



JENNY SPANGLER
R A C I N G

JSR Team News: March 2016

Welcome to the very first JSR newsletter! I hope this edition is both entertaining and motivating. Because it is our first one, I feel it should be titled “New Year – New You!” (Okay, maybe we’ll leave that to the Runner’s World January editions – each and every year)

If you would like to contribute to a future edition with a story, pictures, etc., just let me know.

--Steve

Team News

In February, we had a great meeting at Brian’s house and heard some inspiring words from members about races last year and goals for this year. We viewed a cool slideshow put together by our own team photographer, Kevin. We also talked about the new bylaws, the board positions, “active” and “reserve” statuses, dues, and potential new members. We enthusiastically agreed to extend a membership invitation to Mike Marty, who has run track with us for many years. He graciously accepted; Mike’s bio is below.



We also learned from Andre and Mike Terry that they feel it is time to step down and officially “retire” from JSR, passing the baton on to others who are more able to compete and contribute to the team. We’ll miss having them on the team, but look forward to continue running with them.

Say Hello To Mike Marty

I started running seriously my sophomore year in high school at St. Charles (now St. Charles East). I had the privilege of running on an outstanding team- we were runner up at state my junior year and were ranked #4 in the country at one point my senior year. All seven of our varsity runners were sub-16 for a three mile cross-country course; my personal PR clocked in at 15:27 at Peoria’s Detweiller Park. In track, I ran 1:59 for the 800 and 4:29 in the 1600. I was fortunate to run for Jeff Leavey, a remarkable coach who could always get the most out of us.

During speed workouts, he had a knack for standing at the finish line and yelling “surprise!” telling us to continue for another quarter mile to practice for unexpected surprises on the course. He taught me to run smart, dig deep, and find another gear when competitors were faltering.

After much debate, I decided not to run in college in fear of burning out the way I did after playing a decade of soccer. I ran occasionally through my twenties, rarely racing or running speed or tempo workouts. In 2007, I tore my ACL and as I rehabbed post-surgery, I realized that I wasn’t willing to have all my best years behind me. I ultimately found Jenny’s program in 2010 and was thrilled to find the same expert coaching and high quality athletes I trained with as a teenager. I learned how to train smarter, varying speed workouts, recovery, tempo running, and mileage to produce optimal results. Due to graduate school, I stepped away from Jenny’s program in 2013 and 2014 and after returning in 2015, I set PRs in every distance longer than the mile. My mileage and conditioning are at an all-time high as I enter 2016 and I’m eager to lower some PRs, particularly in the longer mileage races that are comparatively new for me. More than anything, I’m excited to run alongside the outstanding individuals I’ve gotten to know over the last six years and who have pushed me to perform my best.



OLY Trials in LA / Sunny Santa Monica

Part of the JSR crew (Jenny, Miki, Kelli, Jim, Brian, Kevin, Kristine, Steve, and Ann Schaefer Coles) had a great trip out to Santa Monica / LA to watch the Olympic Marathon Trials. The sunny, warm weather was great for spectators, but was tough on the competitors. Rachel Hyland, formerly of Lake Bluff (and coached by Miki at Lake Forest HS), ran a strong race, finishing in the top fifty women and hanging tough in the heat. We also witnessed stellar races by the top three on both sides (Rupp, Meb, and Jared Ward on the men’s side, and Cragg, Desi, and Shalene on the women’s side). At the same time, it was difficult to watch some of the fan favorites have tough days (Ritz, Cabada, Sara Hall) or fall just short (Kara Goucher, Luke Puskedra). Kevin had an official photographer’s pass, and had special access on the course and took a bunch of cool shots. After the race, Jenny got to finally meet Kara Goucher. Despite Kara having to deal with the disappointment of finishing fourth, she was very interested in



meeting Jenny and Kelli and chatting for a while. We then joined Rachel and Sean Hyland and her family for a celebratory lunch with Mexican food and margaritas.



Staying in Santa Monica was wonderful – we were right on the beach, could smell the ocean breeze, and were in an awesome neighborhood with bars, restaurants, coffee shops, and

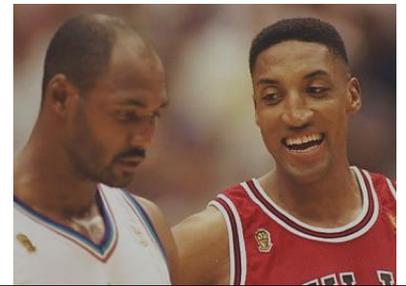


Mark, Annetta, Coach Joe Douglas, Kelli and Jenny

upscale shopping. We got to meet Jenny’s former coach (Joe Douglas, founder of the Santa Monica Track Club), and even do a run with a couple of guys he’s currently coaching (one has run a 1:06 half, and the other has run a 1:44 in the 800). The run started near the beach (at Montana and Ocean), where Miki proposed to Jenny many years ago, and ran up San Vicente Boulevard, which has some nice hills (and tons of tree roots in the boulevards, which we were

“mostly” successful at dodging). We had a nice dinner at the home of Mark and Annetta Luevano – running friends of Jenny and Ann with some impressive PRs of their own (Annetta has run a 32 minute 10,000, and Mark ran a 3:41 1500 meter). Their high school-aged son is also very fast, not surprisingly, and is one of the top HS runners in the state.

