

# THE PACESETTER

November/December 2022 ⌘ Volume 47, Issue 6

Newsletter of the Prairie State Road Runners—Will County's Running Authority Since 1975

[www.psrr.org](http://www.psrr.org)



**Ukrainian Servicemen  
Run Marine Corps Marath-  
on in US**



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The Pacesetter is  
for runners,  
walkers and  
fitness  
enthusiasts of  
ALL abilities



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**[Click here to join PSRR!](#)**

Founded in 1975, the Prairie State Road Runners (PSRR) are one of the oldest running clubs in Illinois. The majority of our members are from Will, Grundy, and Kendall counties. The club sponsors the Thanksgiving Day morning Poultry Predictor 4 Mile Race in Joliet’s beautiful Pilcher Park and the Manhattan Irish Fest Parade 5K.

The Prairie State Road Runners is a member of the Road Runners Club of America (RRCA) [www.rrca.org](http://www.rrca.org) and is a defined 501(c)(3) organization under the RRCA charter.

## UPCOMING CIRCUIT RACES AND EVENTS

### November

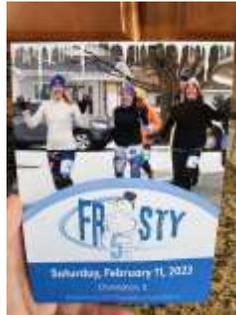
November 6th - Run the Path 10K, McNabb - [Race Website](#)

November 12th - Paleozoic Devonian Fall II 25K - [Race Website](#)

### December

Kick Back!

### Next Year



## ACKNOWLEDGMENTS

Thanks to all who contributed. A special thanks to Amy McGoldrick, who signed on with PSRR earlier this year and has participated in many of our races. Amy recently ran the Hennepin Canal 50 mile ultra followed by the Chicago Marathon! Amy lived in Kyiv, Ukraine from 2018-2022. Last February, she was evacuated from Ukraine just prior to Russia's full scale invasion of the country. She continues to support her team in Ukraine while working remotely from the US. Below left, Amy helping the club earn credits at Hadley Valley Park and below right, Amy on top of a mountain.

If you want to report on races, book reviews, your training or anything else you would like to share, please send an email to John Steinmetz

([johnsteinmetz4@gmail.com](mailto:johnsteinmetz4@gmail.com))



# BULLETIN BOARD

Any new info to share? Send to the editors at [johnsteinmetz4@gmail.com](mailto:johnsteinmetz4@gmail.com)

Running Tip: Try diaphragm breathing during a race. That means fill the stomach with air and let it out at a relaxed pace. Breathing too hard and fast can reduce CO2 and slow you down.

## Kid's Corner

Not all math puns are funny. Just sum.

You're living, you occupy space, and have mass. What does that mean?

You matter!!

For the rest of us!



For great cross training at a low cost, join up with the In-wood Blue Tides. Contact John Steinmetz PSRR for details or email Molly Hoover at [mhoover@jolietpark.org](mailto:mhoover@jolietpark.org). The training sessions are M-W-F 5:45 AM and T-T 9:30 AM and 6:00 PM.

# PREZ SAYS



**By Mark Walters**

Greetings!

First off, I'd like to congratulate each and every club member who completed the 2022 Bank of America Chicago Marathon on October 9, 2022. And to those who aren't 'officially' in PSRR but who are still near and dear to us and both supported and trained with our members – congratulations on your achievement!

As a marathoner myself, I still find I am inspired by those who set their minds to do the tough work of training for the marathon. It takes dedication and will to run on days that you don't feel like running, or that if you do you will miss out on some other weekend activity that you enjoy. Or being late to dinner on that midweek run. I remember how difficult it was. But I also remember how rewarding it was to succeed, having prepared so perfectly for the big day; then to step out the door on Monday feeling like there was no challenge that you could not meet!

I would also like to recognize John Warren and any others who supported not only our runners, but any and all runners who trained during the summer on the I & M Canal Trail. John placed a cooler with ice and water on the side of the trail about halfway between the state park (mile marker 44) and the I-55 underpass (mile marker 40). He did this every Saturday and Sunday from August through September. Thank you, John!!

Last but not least, a sincere "Thank You" to all those who volunteered to go to the city and help with the race, working at the corrals or at one of the aid stations. That is a significant commitment of time as well. Your passion for our sport is truly infectious. You helped make the day a success for so many!

