



Runners to the start...

- Meet the leaders of the Running Club
- Work Out Facilities hours and locations
- Upcoming races and events
- Nutritional tips & some inspiration

1st Publication in Six Years

**Meet the Crew
The Folks Fueling the Show**

President- Lisa Michl
Vice President- Liz Johnson
Treasurer- Dale Kloiber
Race Coordinator- Mike Polewski
Socials- Eyan Shukan
Clothing- Tim Gates
Website Design- Brennan Hughley
Communications Chair- Senay Goitom
Recruitment/Retention- Mary McCall
Newsletter- Hannah Wendel

President Lisa Michl: Senior
Work: An undergraduate research assistant in a lab with Cotton-topped Tamarins run by Charles Snowdon.



Major: Zoology and psychology.
Keeping Busy: President of Undergraduate Zoological Society and Running Club at UW. Volunteer at Dane Co. Humane Society.

Hometown: Naperville, IL (suburb of Chicago).

Favorite running route: Love to run in any forest preserve (arboretum or Owen park).

Inspiration: Right now inspiration is finishing the Chicago marathon in October.

Vice President Liz Johnson: Sophomore



Major: Political Science and History
Hometown: Minocqua, WI

Favorite running route: Through Shorewood

Inspiration: I enjoy the peace of running-it helps relieve stress and gets me ready for the day! -my dad also inspires me: he has passed on his love for running to me and now it has developed

into a father-daughter bond.
Thought: Running will always be a part of my life...because I don't know how to live without it

Race Coordinator Mike Polewski: 4th year student



Work: Undergraduate laboratory research assistant at UW hospital & research coronary thrombosis and prevention lab.

Major: Bacteriology
Keeping Busy: Playing soccer and studying.



Hometown: Milwaukee, WI

Socials Evan Shukan

Work: Veterinarian at UW

Hometown: Longmeadow, Mass. But currently lives in Madison.

Favorite running route: From the Nat to the Capitol and back (nice distance

and can't get lost easily).

Inspiration: (If applicable) I run to eat. Nothin' else to it.

Food is my religion.

Clothing Tim Gates:

Graduate Student
Major: Civil Engineering



Hometown: Ithaca, Michigan
Favorite running route: Lake shore path

Inspiration: Keep setting PR's!



Recruitment/Retention Mary McCall:

Sophomore

Work: Smith Desk

Major: Biology Keeping Busy: Sports like Frisbee and Soccer.

Love to dance, jazz especially, love to shop.

Hometown: Eau Claire, WI

Favorite running route: Picnic Point

Inspiration: The feeling after a run.

Meet the missing

Track Workout

Wednesdays 6pm @

The Dan McClimon Memorial Track/Soccer Complex

If some serious rain is going on:

Camp Randall Sports Center aka The

Shell

Sundays 3pm @

The Natatorium



Work-Out Facilities

CampRandall Sports Center "The Shell" Mon– Thurs 6am–11pm Located by Camp Randall on Monroe St. **Fri 6am–9:30 pm**
9am –9:30 pm

Natatorium "The Nat" Mon-Thurs 6:30–12am Located on Observatory Dr. **Fri 6:30am–10pm**
Sat 9am–10pm
Sun 9am–12am

Mon-Thurs 6:30–12am
Fri 6:30am–10pm
Sat 9am–10pm
Sun 9am–12am

Editorial Note

This is the first publication of the Running Reader in almost six years. In comparison to previously composed newsletters, this one leaves much to be desired. However, monthly publications of seven-paged documents would be difficult in the extreme. Please feel free to e-mail the editor with any comments or suggestions you may have on what else you would like included or excluded in future newsletters. Your input would be extremely appreciated.

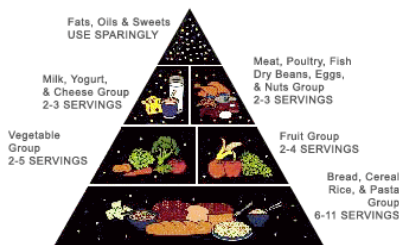
Happy Running!

Next month will feature spotlights on one freshman, sophomore, junior and senior in a similar fashion as with the officers; so start thinking!

Nutritional Tip

"The only definite dietary rule that can be laid down for all and sundry would be 'eat what you like'. Nature generally knows what is needed, and what is needed is right. Satisfy your digestion with anything that you seem to fancy and you need have no qualms."

Arthur Newton (1949)



Upcoming Races & Events

- Zoo Run 10K run 5K run/walk, Henry Vilas Zoo, September 23rd at 10:00 am
- MACAA (Madison Academic and Career Advising Association) 5K Fun Run/2 mile Walk Saturday, September 30th at 10am.
- 2006 Canterbury Run/Walk for Literacy 5K & 10K Run/ 5K Walk Sunday, October 1st at 10:30 am
- Fall 15K and 3 x 5K Relay Sunday, October 22nd at 9:00 am

PLEASE SEE WEB PAGE FOR ADDITIONAL LISTINGS OF UPCOMING RUNS IN THE AREA.

- **Mark your calendars!** The Fall 15K previously mentioned will be needing some fine volunteers just like YOU! Please keep October 22nd open. THANK YOU!

Racing: A Learning Experience Easy to doubt oneself

By Gordon Bakoulis

As featured in the September 2006 issue of Running Times Magazine

As serious runners, we race to win, or at least perform to the best of our ability. We know, of course, that few races go exactly as planned. What some of us have yet to discover is that it's these less-than-sparkling performances that can teach us the most about reaching our potential. For Anthony Famiglietti, the Healthy Kidney 10K in New York City on May 20 was such a race. Fresh off a spectacular 10,000-meter debut (27:37.74) at the Payton Jordan Cardinal Invitational in April, "Fam" entered the Healthy Kidney with high expectations, planning to challenge defending champion Craig Mottram in pursuit of the Central Park record (28:10). But when

Mottram began to gap the field in the race's hilly third mile, Famiglietti hung back. "My plan was to follow him, but I hesitated," he said. "It was a confidence thing, because it was Craig and I wasn't sure I'd be able to hold on that long. I'd envisioned feeling comfortable through 5K and then trying to negative split like I did in the Cardinal Invite." By the time he realized his mistake, Mottram was solidly in the lead. "I went after him, but I was on my own and that makes it hard," said Famiglietti, who continued to run solo until he was passed in the final mile by Mottram's training partner Mohammed Farah. Famiglietti wound up third in 28:40 to Mottram's 28:13 and Farah's 28:37. Though disappointed, Famiglietti saw the race as an opportunity and chose to be inspired rather than humbled by

Mottram's victory. "It can be easy to doubt yourself when you go up against the best in the world," he said. "But if you see racing the best as an opportunity, you can actually learn a lot." Famiglietti says he always—no matter how he performs—takes time after to critically analyze his performance. If possible, that will include talking to those who finished in front of him. "It's such an opportunity to learn," said Famiglietti, who had post-race conversations with Mottram and Farah. I have a coach, and I learn a tremendous amount from him, but there's nothing like talking to the guys I'm trying to beat and learning what I can about how they ran the way they did." Runners who avoid this sort of post-race analysis are short-changing themselves. Famiglietti advises those who feel embar-

"You have to have confidence that on any given day, you can run with the best," he says. Though that confidence, of course, comes from training hard as well as racing smart, it's important to keep in mind that all runners have good days and bad days at the races and anyone can pop a great one on any given day. Case in point: Farah, whose Healthy Kidney time was a 21-second PR.

"You have to take the bad days with the good days," said Famiglietti, "and stay focused on what

