



Club members show their stuff

by **DAN HYLAND**

It's fall, and what better time of year is there to run a race? Not too hot, not too cold, and of course, lots of races! Many of the running club members have been taking advantage of this fact and turning in some great times.

Of course, nobody can forget the fall marathons, namely Chicago and Twin Cities. Among those who have run the 26.2, **Joe Braun** made his marathon debut at Chicago with a 3:35:02, and **John Marquart** ran Twin Cities in 2:55:41. **Colleen Canney** also made her debut in a marathon last month. She ran the Lakefront Marathon in an impressive time of 3:49. That race was also her "final" for the marathon training class taught by Ron Carda. Way to go Colleen on finishing the marathon and getting the incom-

plete erased on your record!

Closer to home, we've also been doing well in the shorter races. Campus races such as the Phi Theta 5K and the Charity Run have had a strong turn out from running club members. **Martha Gurtz** ran the Phi Theta 5k, which took place at the Nat on October 17, in 22:32 and the Women's Distance Festival 5k in 22:17. **Lori Weinberg** ran the Fancy Feet 5k in 21:35. **Susannah Motl** finished the Home Run in "a bit over 38 minutes." **Dan Hyland** ran the Homecoming 5k (it was longer than 5k, though) and finished with a time of 18:51. I know I missed a lot of people, sorry, but in the future, I need you to tell me what you did! Congratulations to everyone who ran a race this fall!

Lessons from layoffs

You can turn injuries around from being harmful, to helpful

by **MARTHA GURTZ**

Note: The following is a summary of "Lessons from Layoffs", Runners' World, Nov. 1998.

Let's face it - nobody likes to be injured. But a long-lasting injury or illness can be good for a runner. It reminds you how important running really is to you and in some cases helps you to learn from your mistakes.

At first, of course, you don't learn anything - pain and suffering are never pleasant. And the worst pain may not even originate from the injury itself. What often hurts more is not running, wondering if you ever will again, and seeing or reading about healthy runners who are enjoying what you cannot.

Eventually this stage passes - the pain settles down and you begin to realize what went wrong. Perhaps your training was inadequate, so your body was unaccustomed to the rigorous

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>>Upcoming Schedule<<

OCT------
28-Bascom Hills, meet at the Shell, 6pm.

NOV------
1-Sunday morning long run, meets at the shell, 10am, every Sunday rain or shine.
4-Indoor Track Workout, at the Shell, 6pm, NEED IDs! Committee meetings to be held this day also around the track workout. Expect track workouts from here until spring to be at the Shell.

NOV (cont.)-----
6- Pasta Dinner at Nicole and Colleen's, 832 E. Gorham (past James Madison Park), plan on bringing some food for everyone to share (chips, juice, desserts), 6pm.
7-Turkey Trot 5K or 5 miler, Warner Park, 10am for the 5K or 11am for the 5 miler.

Remember that there are other breakout groups that run throughout the week, like Ron's arb run on Thursdays. Call for more info.

A profitable adventure

A Fall 15-k wrapup

by AMIT SHUKLA

Every year, the UW Running club organizes two races. The first is the 5-k Valentine's run in February, and the other is the Fall 15-k in September. This year, the Fall 15-k was held on September 12. Despite stiff competition from the home football game against Ohio, we had the largest ever number of preregistered runners. There were 64 runners and 4 relay teams.

We wearily started from the Shell at 7am and then carpooled out to Warner Park. The headquarters for the race was set up at the shelter, where we had registration, food and the awards. It was a beautiful day, so a steady stream of runners were signing up.

However, due to an insufficient number of volunteers, we were scrambling to setup the registration desk and the starting line. The course has a lot of turns, and is pretty confusing through the residential areas of Warner Park. This year, we had a mixup due to insufficient knowledge of the course, and again, a lack of volunteers. The lead biker and seven runners took a detour from the course that added about a mile to race. Luckily, the lead runner who took the detour, Chris Palmer, still won the race!

Even with the mixup, most runners really enjoyed the 5th annual Fall 15K. Plus, it was one of the most profitable Fall 15K's in history. Good job.



Say smile: Running club members Steve Budnick, Mari Zoerb, Nicole Diliberti, Travis Gordon and Sherry Kuchma pose with the Fall 15K sign.

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Layoffs let people look at the big picture of their running

speed or distance that came on race day.

Let's say you were training for a marathon. But you were busy with school and never worked your way up to the 20-mile long run considered by most to be the minimum pre-marathon training distance. You barely managed a long run of 18 miles, and decided to go ahead with the marathon, even though you knew it would be tough. Well, it **was** tough, but you finished, and your body paid for it. Your muscles and bones were not used to that extreme distance, and you will need to take a lot longer to recover than someone who races regularly and trains well for his races.

The less the training, the more sporadic the racing, the harder the effort,

the longer the recovery time you'll face. If you don't voluntarily take the full time needed for recovery, your body will demand it from you in the form of illness or injury. It is best to take the time to recover completely right away. Take a look back at your training, realize the mistakes you made, and don't let yourself get greedy again anytime soon.

Also, you've realized that it wasn't finishing that marathon or running those shorter races that meant the most to your running. What you missed most were the little everyday runs, the fillers. They're the ones that aren't worth bragging about, but now you see that getting down for the little efforts is at least as important as getting up for the big ones.

So do your best to develop a long memory to remember the worst of days. And in doing so, you'll have fewer of them and more of those everyday runs that nourish the soul.