On the local scene, there were six (6) circuit races in September and October, with a race happening on five successive weekends. We kicked off the month of September with the Hare & Tortoise 5K in Herscher. That was followed 6 days later by the Hidden Gem Half Marathon in Flossmoor. The Shoop Scoot 5K and Plainfield's Harvest 5K rounded out the month. Then the JJC Foundation 5K took place on the first weekend in October. I'm sure our club statistician was very busy during this period, checking and double-checking the posted race results.

# PREZ SAYS



By Mark Walters

The Chicago Marathon gave us a bit of a break. Next up was the Forte 5K, just less than two weeks after Chicago. In most years, Joliet's Red Eye 5K is on the circuit and when it is, we usually have two events on the same weekend. That would have been the case this year. That was not why we did not choose the Red Eye... we were simply trying to space our circuit races to avoid packing them into a short period. Still, many PSRR members did participate in the cross-country style event on Inwood's golf course, and the race sold out. The Red Eye is popular for several reasons, and I feel warrants consideration for 2023 if it returns.

In this issue of The Pacesetter, you will find photos taken at these races I have just mentioned, including some with the award winners along with some of their timed results.

The 2022 circuit will complete early this year since we have cancelled the Poultry and Pie Predictor, which always happens on Thanksgiving Day. Our last two circuit races are on the first two weekends in November. Run the Path 10K is this Sunday Nov 6, and the Paleozoic Fall Devonian II 25K the following weekend. Both races are on the circuit for the first time. I don't know much about either race, but I am looking forward to the feedback on them. I plan to do the 10K but will be out of town for the Paleozoic.

Which reminds me – we do plan to send a survey of our 2022 Circuit to all members soon. We know which races to keep, but there are a few that could and perhaps should be replaced. But we will let the survey show us the way. And members will be able to nominate any new races for consideration on the survey. Also in this issue of The Pacesetter, several members share their impressions and reflections of participating in the Chicago Marathon. I think you will find Amy McGoldrick's piece on running in the Ukraine most interesting and enlightening. The 'Coach's Corner' contains some helpful training tips.

Our Pacesetter editor works very hard in compiling the pictures and stories and training tips to make the newsletter interesting and relevant. For that I am thankful, and for all of you who contribute and take the time to read and continue to be active in the many activities of our club. We are 47 years old and counting!

This issue being our final newsletter before the end of 2022, may I say "Happy Thanksgiving", "Happy Hannukah", "Merry Christmas", and "Happy Kwanzaa".

Mark

## Chicago Marathon Special Report

A number of people contributed to this Special Report. The first contribution is from Mike Auld (aka. More Metal Mike M<sup>3</sup>)!

So, the 44th running of the 2022 Chicago Marathon(26.219 miles) was on Sunday, October 9th. Talk about great weather for everyone in Chicago! At about 7:20am the world's 4th largest marathon started off with the wheelchair athletes. At 7:30 began the runners, from over 100 countries. People descend on Chicago from all over the world because this is THE place to run!

Locally, specifically from Prairie State Road Runners, there were many runners who participated in the 2022 Chicago Marathon(42.195km). We're talking about THE Chicago Marathon that is ONE out of the SIX World Majors( Boston, NY, Berlin, Tokyo, Chicago, London! In certain years to include The Olympics and the World Athletics Championships). Six marathons that make up THE marathons of marathons around the world. Chicago, a world class city, with a world class marathon, and a current Women's World Record marathon!(2019 Brigid Kosgei 2:14:04) This year brought an American Women's Marathon Record (Emily Sisson, 2:18:29) as well!

We would like to congratulate everybody who ran the 2022 Chicago Marathon! We would especially like to congratulate the members of our great organization, The Prairie State Road Runners! Please join me in congratulating all of the listed runners;

I apologize for any PSRR members that I failed to list above. ALL of you MARATHONERS should hold your heads high. Wear that merch. Advertise your accomplishments. Boast of your achievements. **You all deserve the recognition. Again, Congratulations on your 2022 CHICAGO MARATHON!!!**

