of my favorite team events from 2017 (in no particular order):

- (1) Shamrock Shuffle – we had three teams competing in the elite division this year. It was a fun morning getting ready to race in the elite tent!
- (2) Boulder Trip – Jim organized a fantastic week of team bonding and a variety of awesome runs.
- (3) USATF Club Cross-Country Nationals – Dan captained our master's team who competed against the best in the country. Dan, Mike, Jason, Steve, and Dave represented well!!!
- (4) Our many group runs including our annual run in the City hosted by Mesh and Josh. The group runs and support from all of you aided in once again our team obtaining many PR's and a marathon OTQ by Kate.
- (5) JSR Party at Equestrian Connection – absolutely wonderful year end celebration!

As we look ahead to 2018, don't forget to set your goals for the year and reach out to me for guidance if needed. I have recently sent everyone a Boston long run training schedule. Also, start thinking about Shamrock, new uniforms, and another possible JSR training trip.

I am excited for 2018 and hope you are as well. It is going to be a GREAT year!!!!

Jenny

Race Results

We have a lot of races to report for this quarter, and we've got some recaps from some of our marathoners below. Here is a quick list of race results:

Chicago Marathon:

Brian Falcone, 2:38:20 PR

Brian Wakefield, 2:41:11

Mike Marty, 3:04:06

Josh Rich, 2:59:41 (3:00 pacer A corral)

Dave Zeisler, 2:59:31 (3:00 pacer B corral)

Steve Clark, 3:09:44 (3:10 pacer B corral)

Miki Totic, 3:58:14

Ironman World Championship

Trey Robinson, 9:51:58 (3:23 run) 312th world, 64th div.



Pumpkin Chase 5K

Nathan Pavlik, 16:13, 2nd OA

Jason Rush, 16:46, 1st masters

Mike Marty, 16:59, 2nd masters

Dan Bergeson, 17:50, 1st AG

Our four men finished in the top 10.

Illinois XC Club Championships 5K

Masters Race (with LFLB)

Jason Rush, 16:46, 3rd OA

Mike Marty, 16:58, 4th OA

Dan Bergeson, 18:21, 10th OA

Indianapolis Monumental Marathon

Brian Wakefield, 2:36:28, 28th OA, 2nd AG

Brian Falcone, 2:41:20, 34th OA, 3rd AG

Hot Chocolate 15K

Dave Zeisler, 56:29, 11th OA, 1st AG

Madison Marathon

Dave Zeisler, 2:57:39, 26th OA, 1st AG

Run Into the New Year 5K

Brian Falcone, 17:33, 4th OA

California International Marathon

Kate DeProsperis, 2:43:11 (OT qualifier!)

Amanda Macuiba, 2:57:23 (sub-3 and PR!)

Lake Forest Lake Bluff Running Club – Runners of the Year

Congratulations to Nathan Pavlik and Amanda Macuiba for winning ROY for the LFLB Running Club. Nathan was present to receive his award, while Amanda was off in Sacramento to run CIM during the holiday party. Both had great years of racing, which helped contribute to LFLB's CARA results. In fact, Nathan took 2nd place overall for men on the CARA circuit.



Note to self: Hand over the award first, then shake hands.

Marathon Recaps – In Their Own Words

We get to hear from some of our team members on their “A” marathons this fall.

Brian Falcone, Chicago Marathon

Going into the Chicago Marathon, I had a goal of 2:37 with my current PR of 2:39:31. Training started out good but I got into a slump through the middle part of the plan and had to drop out of a bunch of workouts. I was still able to keep my weekly mileage high, with 3 weeks near 100 miles, and I moved my workouts to the treadmill. For some reason, the treadmill is my slump buster. I finished my training with a 21 miler at 6:27 pace and had the confidence to go after the goal.

Race morning was mid 50s and the forecast had lots of sun and higher temps coming in late morning. I felt good for most of the race and was able to kept even 6:00 minute splits through mile 20. The temp was rising fast and I hit a mini wall at mile 21 and I dropped to 6:12 pace. I recovered a little in mile 22 and 23 with a 6:07 and 6:03, but then dropped back down to 6:11 pace for the last 3 miles. Not sure what the temperature was at the finish, but it felt like low 70s. Official time was 2:38:20.



