



**JENNY SPANGLER**  
R A C I N G

## **JSR Team News: *Final Newsletter of 2016!*** **November through December**

The year 2016 has come to close and, although it was a tough year for many beloved actors, rock stars, athletes and, um, [\*\*\*\*CENSORED POLITICAL COMMENT\*\*\*\*], it certainly was a fantastic year for JSR! I don't know exactly how many PRs were set, but it seems like it must have been a record for the team. The final two months were no exception, as many more PRs were set, from the 5K to the marathon. Read on to hear the latest team news, as we bid adieu to 2016 and look forward to another great year.



### **Team News – New York City Marathon and California International Marathon**

Here are summaries of NYCM and CIM, from the racers themselves:

**Brian Falcone:** Coming off a spring PR of 2:39, in which many miles of the race were run solo, I went into New York hoping to run sub 2:38. I've heard that NYC was tough, but I was hoping that the crowd and mass of runners would make up for the terrain. Over summer, my training consisted of 12 weeks of high mileage with three weeks over 100 miles. During the training, I PR'd in the 5k, 10k, 10 mile, and half marathon. I did the speed work, was healthy, rested and ready. Unfortunately, as I learned around mile 16, I forgot to train on hills.

Race morning started off around 6am with an Uber to the Ferry Station. The security was pretty high but very organized. The Ferry ride was quiet and very scenic. You get a great view of lower Manhattan and of the Statue of Liberty. Once we arrived

at Staten Island, we had to wait in line for the buses, which took about an hour. Once on the bus, it was another hour to get to the runners' village. Once at the village, there wasn't much time to work my way into the corral.



The race area was a little confusing. They moved us from the row of corrals in between rows of buses. I was in the first corral and I couldn't see the start line or the elite runners. We heard the national anthem and the gun, but we didn't move for a few minutes. Once we started running, we ran into a wall of slower runners who were running 5-6 people across. This was a disaster because we started on a bridge and there was nowhere to pass. The left lanes of the bridge were filled with runners who started from a different start line and who at a different distance than my corral. I didn't want to waste energy passing runners, but I was running 7:15 pace (goal pace was 6:00) and wanted to be closer to 6:30 for the 1<sup>st</sup> mile. So I zig-zagged through the crowd and was able to hit mile one at 6:30. I found out later that the race officials let the charity runners start the race between the elites and the first corral.

**[Editor's note: WTH, NYCM?!]**

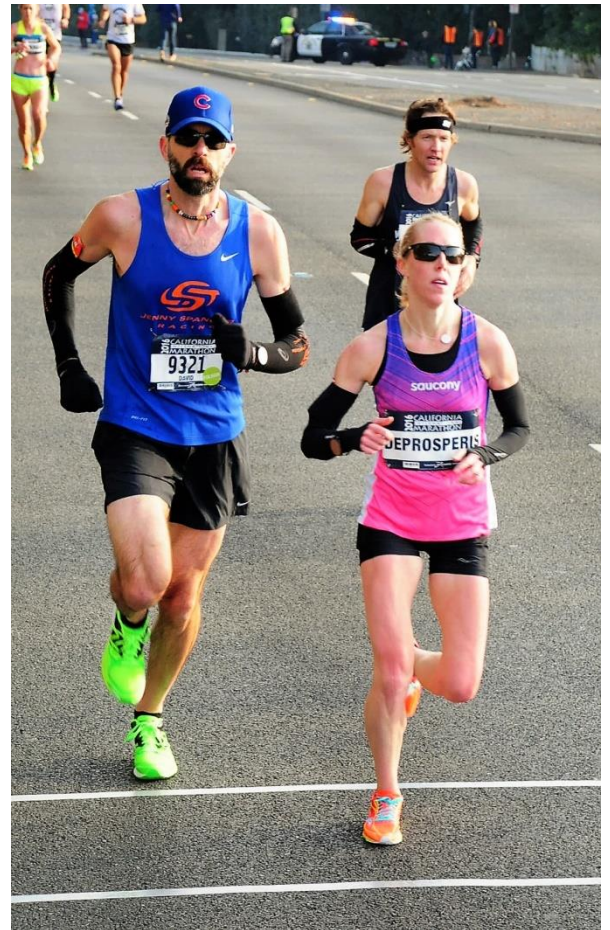


I got into a groove from 2 thru 13 and came through the half at 1:18:00. This was a little faster than I hoped, but only by about 3 seconds per mile. Not a big deal. I was getting tired, but still felt decent, until mile 15. This is where we took the Queensboro Bridge to Manhattan. The bridge felt like it climbed forever and I came off the bridge feeling defeated. It took 2 miles to get back to pace, but by mile 19, I was done. My pace slipped each mile from 6:05 to 6:17...6:25...6:45. The last 6 miles I kept my head down and kept telling myself "just keeping moving – don't stop." I ended up running 2:42:29. Not a terrible time considering I was in survival mode for the last 10 miles. Overall, it was a great race and I would definitely do it again. I feel that the course is challenging but can still be a PR course with the right training.