JT Marland	3:06:53	Tom Ethridge	4:53:30
Patrick Koerner	6:14:46	Carlos "Wings" Viramonte*	4:04:19
Jim Harman	5:58:18	Eric Hines*	3:24:09
Lois Troha	5:46:10	Nydia Hammer*	4:46:03
Rachel Greeney	5:33:50	Amy Anderson*	4:59:35
Nick Garcia*	4:07:47	Brent Anderson*	4:59:34
Danny Machak*	5:05:23	Jack Anderson*	4:00:30
Javier Martinez	3:22:04	Theresa Davis	7:09:56
Kent Munro	5:05:21	Michelle Pasillas	5:40:22
Thomas Green*	4:57:50	Susan Bolatto	5:58:44
Jessica McQuown*	4:24:33	Sharron Simons	7:23:47
Sean "Lumpy" McQuown*	4:24:34	Amy McGoldrick	4:39:31
Marne Bailey	4:45:32	Mary Starling	5:52:00
Traci Ethridge	3:32:15	Sarah Nast	5:46:09

If you know of other members not listed please send a note to one of the board members so we can be sure to recognize them. If you see any name(s) listed that are not members( Machak) please extend our congratulations to them on their extraordinary accomplishments! And please encourage them to become members of PSRR. Explain that the benefits of membership are immeasurable and we would love to include them in our organization. #Run4UrLife"

Respectfully,

More Metal Mike(M<sup>3</sup>)

## Chicago Marathon Special Report

It was a beautiful day to run at the 2022 Chicago Marathon held on October 9th . Benson Kipruto of Kenya was the male winner with a time of 2:04:24 and was the fastest winning time since 2014. Ruth Chepngetich, also of Kenya won the women's race with a time of 2:14:18 which is the second fastest time in world history.

Emily Sisson of the US came in second place for the women with a time of 2:18:29 and broke the American record set earlier this year by Keira D'Amato in Houston, 2:19:12, which had been previously

held for 16 years by Deena Castor.

There were over 40,000 runners who toed the line in the Windy City including some of our PSRR members. Some are pictured on the next page.

PSRR asked their members the following questions:

- 1) What number marathon is this for you?
- 2) What was your favorite sign or moment in the race?
- 3) What did you eat after the race?

*Amy McGoldrick*

- 1) This was my 19th marathon (and my 5th Chicago!)
- 2) I loved ALL of the signs this year. And my favorite one was "This is better than a Zoom call" (or something like that).
- 3) After the race, I had pizza (and it was sooooo good).

*Sharron Simons*

- 1) This was my 3rd and final marathon EVER!! It was however my first time running Chicago.
- 2) My favorite sign, "The last 100 impress me more than the first 100", it held a lot of emotion for me, especially knowing I was not going to hit the time I wanted and was struggling.
- 3) On the car ride home I ate trail mix and sour gummy bears. When I finally got home I had pizza, fried mushrooms and fried cheese sticks.

*Susan Bolatto*

- 1) This was my first Marathon!
- 2) My favorite part besides the anticipation at the start would be turning down Roosevelt knowing I did it! Also, seeing my husband at the end in the spectators bleachers cheering me on!
- 3) I wanted a chocolate cake shake from Portillos on the way home but we didn't pass one! I did have my mom order the biggest pizza available from Foxes pizza by me, so it was there when I got home! And at mile 22 all I could think of was how much I wanted an ice cold Pepsi at the



# 2022 Chicago Marathon Pictures



*Amy McGoldrick is a new PSRR member. She lived in Kyiv, Ukraine from 2018-2022. Last February, she was evacuated from Ukraine just prior to Russia's full scale invasion of the country. She continues to support her team in Ukraine while working remotely from the US.*

In Ukraine, trail runners mark the seasons according to the Ukrainian Trail League (UTL) race calendar.

In the winter, everyone runs UTL's "Ice Trail." And, yes, the name says it all and this is an apt description of the course. J This was my first trail race in Ukraine and I instantly fell in love with the entire Ukrainian trail running community at this event. What's not to love about crazy, happy, like-minded people who thought nothing of running in ice and snow in a remote area of the country in the dead of winter?



UTL's "Burning Heads" took place every spring. You don't normally associate Ukraine with desert, but somehow these crazy trail enthusiasts found a large patch of desert in a remote area in the far south of Ukraine and decided to hold a race there. Picture Burning Man...but with fewer drugs and more running. J

Wet Hills was the fall race. And, yes, you guessed it. Very hilly. And very wet.