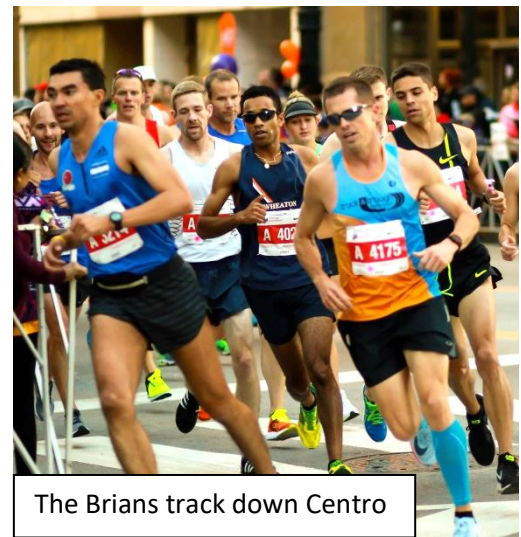
All smiles after 25 miles

My backup plan to Chicago was the Indianapolis Monumental Marathon, which was 4 weeks later. Since I ran a PR, I went into Indy with nothing to lose. I went out at 6:00 pace chasing a 2:37, but knew at mile 6 it wasn't going to happen – which made for a long morning. I held close to 6:05 through mile 15 and then dropped closer to 6:20 for the rest of the race. The weather was perfect for a good race, but the legs were just too fatigued from Chicago. I finished with a time of 2:41:20, which was my 4th fastest time, so I was pretty happy with the result. It also gave me the confidence to run sub 2:45 even on a "bad day".

Next stop, Tokyo...

Brian Wakefield: Indianapolis Monumental Marathon

After struggling with side/stomach cramps at the Chicago Marathon and finishing several minutes behind what I expected, I decided to target another fall marathon to be able to get my best effort and much faster time. I focused on the Indianapolis Monumental Marathon just 4 weeks later. I recovered well and was able to get back to decent mileage for two weeks and then re-taper. I felt ready for the race, and was quite excited to race in the city I attended college and lived for a few years – a run down memory lane.



The Brians track down Centro

At the starting line, with only a few thousand runners, nearly everyone can pretend to be an elite athlete relative to the hassle of the Chicago Marathon starting corrals. After meeting Falcone at the start, we were able to do some quick strides to get warmed up a bit. I set my goal to run sub 2:37, right around 6:00 per mile. Falcone and I ran the first several miles together. This time I planned to only take one gel, and I switched to Glukos which is far less viscous and can be absorbed in the stomach rather than having to pass to the intestines. I took a few small sips of water up until mile 10.5, where I took my first and only gel. I thought all went fine, but around mile 14 the cramps started. Grrrrr!! Luckily, this time they subsided after about 6 minutes. I was able to continue pushing on pace through some really beautiful and familiar neighborhoods. There weren't many racers to run with or try to track down; however, I really enjoyed the race.



Around mile 21, either the lack of nutrition or just the normal leg soreness started to set in and I thought I was done. In hindsight, I always think that if you don't reach the point in a distance race where you want to drop out or fake an injury, you didn't push hard enough. I was able to push through and found the determination I needed from my teammates, my cheering squad (Meg, my parents, aunt and uncle), and I needed to make the trip worth the effort. I didn't lose too much time through mile 24, at which point the marathoners finish the course alongside the half marathoners. This helped me push a little extra toward the end and I finished in 2:36 and 2nd masters finisher overall. I learned a lot



from running two fall marathons: It's really difficult to PR your second race after the first race takes more out of you than expected. I am pleased with the effort and time of this second attempt, but I still have to figure out my issue with nutrition and will work on that over the winter.