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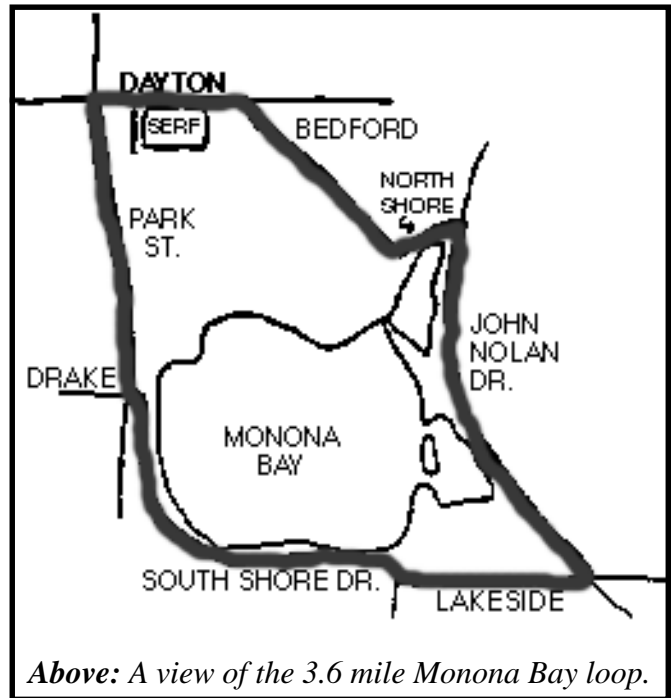
Course of the Month

by MATT JAROSZ

Getting tired of the endless runs out to Picnic Point? This new section of the newsletter should help introduce you to new running areas around the campus and Madison. The one we begin with may be familiar to many, but may be new to those that think the Lakeshore Path is the only lakeside path there is.

One way to complete the Monona Bay loop is starting at the SERF and then heading south on Park St. (which provides a little off-roading for now). Once you get to Drake, take a left and go to South Shore Dr. that will wrap around the southwest part of the bay. South Shore goes to Lakeside, where you will take a left onto Lakeside.

The peace and quiet ends there, since Lakeside goes to John Nolan Dr. where you will begin heading north again. Take John Nolan to the stoplights and then go left onto North Shore. Bedford is just a couple of blocks later on the right. From there, you'll pass that lovable bus station, take a left onto Dayton and arrive back where you started, the SERF. Total distance: 3.6 miles.



Above: A view of the 3.6 mile Monona Bay loop.

A note from the president - Dan Haave

Welcome back to another great year of running with the club. First of all, I want to thank everyone who helped out with the Fall 15K race in September. With all the help from our members, we were able to once again organize a very nice race and I think all the participants really noticed that.

Due to sponsorship, all of the registration money

went right into running club profits.

I'd also like to bring up a few upcoming events for the club. We will be running the Turkey Trot on November 8th, so hopefully you're signed up if you're interested. The Turkey Trot is comprised of two races, the 5K and the 5 miler, starting at 10am and 11am respectively. There is a pasta dinner on November 6th, so stop by, get some food, and get to know the other members in a more social environment. We will also be running the Jingle Bells

Run in December. The Jingle Bells Run is both a 10K and a 5K, so take your pick. If you'd like to run that race, sign up within the next few weeks at one of the track workouts.

This helps bring up some of the benefits of being a member of the club. For just \$8 a year (\$5 a semester),

you'll get 2/3 off all entry fees for the races that we run as a club.

Past races that we have entered together as a club include Jingle Bells, the Mountain Goat 8.8 and Meriter's Nurses Run.

Also, by becoming a member, at every workout you'll get to put your name in "the box." At the end of the year, we'll be picking out names to give away gift certificates for the bookstore. Finally, you'll be able to find other runners at your level that you can train with, as well as get to know.

Your participation is vital to this club's success. The committee idea is

starting to get off the ground and that's a great way to get involved. Any comments or ideas are also welcomed. Either contact me or the people below. Keep running and enjoy the fall.

MEET YOUR COMMITTEE HEADS

Fall 15K

Ron Carda-262-3369
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Valentine's 5K

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There is a pasta dinner on Nov. 6th, so stop by, get some food, and get to know the other members in a more social environment.

Dan Haave



UWRC Phone List



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Ami	264-1441	Travis Gordon
Bria	250-2223	Travis Gordon
Bren	264-1441	Travis Gordon
Bria	264-1441	Travis Gordon
Ben	264-1441	Travis Gordon
Bren	264-1441	Travis Gordon
Ron	264-1441	Travis Gordon
Coll	264-1441	Travis Gordon
Dan	264-1441	Travis Gordon
Dav	264-1441	Travis Gordon
Dav	264-1441	Travis Gordon
Dan	264-1441	Travis Gordon
Erin	264-1441	Travis Gordon
Hei	264-1441	Travis Gordon
Hen	264-1441	Travis Gordon
Ann	264-1441	Travis Gordon
Jeff	264-1441	Travis Gordon
Mat	264-1441	Travis Gordon
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Jam	264-1441	Travis Gordon
Kati	264-1441	Travis Gordon
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Kell	264-1441	Travis Gordon
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 Marie Zoerb 236-9810
 Michael C. Hiller 238-5272

Note: If you would like to help out with the next newsletter or have any ideas, please contact Travis Gordon.