The pinnacle of the UTL series was the legendary Chornohoro Sky Ultra. It took place in the height of summer in a small village deep in the heart of the Carpathian Mountains. The marquee race was 37.5 miles with an elevation gain of over 12,000 feet - and it wasn't easy. The route encompassed 6 of the 10 highest mountains in Ukraine, including the highest (Hoverla). Lots of big boulders, single track, rough terrain, and one almost vertical ascent. But it was a race of unparalleled beauty.

I ran Chornohoro every August for the past 3 years. And every race was equally memorable. Stunning 360 degree views, beautiful rugged mountain peaks, an unforgettable sunrise, and the best volunteers that you could ever imagine. I missed the time cut off twice – once just barely – but the competition was never really the point. It felt like one huge party. Every trail runner in the country converged on this one spot every summer. And I was grateful that the trail running community fully embraced this crazy foreigner who kept showing up over and over to their races until eventually she became one of them.

I planned to run Chornohoro again this past August. But sadly the race was cancelled due to Russia's ongoing war against Ukraine. And my race calendar this past summer seemed sadly empty without this beloved summer ritual.

A lot has changed since last year's races. The co-directors of the UTL race league are now fighting for their country and have seen active duty in areas with heavy fighting. They are also using their social media platforms to raise funds to support those in need. One of their medical staff is now an army medic and has been tirelessly training thousands of troops on the use of tourniquets and other battle necessities. Many other past participants – including a multiple race winner and Ukrainian record holder - are also defending their country.

Another UTL volunteer died more recently. He was known for hiking into the most remote aid stations with a gigantic pack full of watermelons and other refreshments. It is not surprising that someone so selfless would also volunteer to serve his country. He was killed in action on the battlefield.

One former UTL participant – and a beloved member of the trail running community– died in the earliest days of the war when his car came under attack. He was born the same year that I was - and I had run countless races with him (including one the week before I left) - and his death really shook me.

Ukrainians do not want to be seen as victims. They are actively contributing to the defense of Ukraine on multiple fronts - by fighting, fundraising, and distributing aid to those in need – and by continuing to live their lives to the fullest despite the constant threat of missile and drone attacks – and I am so proud of them and inspired by them.

There will be another Chornohoro in the future. And another Ice Trail. And another Burning Heads. And another Wet Hills. The races won't be the same – and several people will be missing – but they will take place again – but only after Ukraine's victory after Russia. And let's hope that this is sooner rather than later.

Слава Україні!

<https://ukrainiantrailleague.com.ua/en/>



# CLUB EVENTS:

## Hersher Hare and Tortoise 5k

### [RESULTS LINK](#)

Hersher Hare and Tortoise 5k was run on a perfect September day for running. A great turnout by the PSRR members with 22 of the 95 finishers coming from our club! The day of race entry fee was only \$14. The Hersher race brings out a plethora of cheap skate, older runners. Old does not mean slow as Gerald Kruse, 75 of Herscher, IL cruised in at a 8:22.8 pace!



A group photo of some of the participants: From Left to right with age group place and pace: Carol Stapleton (1) 12:32.9; Debbie Scheckel (2) 13:09.2; Harry Scheckel (2) 9:21.1; Lori Quigley (3) 9:10.1; Dave Cyplick (2) 8:54.3; April Veerman (4) 12:20.3; Liz Costa (2) 9:08.6; Stephen Toph (3) 8:54.8; Mark Walters (1) 7:58.1; Dan Bullock (3) 11:41.2; Jay Wait (4) 12:45.1; Tammy Smith (1) 8:59.9; Gary Westefer (5) 10:50.8

# CLUB EVENTS:

## Hersher Hare and Tortoise 5k

Continued



Three of the medal winners are pictured above. From left to right are PSRR runners Jackie Gercius, 1st place Female 40-44; Amy McGoldrick, 1st place in the F 45-49 division, Debbie Scheckel, 2nd F 65-69 and Harry Scheckel, 2nd in the M 75+. Harry's time of 28:00 at a pace of 9:02.1 was quite impressive.

Below are some of the PSRR dancers. Liz Costa is the dancing queen as the trio of Costa and two other PSRR runners who did not want to be named, dance to ABBA's dancing queen. Lori Quigley enjoys dancing with her right arm pointing at the dancing queen.



## CLUB EVENTS

### [RACE RESULTS](#)

# Hidden Gem Sept. 10, 2022

Hidden Gem is an outstanding race held in Flossmoor, Illinois. Fourteen PSRR runners participated in a total field of 826 runners.