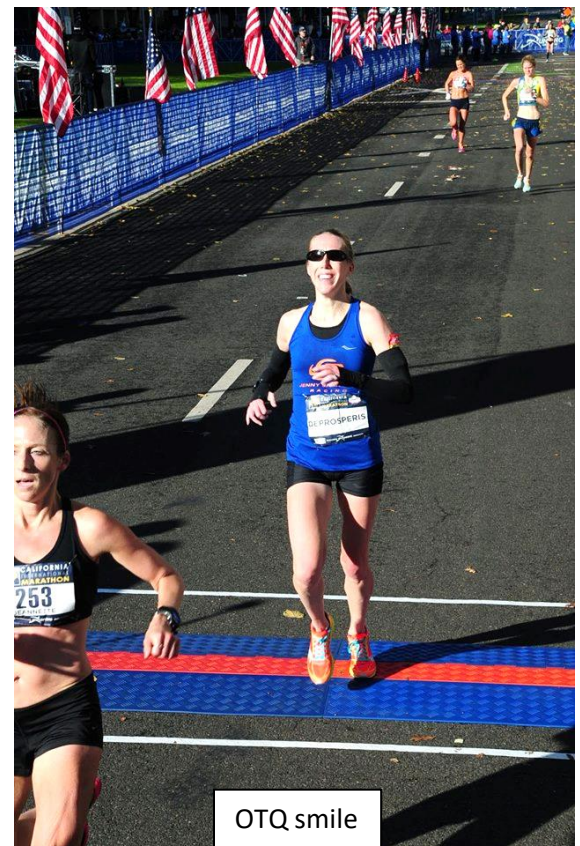


Kate DeProsperis: California International Marathon

Relief and the feeling that a huge weight is lifted off my shoulders are the predominant feelings for me post CIM. Going into CIM I had my fair share of personal challenges most of which I kept to myself (job stress, real estate investment stress, moving, a bout of insomnia that made me question my sanity and mental strength and a stomach bug the weekend before to keep things interesting!). That made training challenging and forced me to really muster a lot of personal strength. I have to say after all this that I have realized how important it has been to believe in myself and be adaptive and flexible when life throws you curveballs. We aren't professional athletes and can only ask the best of us on a given day – so I tried to do what I could and get through things day to day, relying on my running as a way to have an outlet for my stresses.

Going into CIM I felt like I had a good training cycle. Despite a couple training setbacks, I still had gotten the key workouts and long runs in. I felt confident that IF I felt good, and IF the weather is good and IF my stomach didn't hold me back I could get the OTQ. Jenny and I had talked strategy and the game plan was not to go for a PR – it was to stay with the pacer and just aim for the OTQ. I didn't have to be a "hero" I didn't want to be dumb and go out too hard aiming for a PR and fall apart. We wanted to run smart and controlled and save the PR chasing for another day.

The race went as well as I could have hoped. Early on, I was ahead of both pacers running with 4-5 girls who had the same idea to just get the OTQ and stay fast and relaxed. We worked together for 6-8 miles when one of the pacers came up on us. I took this as an opportunity to tuck right in and ride it out with a good group of girls. Miles were very inconsistent and fast but I felt good and was glad to have a pacer who was aiming for slightly faster than 2:45. At the half we went through 1:21:28 which felt controlled and strong. The group then started to get segmented and a few girls inched ahead and I started to go with them and then reminded myself to not be greedy. I waffled back and forth for a few miles feeling like I was slowing to stay with the pacer and losing momentum -- and just reminding myself not to be greedy and dumb. Finally, at 18 our pace had slowed to 6:20 and I knew I needed to press a little. My next miles were back on track ranging from 6:08-6:13 for the last 8 miles. I felt good and relaxed with one little bout of feeling light



headed around 23-24, so just kept reminding myself to be smart and not press. When I made the final turn and saw 2:42 in my sights, I couldn't help but feel relieved and so overjoyed. My ugly cry then ensued!! Just getting to the starting line was a feat this year and actually putting it together was really an amazing feeling. Ryan and my mom were right at the finish chute so I was able to hug them within seconds of finishing.

So much of this journey has been possible only with their help and the help of Jenny and JSR. I can't thank the team enough for getting me through some tough patches in the summer and helping me focus back on my training. This team inspires me every day to give my best and believe that more is possible – I can't wait to relax a little and hope I can help others reach their OTQ dreams too!