While in Santa Monica, we had some tasty vegan dinners, world-class coffee (check out Philz if you ever get the chance), and our fair share of beer (which led to the singing of Beatles songs and reciting Scottie Pippen quotes). We spent time on the Santa Monica pier, got to witness Venice Beach at night (a cross between going to the circus and a marijuana dispensary), and even got to jump in to run with the LA marathoners Sunday morning. We had a great dinner right off the beach our final evening, and none of us wanted to head back to Illinois. We’re already looking forward to the next Trials trip four years from now.



Mailman don't deliver on Sunday!



Meb was a bit stiff after the race.



Spotlight On . . . Trey and Patrick

We thought it would be cool to do a quick spotlight on team members each newsletter, to see what's going on in their life and training. For this edition, we hear from Trey and Patrick, who are both on the comeback trail.

Trey Robinson:

How has training been going this winter?

After a yearlong sabbatical, that's what I'm referring to my hiatus from running following the birth of Liam and Nora, I returned to more structured training near the end of last year. Overall I think I'm working myself back into some kind of shape, but it's definitely taking time and patience.

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

I think the hardest part is knowing what you've done in the past and wanting to be right back there, hitting certain times or paces for workouts that you've hit before. I've really needed to re-calibrate my mind and my body around where my current fitness level is, and train at that level. I'm confident that I'll return to and surpass my past fitness levels. I mean who doesn't love a comeback story?

What's one habit that you're trying to break?

Having parents from the south I grew up drinking everything from lemonade to tea that's really, really sweet. That extra sugar in my drinks wasn't doing me any favors and so I've started to cut out sugar and have switched to using Agave or Stevia.

What's your favorite thing about training?

I enjoy training with friends and teammates. The social component of training is definitely a nice escape from the realities of everyday life.

What race do you most look forward to racing again?

I'd say the Beer Mile. Honestly though, the last race I competed in before Liam and Nora were born was Ironman Wisconsin. I qualified for the World Championships in Kona that day but turned down my spot to instead go and be with Kate as we welcomed children into this world. While it's a decision I will never regret, I'm hopeful this year that I can return to Ironman Wisconsin, qualify for Kona, and finish what I started back in 2014.

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

After a race or long run I make a mean smoothie.



How have you adjusted your training after the twins were born?

Having kids really makes you evaluate what in your life adds value and brings you joy and what doesn't. I've tried to eliminate anything that doesn't add value or bring me joy. Liam, Nora and my family bring me the greatest joy and so finding creative ways to get in my workouts without taking time away from them is what I've tried to do. That said, my alarm clock goes off every weekday at 4:45am allowing me to get in a workout, and ready for work before Liam and Nora get up. I've also been trying to get in a run during lunch at work to have my evenings completely focused on kid stuff.

Patrick Etherington

How has training been going this winter?

Good. I've gone from almost no running last summer to 40 miles a week for Feb/March. Mild winter weather was helpful. Good supplemental strength training – love swinging a kettlebell around. I'm down 8 pounds from New Years and still trending that way. I'm very excited to get out at Shamrock and push it for the first time since last spring really. Seeing a lot of JSR's PR's last year was exciting and motivating.



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

Prioritizing running in my schedule. Working runs in at lunch break, or before/after kids sports events. I have 3 teenagers now and I feel blessed that they're all active extra-curricularly (not a word), but it means planning ahead. I have just about everything packed in my duffel bag as I don't always know if I'll be at the gym, the trails, a track etc.

What's one habit that you're trying to break?

Eating comfort carbs when I'm stressed. Or when I'm happy. Okay, just too many bagels and chips and beer in general.

What's your favorite thing about training?

Being outside in all kinds of weather with friends. Love to watch the clouds roll in or the sun rise or set or turn back out of the wind on the back stretch of the track in Lake Forest

What race do you most look forward to racing again?

I'm dying to get in marathon shape for this fall. I haven't completed 26 since Grand Rapids in '12 and that wasn't a good race. I want to have a solid year, complete a negative split marathon in the fall and be ready for '17 to finally break my very soft marathon PR. If I can't get into Chicago I will probably do Milwaukee or Grand Rapids.

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

Grape Gatorade with a peanut butter sandwich.

How far will the Spartans make it in the NCAA tournament this year?

I think this is the year for Izzo's second title. They lead the nation in rebound margin, assists, 3 point accuracy and are pretty good on defense and free throws. Their first weekend is in St. Louis and the second weekend would be in Chicago, so their #2 seeding in the Midwest was a good thing – should be good fan support at each site. 3 very good seniors lead the team, so they're not likely to get rattled. The pieces are there!