Front Row: Lori Quigley Age Group 17/35, 2:29:11, Michelle Pasillas 53/72, 2:31:41; Angie Freeman 61/77 2:36:25; Patrick Koerner 8/9 2:24:12;

2nd Row: Bailey Williams spectator; Leslie Williams 9/40, 2:09:45; Jennifer Craig; 47/68, 2:29:21; Vickie Walker 14/24, 2:29:13; Eva Rahn, 13/24, 2:29:00; Shelli Blenck 16/72, 1:56:30; Mark Walters 20/24, 2:28:09

Not Shown: Britni Markland 20/46; 1:57:51; JT Markland 9/51, 1:24:24; Eileen Skisak 3/24, 2:03:08; Katherine Atwood,13/77, 1:57:07

## CLUB EVENTS

# Shoop Scoot 5k Minooka, IL

Twenty eight PSRR runners participated in the Shoop Scoot 5k. The weather was perfect. This event has a charity raffle with lots of goodies.



As shown in middle picture, Koerner's claim bling at Shoop Scoot 5K. Casey 1st age group (4th overall ) Brian 1st age group, Cassidy (not in picture at Pom practice) 3rd Craig 3rd Patrick J 2nd



# CLUB EVENTS

## RACE RESULTS

### Plainfield Harvest 5k, Plainfield, September

An amazing race. Weather perfect. Temperature around 60 degrees made this race, a stroll in the Park ( Village Green Park to be more precise). Another well run race. Some notable happenings:

Amy's took 1st, 2nd and 3rd in the 45-49 division, with our own Amy McGoldrick clocking in at a speedy 26.49.2. In the 70+ division PSRR swept the top 3 places (10 male competitors) with John Steinmetz, Patrick Koerner and Harry Scheckel. And in the damn these guys are fast category, Jr. Esquivel 19:58 and JT Markland 18:12, Lucas Houlihan 19:57 and Casey Koerner 20:06!!! Jane Kiernan blitzed the 60-64 division with a 1st place



Some PSRR medalists

Congratulations to the participants who ran the 5k than did a long run for Chicago Marathon training. Whew!

Most of the PSRR runners are pictured below.



# CLUB EVENTS

[RESULTS LINK](#)

## JJC Foundation 5k, Joliet October 2nd

An amazing race. Weather perfect. Temperature around 60 degrees made this race super fast. Another well run race. PSRR Personnel Records, PRs were more numerous than the leaves on the ground! Great job runners. The PSRR club had the most participants of any club or other organization in this race and received a plaque. The JJC Foundation had a great spread after the race, including donuts on a stick, coffee and TCBY ice cream.



# CLUB EVENTS

## JJC Foundation 5k, Joliet October 2nd

Some of the winners are picture below.



# CLUB EVENTS

RESULTS

## Forte 5k, Minooka October 22nd

Channahon Music Boosters presented the 10th annual Forte 5k Run/Walk . Weather perfect. Temperature around 60 degrees made another fast race. Another well run race. JT Markland defended his title.



# CLUB EVENTS

RESULTS

## Forte 5k, Minooka October 22nd

More race pictures can be found at t this [location](#).



# Other Goings On!

A few folks went to the Quad Cities in late September and found a race.



Red Eye 5k Medalists



# Other Goings On!

Darcy Welch Sets 5 year PR and gets some bling



Top to Bottom on Left:

Lily Medina breaks 20 hours  
(19:50) at Hennepin 100 miler.

Debra Walters at Morris 5k sets  
PR

Rachel with Judith and John War-  
ren at the Ultimate Purple Hero  
Renegade 5k on Moose Island

Judith Warren 1st in Age Group  
at Spooky Sprint 5k



# Other Goings On!



Ashley Shulman's first 1/2 Marathon and her cheer squad!

End of October Sunday Funday! Chef Jeff cooks up a beef tortilla over the coals! The bridge over the Dupage River finally opens!!