Amanda Macuiba: California International Marathon

My marathon for the fall/winter was CIM. I was super excited to try this race that was surrounded by positive stories and overall hype. I found out that it lives up to all that hype. I ran an 11 minute PR there, and if that does not get included in the "hype" department, I don't know what does.

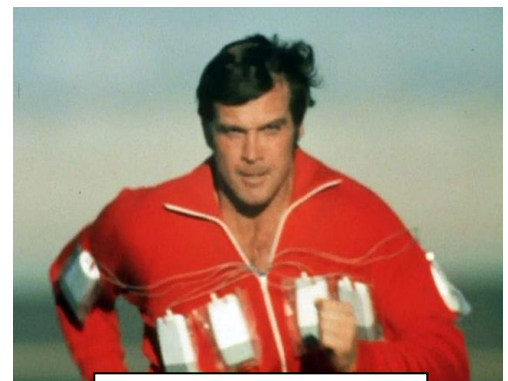
My race day was all about breaking the 3 hour barrier, which I had attempted twice before and not succeeded. Really, I knew I was in shape for a 2:55, but I also did not want to push it. The race was smooth and uneventful (in a good way) for the first half. My splits were steady considering the hills, and I figured I would pick it up slightly at mile 13. I did just that, but then by mile 17, my legs felt a little tired and wobbly, so I decided to slow down for a couple miles (what's funny: if you saw my splits online, you would've seen the update from half to 20 and my average split was identical to the first half; really, I picked it up a bit and slowed down more, so it averaged out to the same 6:47 pace. It was more like 6:30s for a while then 6:50s for a while). Anyway, I thought I'd rest and drop the hammer with 10k to go. I was feeling phenomenal aerobically, so I thought I was ready. Then when I tried to drop said hammer, my quads told me a definitive "no" via a nice solid buckle. As fast as the course is, it's faster if you train on more hills than I did. The Chicago lakefront did not do me any favors in hill training for the race, so my legs were a little angry. So, I cruised in at a consistent 6:47 pace for a time of 2:57, and despite that minor hiccup, I couldn't be happier with the race. It was a blast, I still got my goal, and my confidence is back to where it needs to be! Having Kate there was amazing, even if I couldn't see her, having a



teammate you know is kicking a** ahead of you is such a great motivator, and seeing her at the finish line with both of us achieving our goals was unreal. And best of all, I also got to race it with my dad. Although we weren't together during the race, we were together in the beer tent, and that's all that matters right?

This month's Spotlight: Q&A with Mike Marty

1. **Best run ever:** If I immediately exclude races or critical workouts, I'd say my favorite run is on the ice age trail up at Devil's Lake, Wisconsin. Back in high school we'd go there for cross country camp and run the different trails en route to a 100 mile week. I still love the trail that starts at the south beach, winds its way through the rocks, grass flats, and hills, and ultimately spits you out on the East Bluff. When we go camping there now, I try to sneak in that loop at least once before everyone else is up.
2. **Three words that describe my running:** Contemplative, talkative, therapeutic.
3. **My go-to running outfit is:** Not sure I have a go-to but I think my signature item is compression socks or calf sleeves. *[Editor's Note: Don't forget the orange shorts!]* I tend to brush the inside of my calf a lot so it tends to get raw. High socks help that. I also have a lot of skin allergies so when I'm on the trail, high socks give me some defense from poison ivy and other things that tend to pop up.
4. **Quirky habit while running:** It seems to be the norm but I hate finishing runs at uneven numbers (like 8.03 miles). I also tend to run at the edge of the road or path.
5. **Morning, midday, evening:** Usually morning since it is the one time my schedule consistently allows a run. Higher quality workouts tend to be evenings.
6. **I won't run outside when it's:** Pitch black. I don't like headlamping – too many cars that aren't expecting you, black ice in the winter, and skunks in the summer.
7. **Worst injury and how I got over it:** I tore my ACL and meniscus playing soccer back in January 2007. I had surgery in March and told the surgeon and physical therapist that I was going to run the Chicago Triathlon as a relay covering the 10K. I had cadaver ACL replacement surgery and then hit physical therapy pretty hard. I ended up running the tri in something like 39 minutes.