**Kate DeProsperis:** Even though I was lucky enough to pull off a big PR in the race, it really didn't go at all as planned! Within the first few miles I felt like it wasn't going to be my race. I had a sour stomach from the start and had a hard time taking in my Gatorade as it continued to upset my stomach. I felt badly and just tried to focus on each mile and not the heavy upset stomach I had. Dave, meanwhile, was his chipper self – saying "good morning and hi" to random spectators!?! – I kinda wanted to slug him for feeling so good when I didn't but I tried to use his positive energy to pull me along the early miles. My worst miles by feel were probably miles 3-8. After that I started taking water instead of Gatorade and I started to feel better. Sticking with water the rest of the race probably saved me and by mile 16 I reevaluated things and vowed to give it my all for Ryan and the boys. I didn't want to have to call them to tell them I dropped out with an upset stomach or I didn't leave it all out there. With a better attitude and a clearer stomach I started working the downhills in the second half and didn't realize how much ground we were picking up until I was in the last few miles and the last



straight away when I could see the clock. I knew that I had been moving pretty good the last couple miles because I was able to pick off a couple girls, but I had no idea it would be in the 42s until I made the final turn and saw the clock. I was honestly in shock because I have never negative split a race by that large of a margin and I wasn't doing the math in my head to think we picked up that much in the second half. Maybe the sour stomach was a saving grace because it forced me to be slower to start than I otherwise would have been. But I also know the power of running with a teammate and while we didn't talk much in the race, having Dave there was a calming element and reminded me to just run like practice and "get it done." What this race shows me is that you cannot give up – it is a long race and a lot can happen. Jenny always reminds me that you may have a few bad miles but you need to see it through to the other side. So I tried to keep thinking that and staying positive and that mentality really helped me get through a rough start. It was awesome to have such a great showing by all of our teammates out there – that made it an extra special day that everyone ran so well.



**Dave Zeisler:** The weekend was nothing short of the perfect race weekend. Everything was geared towards running a successful marathon. Mesh was amazing and took care of everyone and everything. A few days before we took off for Sacramento, she sent out an “itinerary” of sorts that let Josh, Kate, myself, and Mesh’s friend Jenn Pfaff know where we’d be and when. It took all the stress out of planning and preparing for the weekend. All I had to do was get on a plane and show up at the airport in Sacramento.

Race morning we were greeted with absolutely ideal weather. In my 29 marathons, this was by far the most ideal conditions I’ve ever raced in: 37 degrees at the start (46 at the finish), barely a breath of wind, and dew point in the mid-30s which made for perfect humidity.

Kate and I latched on to each other from the gun. Like the professionals we are, we had discussed race strategy a week earlier, and put the plan into action. We reeled off very consistent splits over the first 18 miles. Kate even arranged to have my Red Bull at the elite fluid table after mile 14!

I could tell Kate was having the race of her life, and at about mile 20 I fell back from her about 30 yards. She was my rabbit for the next three miles until I almost caught her at mile 23. But then she dropped the hammer. She pulled away from me more and more, and over the last 5K

of the race would gain 30 seconds on me. I was still feeling great and maintained my pace; in fact, I've never felt so great in the last few miles of a marathon.