# COACH'S CORNER

Contributed by Judith Warren

## THE TAPER COMMANDMENTS

I. THOU SHALT HONOR THY  
TRAINING SCHEDULE

II. THOU SHALT NOT SQUEEZE IN  
EXTRA MILEAGE OR TRY TO  
MAKE UP MISSED WORKOUTS

III. THOU SHALT NOT COVET  
THY NEIGHBORS PACE

IV. THOU SHALT NOT CHECK THE  
WEATHER EVERY 5 MINUTES

V. THOU SHALT TRUST  
THEIR TRAINING

VI. THOU SHALT NOURISH THE  
BODY WITH HEALTHY FOOD  
AND BOUNTIFUL SLEEP

VII. THOU SHALT NOT WEAR SHOES  
OF QUESTIONABLE INTEGRITY

VIII. THOU SHALT SURROUND  
THYSELF WITH POSITIVITY

IX. THOU SHALT SAVE THE PARTY  
UNTIL AFTER THE RACE

X. THOU SHALT CONSULT WITH  
A COACH BEFORE DOING  
SOMETHING STUPID

# COACH'S CORNER Page 2

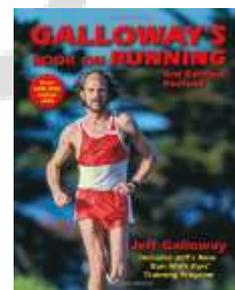
## Types of Training for 1/2 up to Marathon Distances by John Steinmetz

There are many training programs for half and full marathons. These programs typically incorporate weekly speed, tempo (race pace) and long slow runs interspersed with recovery runs. Speed and tempo runs start with a slow warm-up mile or 2 and slow cool down runs. Training programs assume a base has been built (average 20 miles or more for several months before training for a marathon). Below are highlights from popular and proven training programs.

**Hanson Brothers Marathon Training** Each week has a speed training days. Speed work starts with eight quarter mile intervals and late in the program feature three 5k runs. Before the speedwork there are movements to wake up the muscles and lubricate the joints, a two mile warm-up run and some short fast sprints at the end of the warmup. Following speed work will be a two mile cooldown run. The warmup and cooldowns are also used for tempo runs at marathon pace. These tempo runs are done weekly with the longest tempo run 10 miles (plus 2 warmup and 2 cooldown miles for a total of 14 miles). The longest run is 16 miles and is done at the end of week when the legs are tired. Mileage is pretty high with 10 plus weeks at 50 to 60 miles. Several PSRR runners have used the Hanson Brothers training successfully, including Mark Walters, John Steinmetz and Mike Auld. The latest Hanson Brothers training book has a moderate training program that gets one to success in a marathon with more rest days and fewer overall miles. If interested, check out the facebook page <https://www.facebook.com/groups/HansonsMarathonMethod>

**Run/Walk Interval Training** Jeff Galloway is the guru of this method. People train and run marathons with run walk intervals! A favorite interval is 3 minutes run with 30 second walk. They claim that their bodies recover faster after marathons. I believe everyone should try run/walk training and racing at least for 6 months.

Run/Walk intervals are used by most ultra runners. Run/walk interval training is also useful after a long lay off, when you first begin a running career or when you a trying to add miles. People have qualified for Boston using run/walk intervals during their qualifiers. Runners trying to run their first marathon would likely benefit greatly with a run/walk interval approach. For more information, check out facebook page Run Walk Interval Fans at <https://www.facebook.com/groups/188758068163208> or purchase Jeff Galloway's latest book.



**Heart Rate Training** The guru of heart rate training is Dr. Philip Maffetone. He has trained many athletes of all skill levels. He trained Mark Allen, Six-Time Ironman Champion. It is believed that champion marathon runners, such as the great Eliud Kipchoge and his fellow Kenyans run most of their miles at a relatively low heart rate and a pace 2 to 3 minutes slower than their marathon pace. Heart rate training is great for building a base of miles before getting into a more structured program where 80% of running will be at a relatively low heart rate and at a 20% at moderate to high heart rate. Initially, people beginning heart rate training end up run/walking to keep the heart rate in the desired low range. John Warren once told me that he ran his best marathon when he was training some slower runners and keeping his own heart rate low for almost all of his training. Go to <https://philmaffetone.com/the-key-factor-in-heart-rate-training/> for more information.

**Other Approaches** Substitute cross training for some of your runs. For example, ride a bike for an hour or go to a spin class. Credit yourself for a 6 mile run. Swim for an hour with a masters swim team and credit yourself for a 6 mile run. Your joints will thank you. Hal Higdon has a training program that he put together initially for Chicago Marathon participants.

**My Recommendations** Build a base combining run/walk intervals and heart rate training using the Maffetone method. Utilize swimming and/or bike cross training. If you want to qualify for Boston and have a good base and try the Hanson Brothers Method. During the 18 week HB training program, cross training is not recommended, unless injuries occur. Mike Auld would be a great coach (authors opinion after Mike coached me my best age graded marathon. Run no more than 2 marathons a year with only one being an all out effort. Set reasonable goals that span several years and have patience.