Better, stronger, faster!

My knee still bothers me after a really cold run but fortunately only after I finish.

8. **I felt most like a badass (father) runner when:** Probably when I paced a friend of mine at the Kettle Moraine 100, pacing the last 38 miles. I hadn't run that mileage before, nor had I done trail running through the night. We were slow, probably running 12-13 minute miles most the way. But it was cool to watch him grit it out and it felt tough that I was never really all that tired. It was really fun to support someone – that must be what it feels like to be a pacer in a big race.
9. **My next race is:** Pettit Indoor Half Marathon in February as a tune up for Boston.
10. **Potential running goal for 2018:** I'd like to run mid 1:17s in the half. At Boston, I just want to put together a smart, balanced race. I've been all over the board in the four marathons I've run and have yet to even come close to negative splitting. Even if I don't PR at Boston, I'd like to finish feeling like I paced right and managed nutrition appropriately. All other 2018 goals are to be determined, though I'd like to hit some variety in the fall since I'm not currently planning to do a fall marathon.

Synopsis of 2017 USATF Master's Club Cross Country Championships

With the addition of Dan Bergeson to JSR, we added the motivation to compete in a USATF event. Dan, Dave, Jason, Steve, and Mike made a small but musically inclined team of 5 and drove the 6.5 hours to Lexington, KY on Friday, Dec 8th to compete the next morning. The topic of music came up as we stopped for lunch in Seymour, Indiana - birthplace of John Cougar - or is it John Cougar Mellencamp - or is it just John Mellencamp? Only a true fan knows it's all of the above. Jason bet Steve that the teenage girl working the register at Subway wouldn't know Mellencamp. Well she restored our faith in youth by not only knowing him but claiming he was her "4th cousin" - whatever that is!



Check in at the hotel and lots to see. Fit old guys. Fit young guys. Fit young girls. Fit old ladies! We have found 'our people' this weekend. Go check out the course and it's wide open, rolling hills, nicely trimmed short grass, but a little squishy from the intense sun warming it up. We ponder what it will be like at race time while we see an old USATF official still painting white marker lines as it's about to get dark and he has 3/4 of the course left to do! We figure out the course - 1 big loop, 2 smaller loops. Easy enough.

Out to dinner at "The Village Idiot", a place Dave's buddy in town recommended that is practically on the campus of Transylvania University. Great choices of craft brews. Dinner over, time to head home - but wait a second - Steve spots an inviting little jazz club across the street and we duck in to see what's swinging. We find a perch alone on the second floor and I channel my inner Dean Moriarty from *On the Road*. Not really - we just talk more music.



Race day! Head down to [The Continental](#) [click the link!] breakfast and we've been invaded by a KY cheerleader competition! Also lots of runners fueling up including the Boston Athletic Association Master's guys who look fit and fast. Get to the course and the ground is now frozen. It's windy so an 18 degree wind chill and we're not used to it after the warm November. We decide to grab a spot in the check in tent where before-mentioned old USATF officials are sitting at a folding table and making you show your number front and back - I feel

like I'm in high school again! Lots of people in this tent after the masters women just finished including an old and very talkative friend of Dan's from FL - HA! Out to the starting line with more clothes than most of us have EVER raced in. What is taking you so long to start this race, old USATF officials?

Finally the gun and it's on! 240 of the best 40-60 year olds from all over the country floating over the frozen ground toward a typical cross country bottle neck at 400m. It's a long race (10km) so let's keep things under control. Sparse crowds watching the race but so many guys to run with! There's no "no man's land" in this race. Fall off your pace - there's a guy



Men's masters leaders finishing lap one

there. Pick it up - there's a guy there. AWESOME. What isn't' awesome is running 6.2 on frozen ground in spikes - the shoe equivalent of a thong. Am I too old for this? Calves I promise to stretch and treat you with the respect you deserve when this is all over - just let me finish. Mike and Jason ran about 8 feet from each other for the whole race. Dan, Steve, and Dave ran the first loop together. Teamwork!