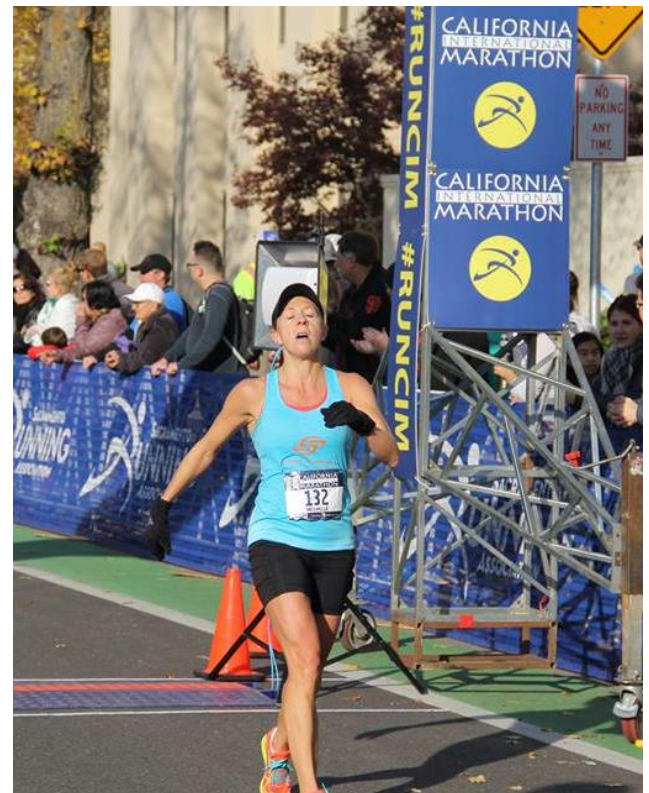
I finished in 2:43:20, a PR of 68 seconds. And arrived to find that Kate had run 2:42:49, a PR of about three minutes! And only a few minutes later we see Mesh coming down the runway, pumping her fist, and landing a four minute PR of 2:47:32. Josh ran his second fastest marathon ever to pace Mesh to a PR, which only a year ago would have been a PR himself. Such fantastic pacing, and awesome teamwork.

It's a rare day when everyone at a race hits their goal. So many pieces have to fall into place for this to happen (coaching, training, cross training, recovery, fitness, staying healthy, rest, diet, weather, race day fueling). And it turns out, CIM 2016 was the perfect race day for all of us!

**Mesh Rich:** This was my 19th marathon and I actually ran my first marathon 19 years ago. So I ran 19 minutes for my shake-out run hoping the numbers meant something good was about to happen. This was also my 6th attempt (in 3 years) at sub 2:50 and although I was nervous (and tired), I finally started getting excited once we landed in CA. Weather appeared to be near perfect – which I haven't had in many, many attempts. 40 at the start and 50 at the finish, zero wind and partly cloudy. I knew I had to go for it – this wasn't a day to be conservative. I had many failed attempts before, I wasn't afraid of failing again. My best marathon times have all been a 1-2 min positive split.

I knew the first 10K would be a little fast based on elevation and past experience but I thought I'd start to slow for the second 10K as I hit more rolling uphill.

CIM usually swallows me up but this year the hills didn't really bother me (all that WFG training worked). I just stayed focused on effort and felt really smooth until the last 10K. Josh kept telling me I was "hot" as each mile clicked by. I kept telling him "just wait, I'll slow up the





next hill, it'll even out." Each mile I kept clicking a little faster than our race plan but I felt really good and had no plans of backing down.

I was pumped to have high school friends and a lot of family out on the course cheering for us every 5 miles. I got really excited when I saw Andre (he surprised us by being out there at mile 25) and actually only realized I could break 2:48 at mile 26 when I did the fuzzy math. My favorite moment was crossing the finish line and seeing Kate and Dave standing there. I'll never forget Dave's face "Holy Sh\*t Mesh!" Then to find out we ALL had a shiny new PR!

I'm so thankful for the support of the team. Every JSR member has motivated me, trained with me, or paced me to this day. I couldn't have done it without Josh, Jenny and the JSR family. This team is really something special! Here's to 2017 and many more journeys together!

**Josh Rich:** The CIM trip was again a great team experience, getting to spend time with Kate and Dave (and Mesh, of course) along with other Chicago friends who came out for the race. I got to discuss race plans with Kate on the flight out when I wasn't napping, do a shakeout run with Dave, drive the course together, do our last short run all together, and enjoy everyone's success. It was really a fantastic bonding experience yet again, especially because everyone ran so well.



Race day conditions for CIM were tremendous: cool, clear, not much wind (and, if you haven't run CIM recently, the start line setup is great – buses to the start that you can stay on to stay warm, plenty of port-a-johns, and a small field so you can get to the very front easily). We all started together, Dave and Kate running together and Mesh with

me. I was trying to pace Mesh, but she felt very good and I couldn't hold her back. She dragged me along for the entire first half more than one minute faster than I had planned – not especially good form for a pacer, but a tremendous performance by her. In the end, I was able to help her in the last few miles and she kept it together (and actually picked her pace up slightly in the last mile). She ran almost perfectly to plan, just a little faster. And after we

finished, Kate and Dave were at the finish line waiting for us, having done exactly the same thing!