Note: The author has used the three methods described above with some success. John has run 10 marathons (five at over 65 years old), 3 ultra marathons in the last two years and qualified for Boston and NYC Marathons.





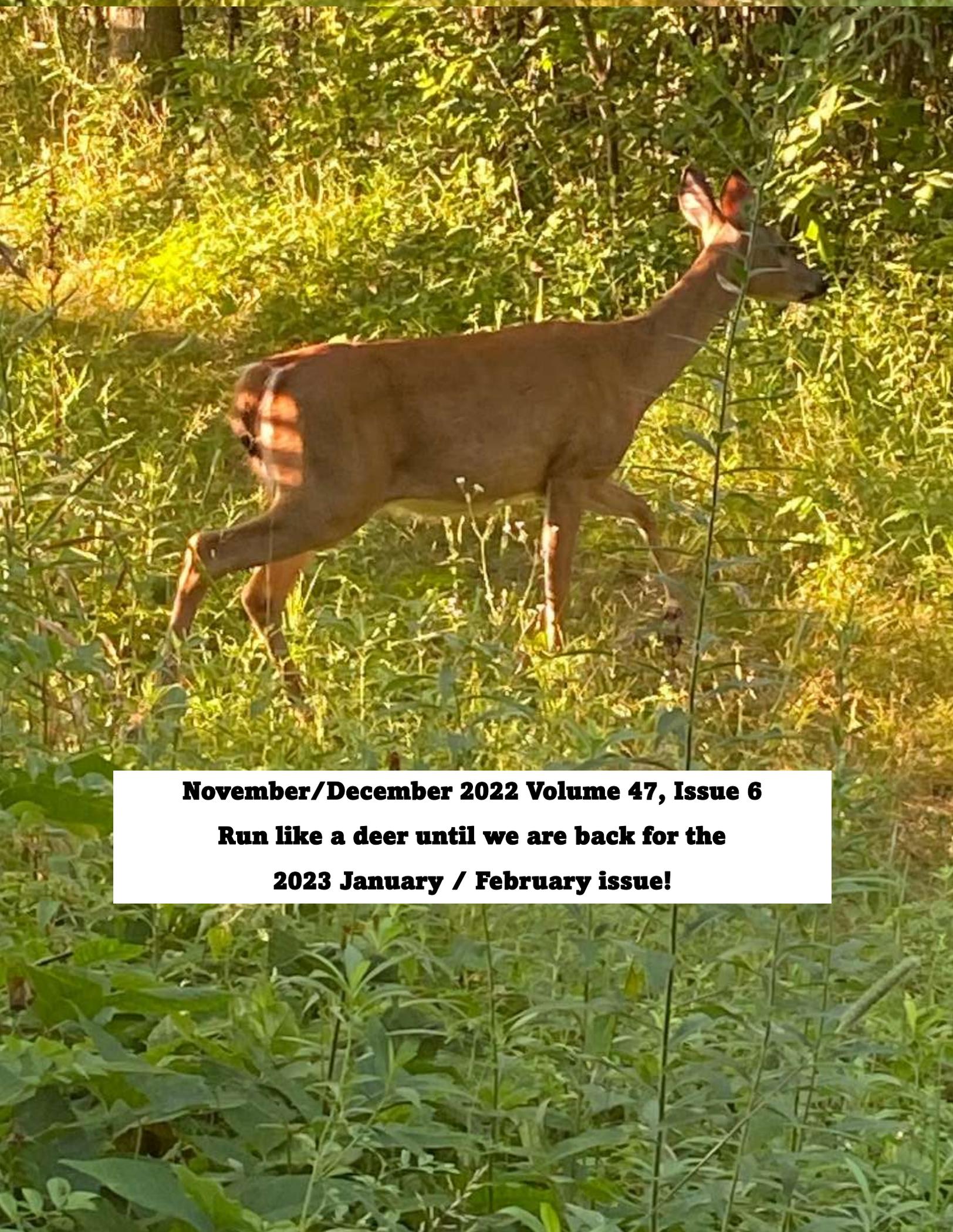












**November/December 2022 Volume 47, Issue 6**

**Run like a deer until we are back for the**

**2023 January / February issue!**