Coach's Corner

Our 9th year of JSR is well underway and I find myself rejuvenated and excited for what lies ahead! I truly appreciate your understanding and the input you have given as we have made some significant changes to the structure of JSR. These changes will help us move forward as a team and make our commitment to the JSR Mission even stronger.



As you plan out your training and racing for 2016, a few things to keep in mind:

- (1) Keep variety in your training to stay motivated and work different systems. As distance runners we tend to shy away from the hard fast intervals but these are just important as the longer training especially as we get older. I recommend that you incorporate a 6 to 8 week block of running that includes shorter intervals, short tempo runs, and short long runs (no more than 8 to 10 miles). Your body, mind, and soul will love you!
- (2) Step back weeks are extremely important! Most of us only take a step back week when we have to, due to an injury. But including a step back week as part of your training cycle will put you in control and help to avoid injuries. How often you need a step back week really depends on the individual. Some runners need a step back week every 3 weeks while others wait until after 6 weeks. One tip is to look at your family schedule and plan them around vacations and/or when you know your running time will be limited.

As you establish your goals and training plan for 2016 please don't hesitate to reach out to me if you need any guidance. Train smart through variety and rest!

Upcoming Races and Events

For our two upcoming races (Lakefront 10 and Shamrock), the following team members are planning on racing:

Lakefront 10 Mile:

Dave, Mike, Trey, Kristine, Mesh, Miki and Steve (gameday decision due to a calf issue).

Spectating: Kevin, Jim, Josh, Kate, Ben, Jenny, Kelli.

Shamrock:

Men's Elite: Jim, Brian, Trey, Mike, Dave

Women's Elite: Mesh, Kristine, Kate, Amy, Jenny

Men's Red: Steve, Patrick, Kevin (with help from guest-JSRs Sam Henderson and Brian Burgess)



Below is the official team race schedule for 2016. Active racers should strive to race five or more of these races. However, individual target races may also count towards the goal of five.

Race	Distance	Date	Website
Live Grit Lakefront 10 Mile	10 mi	March 10	http://www.cararuns.org/en/Race/Live-Grit-Lakefront-10-Miler/
Shamrock Shuffle (Team competitions)	8K	April 3	https://www.shamrockshuffle.com/participant-information/team-competitions/
Good Life Race	5K	April 10	http://goodliferace.com/
Ravenswood	5K	April 24	http://www.fleetfeetchicago.com/ppu---ravenswood-run-event-77
Soldier Field 10 Mile	10 mi	May 28	http://soldierfield10.com/
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 ??	
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



Social Events – From Kate and Mesh

While everyone is gearing up for spring time racing - we are also gearing up for some great social opportunities too!

As we start to get some of these events on the calendar please keep your eyes peeled for email from Meshelle or Kate for details – and please remember to try to RSVP when there are events that need reservations or head counts. We will plan to do a lot of

events in relation to runs or races but some may be other events like picnics or even possibly charitable opportunities.

Upcoming events in the works include the following:

- 3/19 Lakefront 10 miler – breakfast at 11:30 at Uncommon Ground 3800 N Clark Street
- 4/3 Shamrock Shuffle – plans are TBD but gathering in the loop post-race
- 4/10 Good Life Race (Oak Park) – will be low key given the high volume of kids at this race- we'll meet afterwards at local coffee shop/Starbucks
- 4/24 Ravenswood 5K – Mesh and Josh house will be race headquarters – details are forthcoming

Other plans for this Spring/Early Summer include:

- Runs in the City and at WaterFall Glen (with breakfast after at Kate's house)

The sky is the limit and if you have specific ideas please feel free to mention to Kate or Meshelle so they can incorporate into the yearly plan.

Merchandise, Sponsorship, & Fundraising – From Kristine

Gear for screen printing: If you have any items you would like screen printed with the JSR logo, please bring them to Lakefront 10 (or shoot me an email if you aren't able to attend). After the race/at brunch, we can discuss logo size & placement for your items. I will bring over this first batch of gear to be screen printed by Andre next week. Once these items are screen printed, all the women on the team are set for JSR racing gear.



For the men, if you need a singlet, please contact me. Jim, Dave, & Brian have been looking into singlets for the men (both a traditional blue & an alternate singlet) and will have details soon!

Other merchandise: If you have other merchandise you are interested in purchasing and having screen printed with the JSR logo (e.g., jackets, kids' clothing, etc.), please let me know and I will start looking for items.

Sponsorship: I will be looking at some options. If you have suggestions, please let me know.

Fundraising: There have been some suggestions made for fundraising options. Please continue to provide suggestions. Also, please let me know how the group would like to utilize the funds we raise.

Reminders

Don't forget to declare your status by April 1st, and pay your dues by April 15th. You can give checks to Steve, or directly to Jenny (just let Steve know).

Until next time . . .

