

The Boll Weevil

The Official Running Publication of the Delta Dusters

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Message from the President - “Things I’ve learned this year”

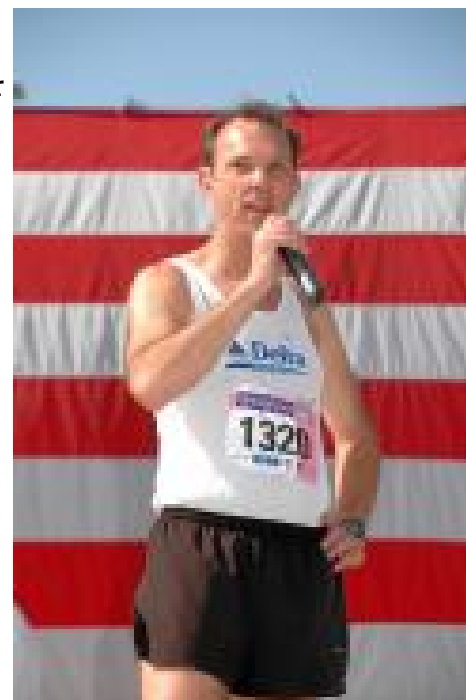
By Gregg Davis
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Last year was an eventful year both for the Dusters as a group, and for me as a runner. I had the opportunity to run a few races, meet a lot of new runners, learn some new things, and re-learn some stuff I wish I hadn’t forgotten. Some of the highlights:

- The Minnesota running community is second to none. I’ve now been fortunate enough to run four races in Minnesota and have yet to be disappointed. The spring, summer and fall weather is perfect for running, and the runners and spectators are as friendly and enthusiastic as any I’ve encountered. I encourage everyone to experience this for themselves at one of our three Minnesota events this year (Get-In-Gear, Grandma’s, and Twin Cities).

- We’re fortunate to work for the world’s largest airline which gives us easy access to some great races. When you look thru the results pages, you’ll see races from across the country and around the world. If you’re looking for a great travel experience this year, plan to join us in London in September for the World Airline Road Race.

- Weather can be a bigger factor than you think. We were all surprised to run faster times this year at Peachtree when the humidity was unseasonably low. I also learned how much energy you can lose on a cold day when I ran the Mem-



phis Marathon in 28 degree weather (I was a lot slower than I had hoped).

- It takes (a lot) longer to get *in* shape than it does to get *out* of shape. After sitting out for ten weeks letting my broken leg heal, I was amazed that it took almost 20 weeks to start feeling like a runner again.

Con’t on page 15.



“Wisdom from Wes” - Ekiden 2009

By Wes Wessely

wwessely@bellsouth.net

As we start a new year I must confess to having been rather disappointed to miss the Resolution 5k and 10k which was a staple in recent and distant memory.

We always read or hear about those running well, but seldom wonder about the multitude that sit at home injured or out of shape. I will address both of those issues as they are what I am confronting

after some thirty years of trouble-free competition.

As you may know, I have been struggling with a knee problem for over a year. Most injuries give you no reprieve from the possibility of a different injury. Many times one injury with resulting favoring will result in a flare-up at the opposite site of the muscular system. The inability to run then has a negative result on the cardiovascular system. That in return snowballs in a total negative impact on the physical and psychological state of the runner.

Having had very little encounter with the former, I never struggled with the implications of the latter. Most literature and expert advice will indicate that in the later years one cannot ever return to the level prior to the injury. This had me determined not to lose fitness if at all possible..

I turned to every other day to run some. I purchased compression socks, extended stretching after warm up, self-massages, Absorbing Junior and icing throughout the day. When I could not run I would get on the bike mounted turbo trainer, recumbent exercise bike or Nordic track. While



skiing I maintained fitness with an hour in the workout facility on the treadmill, Nordic glider and resistance machines. It seems to have paid off.

In late January I lined up at the start of the Hog Pen Hill Climb. For those of you not familiar with North Georgia, this race starts in Helen and finishes 10.6 miles and 2500 feet on top of the gap. I had done the race 21 years earlier to a disappointing second place but still managed the third fastest time ever in the 31 years of the event.

Cont' on page 18.

Duster Staff :

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To contact us, email us at "runningclub.delta@delta.com. Or to Dusters at 156 Peachtree East Shp. Ctr., Box 126, PTC, GA 30269.