We all finish in a fit of cold and exhaustion. Mike gets a 10k PR - what!!! Ridiculous! Full results [HERE](#). Our team score of 377 was good for 15th of 19. We watch the men's and women's open race and see Noah Droddy struggling to hang on to the leaders. Brunch, coffee,

and post-race discussion at "Stella's Deli" in downtown Lexington. What a fun 24 hours we all decide. Thanks Dan for introducing us to USATF competition!

Mike Marty - 72nd - 35:29

Jason Rush - 75th - 35:30

Dave Zeisler - 151 - 38:03

Steve Clark - 163rd - 38:24

Dan Bergeson - 174th - 38:42

Dave's take on the USATF XC Club Nationals:

In the grand scheme of things I'm just an average runner, and this was never more apparent than at the USATF XC Club Nationals race in Lexington. I've placed top ten in my age group in major marathons.

I set a marathon PR of 2:43:20 at the age of 43 a year ago, which puts me in the top 0.1% of all marathon finishers. But at the Club XC nationals I finished 151st place out of 273 runners. And that was just in the men's masters race.



We departed early Friday for Lexington. My trusty Audi and I took a detour through some backroads of the Hoosier National Forest to spend some quality time together. Upon arriving in Lexington, I met with the guys, we checked in, got our bibs, and took in a shakeout on the next day's race course. I had only run XC competitively a couple times since high school, and never on the national level, and never 10K. I was in for a treat.

For dinner, we took in some fantastic local fare and craft beers at a place recommended by Olivia's cousin (a former UK student), the Village Idiot restaurant in the burgeoning Lexington downtown district. The area is in the midst of a rebirth and is very much "up and coming." There was even an ice skating rink in the town square brimming with activity.

Saturday morning, we got to the race course in time to see the men's and women's 60+ races. I was impressed at the depth of the field, even at those age groups, and had fun watching these runners put it all out there. We were next.

Race day weather was cloudy, windy, and some of the coldest temperatures of the season. Jason's van would be our home base, changing room, and gear check for the day. It really made me appreciate



having a palatial meeting spot like our beloved Hilton for the marathon and Shamrock.

About a hundred runners huddled in a tent near the start line, which was warmed by a single propane heating lantern. Frozen runners came and went, revitalizing their cold fingers and noses. This race was going to be a treat.

We were called to the line and the tension before the race was thick. Every runner was there to go pedal to the metal for 6.22 miles. The gun went off and I was devoured by a stampede of men's masters runners funneling into a 90 degree turn a few meters wide.

Jason and Mike ran spectacularly through the race. Mike even set a lifetime PR on the undulating, multi-loop course, with a headwind half the time at near-freezing temperatures. Jason, the seasoned runner that he is, had some ups and downs in his training through the year, and still ran a fantastic race.

I ran in the midst of Dan and Steve for most of the race. Each runner was wearing their AG on their back (for USATF scoring purposes) and could see I was getting killed by guys five, ten, and even close to 15 years older than me. The uneven terrain, hills, and hard nearly-frozen dirt ground was taking its toll on me. But I managed a 5:50 in my last mile, uphill, to the finish, picking off about ten guys in hopes of helping our team's scoring. 38:03 is far from my best 10K but believe me when I say I'm VERY happy to have averaged about a 6 min mile over this course.



Steve and Dan were hot on my tail at the finish and after we reconvened and shared this look of "what the hell just happened??" We were all gassed. In team scoring we were outclassed, finishing 15th out of 20 scoring teams. And you know what? I'm pretty damn proud of that. The experience of running in a field this deep was incredible, fun, a fantastic learning experience, and above all, humbling.

We warmed up after the race with brunch at Stella's Kentucky Deli, another local place that came recommended. We headed for home shortly after and pulled into my garage about 8:00pm. Mission complete. Huge thanks to Dan for organizing, making reservations, taking care of business, and being Team Manager for the weekend. It was a whirlwind of an adventure, and I'd do it all again!

That's a wrap, folks. Thanks for a great 2017, and here's to an even better 2018!