But the team highlight for me came at about mile 25.5: Andre by the side of the road, cheering us in. Although he got injured and couldn't race this year, he nonetheless came out to support us. It was tremendously moving to see, and really showed the spirit of the team.

Thanks to Wendy Shulik for the CIM photos.



Dave Zeisler was competing in his 29th marathon, but his first CIM. The 43-year-old Gurnee, Ill., native said he'd heard from several training partners that the CIM was the premiere marathon on the West Coast. So he flew out to run and wore his blue Chicago Cubs 2016 World Series Champion hat the entire 26 miles. He finished in 2:43:20 and was eighth in his age group (40-44).

"The Cubs' magic helped me today to get my PR," Zeisler said. "I got some 'Go Cubs!' shouts from the spectators. Luckily no San Francisco Giants fans got mad at me."

**[Editor's Note:** Dave's Cubs hat got him noticed and quoted in the Sacramento Bee article on CIM:

<http://www.sacbee.com/sports/outdoors/article118862188.html> ]





## Race Results

In addition to NYC and CIM, here are other races that JSR competed in these last two months.

Club XC Championship at Harm's Woods (racing on behalf of the LFLB Men's Masters and Men's Open teams):

Mike Marty, 17:29, 4th

Steve Clark, 17:41, 6th

Josh Rich, 18:32, 10th

Patrick Etherington, 20:41

Men's Open:

Trey Robinson, 17:45

The Men's Masters team, led by Jason Rush and Mike Marty, took second place to Track and

Trough, by a mere 2 points!

Foot Locker Midwest Region Championships (Open 5K): Brian Falcone, 17:50, 13th

North Shore Turkey Trot (Highland Park) 10K: Steve Clark, 35:33, 4th, PR

Jingle Bell Run 5K: Brian Falcone, 16:52, PR

Run Into The New Year 5K: Brian Falcone, 17:04, 3rd



## Spotlight On . . . Jim Burgess and Brian Wakefield

For this newsletter, we hear from Jim Burgess and Brian Wakefield, who like to finish their morning runs and oatmeal before sunrise.

### Q&A With Jim Burgess:

*How has training been going after Chicago?*

After Chicago I took almost two full weeks off running. After those two weeks I slowly introduced miles to where I'm at now, which is roughly 55-60 miles per week. I haven't done any workouts or tempos except for helping Dave Z on some of his tempo work leading up to CIM (which most happened to be at 5am, dark, cold, and rainy). My training approach has been very relaxed. I'm completely focused on entering 2017 fit and ready for workouts. Everything feels good right now and I have no nagging injuries.

*Have you tried anything new in your training lately?*

I have added in some basic core training exercises such as planks, Romanian dead legs, glut exercises using a band (fire hydrants, crab walks, etc.), jump roping, and some basic stretching. I stopped doing this around the holidays but plan to pick it up again. I feel this is necessary and will hopefully keep my hamstrings from becoming over fatigued like they were last year.

*How do you find motivation to run all those super early miles?*

Knowing there is someone else who will be waiting for you if you're late or don't show up is huge motivation. It is also nice to get running over with in the morning. Admittedly some days it does get a little tiring when it's dark, cold, and especially when it's a little rainy.

*What's something that you look forward to for 2017?*

I'm looking forward to another great year of team comradery. We are poised to top last year and have the right framework in place to have our team be indefinitely sustainable. With that, I'm excited about the start to the CARA circuit. Even without Ravenswood on it, the 10 miler, Shamrock, and Oak Park is a great way to open the season and I want to have a large JSR presence.

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

Overnight oats with almond butter, cinnamon, banana, maple syrup, and blueberries is quite refreshing. See the May-June 2016 JSR newsletter for more information.

*What's new in your life that teammates might not know about?*

2016 was a particularly challenging year for me at work. I was promoted at the start of the year and (without going into much detail) faced many challenges that were not easy fixes,





which required significant thought-out short, medium, and long term plans to solve. I feel much more in control for this year!

### **Q&A with Brian Wakefield**

*How has training been going after Chicago?*

I have been enjoying some quality downtime without the rigor of intense training speed or volume. I find I need both a mental and physical break for a period of the year when I can take a day or two off each week from training. I've mostly been running 45-50 miles a week, mostly easy miles. I did also have two weeks completely off from running.