We welcome race results, pictures, stories or suggested races. Newsletter is published every other month, so send in future race ideas 3 to 4 months ahead of entry deadlines.

Spring Social is April 15th !!!



Delta Duster Running Club Annual Social

Thursday, April 15, 2010

5 P.M. to 8 P.M.

Michon's Loft

1583 Virginia Ave, College Park, GA

Open to all active and retired Delta, DT, ASA,
Comair and Northwest employees
Join the Dusters as they kick off another season
and learn more about the club!
Food, beverages and door prizes

For more information contact:
Adeline Craig 404-715-3548
See you there!

Duster Race Results - Sept 19, 2009 thru January 23, 2010:

Bismarck Half Marathon – September 19, 2009 – Bismarck, ND
 Lou Budler 2:58:57

ATC Cartersville 10K – October 3, 2009 – Cartersville, GA
 Wes Wessely 42:51 1st in age group
 Fox Ferrell 1:02:54

Framing the Future 5K – October 3, 2009 – Marietta, GA
 Teri Chiong 25:01
 Judy Ott 29:20

Ted's Montana Grill Bison Stampede 5K – Oct 3, 2009 – Atl, GA
 Chico Harris 27:00

St. George Marathon – October 3, 2009 – St. George, UT
 Carolyn Bowen 3:42:02 Personal Best

Twin Cities 10M – October 4, 2009 – Minneapolis, MN
 Robin Paurus 1:17:11
 Ann Smith 1:24:51
 Lynn Dickirson 1:48:17

Twin Cities Marathon – October 4, 2009 – Minneapolis, MN
 Jason Mansur 2:47:43
 Kevin Merrigan 3:30:13
 Matt Campson 3:30:41
 Randy Pool 3:35:48
 Kim Locher 3:37:18
 Adam Sorenson 3:37:58
 Casey Seabright 3:38:22
 Bill Baldwin 3:56:02
 Mike Roelofs 3:56:56
 Brian Petersen 3:59:27
 Ed Waldera 4:01:55
 Charles Bergen 4:11:06
 Joseph Elliott 4:12:49
 Anna Sorenson 4:14:34
 Ronald Johnson 4:16:33
 Sue Mansur 4:17:59
 Hoon Yu 4:19:59
 Bill Freese 4:30:27
 Dave Dickirson 4:39:17
 Michael Linzbach 5:12:45

Run the Vineyard 5K – October 10, 2009 – Braselton, GA
 Susanne Pass 36:00
 Steve Pass 37:56

Disney's Run for the Taste – October 11, 2009 – Orlando, FL

Daryl Pridgeon 53:36
 Teri Chiong 53:53

USA Space Alliance 10M – October 11, 2009 – Houston, TX
 Bob Kaping 1:09:28

Chicago Marathon – October 11, 2009 – Chicago, IL
 Dave Fristch 3:13:56 Personal Best

Mystery Mountain 12M Trail Run – Oct 12 – Chatsworth, GA
 Russ Johnson 2:35:37 2nd in age group

Peachtree City Classic 15K – October 17, 2009 – PTC, GA
 Gregg Davis 1:07:42
 Rico Dorsey 1:10:46 Personal Best
 Fox Ferrell 1:20:01 3rd in age group
 Daryl Pridgeon 1:25:49
 Ed Suttner 1:53:07

Peachtree City Classic 5K – October 17, 2009 – PTC, GA
 Carolyn Bowen 22:41 1st in age group
 Jim Elick 28:11
 John Harry 29:56 2nd in age group

Big Red Apple 5K – October 17, 2009 – Cornelia, GA
 Wes Wessely 20:40 1st in age group

Des Moines Half Marathon – October 18, 2009 – Des Moines, IA
 Robin Paurus 1:42:27 2nd in age group

Amica Newport Half Marathon – October 18, 2009 – Newport, RI
 Mimi Oliveria 2:15:06 1st in age group

Mount Desert Island Marathon – Oct 18, 2009 – Bar Harbor, ME
 Russ Johnson 4:06:38

Habitat Pumpkin Chase – October 24, 2009 – Conyers, GA
 Juli Moncrief 34:38

ATC Haunted Hustle 5K – October 25, 2009 – Canton, GA
 Wes Wessely 20:46 1st in age group
 Teri Chiong 25:02

Marine Corps Marathon – October 25, 2009 – Washington, DC
 Carolyn Bowen 4:07:25

Continued next page.