*Have you tried anything new in your training lately?*

Just recently I have started to introduce some fast 10-12 x 1 min sessions to begin to maintain/build the neuromuscular system. This is designed to keep the turnover, while getting full recovery during the interval so not to stress the muscles too much. For 2017, I have purchased a gym membership for access to cross training equipment. I would like to reduce my total mileage by 20% this year and substitute that volume with aerobic cross training, such as elliptical, elliptigo, AMT, and running in the pool. Andre says the LFHS pool is available to the public early each morning, so if anyone is interested in meeting there, let's do it!!

*How do you find motivation to run all those super early miles?*

Jim, it's all Jim! Jim is a machine. If I didn't have Jim showing up at 5:00 am, I would be sleeping in and squeezing in fewer miles and fewer quality miles. Dave and I prefer to sleep in and push our start time back all the way back to 5:15 am. ;)

*What's something that you look forward to for 2017?*

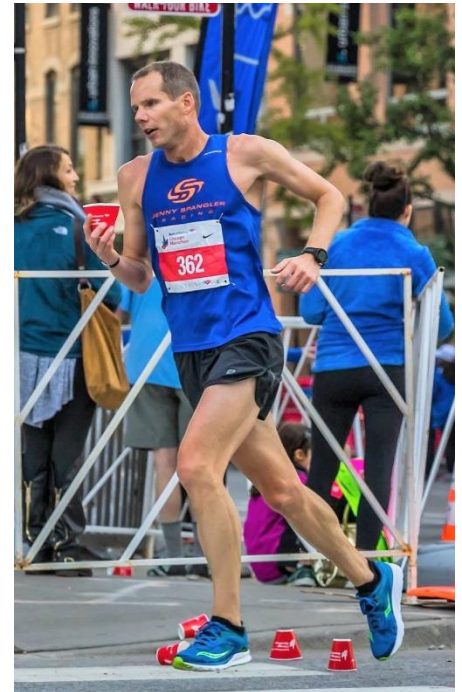
I look forward to training with JSR. Training generates my best memories and experiences of running. Racing is icing on the cake. I also look forward to a trip to Ireland with Meg this summer!

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

Coffee, pancakes and sausage or bacon...mmmmmm!

*What do you need to work on the most for racing?*

For the marathon, I need to work on nutrition. I only had two gels in the Chicago marathon this year and took in no nutrition after mile 11/12 (pictured above). I feel I do not digest gels when running at or a few seconds faster than marathon pace. At that point, it feels that adding



Cross training?

any additional nutrition will sit in my stomach and risk cramping. I need to try new types of nutrition and practice, practice, practice. I'm open to suggestions.

### **Coach's Corner**

Happy New Year!!! 2016 was a fantastic year for JSR and I look forward to more fun adventures and fast times in 2017! I decided to begin the year by giving everyone an assignment – that's right....get out your pencil and calendar and let's get to work! In my opinion, it is extremely important to put together a tentative racing and training plan for the year. As they say, “plans change,” so you can expect to make adjustments to your plan. But in order to make the most of your year and avoid injury/burn-out, you need to put some ideas to paper.

Following are some things to consider when laying out your training and racing plan for 2017:



- (1) What are your individual goals for the year? Our race directors will be also soon be discussing team races for the year. If you have any input for team events, please don't hesitate to send your ideas to Dave and Brian.
- (2) Based on your individual goals, what are your “A” races and “B” races? Put those on the calendar.
- (3) Do you have any family vacations planned that could impact your training and racing? Mark family events on the calendar.
- (4) Make sure you have variety in your training. I suggest spending 6 to 8 weeks each year giving your body a break from the long stuff and focus on speed and shorter tempos. Reduce your weekly mileage and long runs. If you spend week after week doing the same type of training your body and your mind will become stale and unmotivated.
- (5) Have you incorporated “step back weeks” into your plan?
- (6) This is a general plan so no need to include specific workouts for now. You can build on this calendar and provide more detail when appropriate.

Once you have your year sketched out, I will be more than happy to look over your plan and give you my input and/or you can ask a teammate. Speaking from experience, this is time well spent!

Happy Planning!!!

Jenny



## Upcoming Races

Brian Falcone, Mike Marty and Steve Clark are signed up for the Icebreaker Indoor Half Marathon in Milwaukee on Saturday, January 28th. Beyond that, our upcoming races are TBD!

## Sponsorship

Nothing new for this edition, but if there are certain discounts that you would like the team to pursue, please reach out to Kristine.

Well, 2016, that's a wrap! Look out 2017, because our team is in great shape to have another awesome year!