Duster Race Results - Cont'd:

ATC Run Around the Rock 10M – October 31, 2009 – Stone Mountain, GA

Wes Wessely 1:15:44 1st in age group

Pleasant Run Run 5M – October 31, 2009 – Indianapolis, IN

Gregg Davis 35:21

Silver Comet Half Marathon – October 31, 2009 – Mableton, GA

Chris Martin 1:49:41

Andy Lyons 1:57:48

Fox Ferrell 2:20:04

Run the Bridge 10K – November 1, 2009 – Camden, NJ

Jeff Zickus 35:22

Lake Spivey 15K – November 7, 2009 – Lake Spivey, GA

Rico Dorsey 1:14:41

Dowd YMCA 5K – November 7, 2009 – Charlotte, NC

Dan Smith 22:32 1st in age group

HMSA 25K – November 8, 2009 – Houston, TX

Bob Kaping 2:03:29

Strong Legs 10K – November 14, 2009 – Atlanta, GA

Mathew Grzeck 56:50

FCA 5K – November 14, 2009 – McDonough, GA

Rico Dorsey 20:49 Personal Best

Huntsville 5K – November 14, 2009 – Huntsville, AL

Karen Johnson 34:31

Huntsville Half Marathon – November 14, 2009 – Huntsville, AL

Russ Johnson 1:53:10

Jingle Bell Run – November 21, 2009 – Cornelius, NC

Dan Smith 22:51

Living History Farms 7M Cross Country – November 21, 2009 – Urbandale, IA

Jeff Zickus 46:31

Mesa Mi Amigo's Turkey Trot 10K – November 26, 2009 – Mesa, AZ

Jeff Zickus 34:42

Thanksgiving Day 10K – November 26, 2009 – Cincinnati, OH

Peter LaPresto 1:43:35

Dana Point Turkey Trot 5K – Novr 26, 2009 – Dana Point, CA

Helen Tallon 25:44

Father Joe's Thanksgiving Turkey Trot 5K – Nov 26, 2009 – San Diego, CA

Susie Montgomery 26:14

Suntree Turkey Trot 5K – November 26, 2009 – Melbourne, FL

Carri Grady 43:14

Atlanta Half Marathon – November 26, 2009 – Atlanta, GA

Bob Kaping 1:33:03

Chuck Brower 1:46:12

Russ Johnson 1:52:31

Dale Homire 1:59:24

Rich Cerasani 2:26:57

Continued next page.

“Reflect on your present blessings, of which every many has many; not on your past misfortunes, of which all men has some.”

Charles Dickens
English novelist

Duster Race Results - Cont'd:

Atlanta Marathon – November 26, 2009 – Atlanta, GA

Rico Dorsey 4:45:46

Bartram Forest 50K – November 28, 2009 – Milledgeville, GA

Andy Lyons 6:19:06

Plano Pacers Turkey Runoff 5K – November 28, 2009 – Plano, Tx

Ruth Olinger 36:52 2nd in age group

ATC Cross Country 5K – December 5, 2009 – Milton, GA

Lloyd Boone 20:57 1st in age group

Daryl Pridgeon 27:54

Teri Chiong 28:36

St. Jude Memphis 5K – December 5, 2009 – Memphis, TN

Wanda Hullender 33:02

Ed Hullender 34:56

St. Jude Memphis Marathon – December 5, 2009 – Memphis, TN

Gregg Davis 3:39:04

Kiawah Island Marathon – Dec 12, 2009 – Kiawah Island, SC

Carolyn Bowen 3:50:05

Sugarland Finish Line 30K – Dec 13, 2009 – Sugarland, TX

Bob Kaping 2:17:40

Tucson Marathon – December 13, 2009 – Tucson, AZ

Rico Dorsey 4:09:19

ATC Resolution Run 10K – January 1, 2010 – Kennesaw, GA

Rico Dorsey 46:54

Rich Cerasani 1:00:28 Personal Best

Karen Johnson 1:08:29

ATC Resolution Run 5K – January 1, 2010 – Kennesaw, GA

Daryl Pridgeon 24:09

Teri Chiong 24:12 3rd in age group

Wanda Hullender 31:01

Ed Hullender 33:26

Atlanta Fat Ass 50K – January 4, 2010 – Atlanta, GA

Rico Dorsey 6:30:40

Frostbite 5K – January 9, 2010 – Peachtree City, GA

Kith Burkingstock 22:04

ATC/PTC 10K – January 16, 2010 – Peachtree City, GA

Kith Burkingstock 47:12 Personal Best

Arizona Marathon – January 17, 2010 – Phoenix, AZ

Rico Dorsey 3:37:55 Personal Best

Kim Locher 4:50:52

Mountain Mist 50K – January 23, 2010 – Huntsville, AL

Rico Dorsey 7:36:41

Securian Frozen Half Marathon – Jan 23, 2010 – St. Paul, MN

Randy Pool 1:40:15

Are your results missing? Send us an e-mail at Running-Club.Delta@delta.com

or gregg.davis@delta.com and tell us about your race. Be sure to let us know if you won an award and if it's your best time ever for the distance! Have you run a unique race? Share your experience with all the Dusters and submit a Race Review.



“One does not discover new lands without consenting to lose sight of the shore for very long time.”

André Gide
Nobel laureate in Literature.

“Get in Gear” - April 24th, in MSP

The “**Get in Gear**” run as they call it is Minnesota's annual rite of Spring. The Get in Gear run offers a 5K, 10K and the second half marathon. The 10K is the bulk of the runners and starts at Minnehaha Falls in Minneapolis and runs North along the Mississippi river to the Lake street bridge where it crosses over the river and then runs back South along the river to the Ford Parkway bridge where it then crosses back over the river again before it ends where it started at the Falls.

It is a very well organized race and offers something for everybody as it welcomes runners of all abilities and also welcomes walkers to participate along with all family members and friends. Be prepared as the spring weather here in Minnesota can throw all sorts of weather at you as I have run this race in shorts and a t-shirt and also full winter running gear.

People enjoy this race every year because we up here in the great state of Minnesota are very anxious to get back outside and enjoy the many running routes that the Twin Cities metro area has to offer with all of its lakes and many parks and also the Mississippi river close by.

This race also provides contributions to the Second Harvest food shelf as all runners are asked to bring along any canned food and non perishable items to help out.

MSP is organizing and are trying to get as many people as possible to run or even walk this race this year. If you are interested just go to www.getingear10k.com to enter and we will see you there.

For more information, contact Duster MPS coordinators Sue Mansur or Bill Freese.



“Running 101” - The basics on how train.

By Dick Bell

bell6780@bellsouth.net

As sports go, running is about as simple as it gets. Everybody starts here. The finish is over there. First one from here to there wins. No time outs. No substitutions. No half time.

So, the basic question is this. How do we get from here to there as fast as possible?

Well first, there are a few things we can do that fall into the category of “free speed”. That is, they require little, if any effort. You just have to think about what you are doing. But, the result is almost immediate. Among them are running tangents, proper pacing, controlling core temperature, and more efficient running form.

Running tangents basically means you run the shortest distance possible. This is done by running the inside of turns, and along an imaginary straight line between turns that is commonly tangential to the turn being run and the next turn. It is the old straight line is the shortest distance between two points, or vice versa. So, the shorter distance you run, the faster you get from here to there.

Proper pacing has more to do with the conservation of energy. The general idea is to burn a higher percentage of body fats so that your glycogen lasts longer. This allows you to run faster by putting off lactic acid build-up. This is a much easier approach than going out hard and trying to hang on, and always results in faster times.

Controlling core temperature is simply keeping your body cooler when it is hot, and warm enough to be relatively comfortable when the weather is cold. Look at it this way. When you run, your muscles generate heat. Your body has to work hard to get rid of this excess heat. The harder your body has to work to get rid of this heat, the less energy it has for you to run. In short, the hotter you get, the slower you go. Your body uses four ways to gain or lose heat: radiation, conduction, convection, and evaporation. By taking advantage of this knowledge, you can control your core temperature and run faster.

More efficient running form means running in such a way as to minimize wasted motion. Just one example would be “over striding”, or taking too long a stride. If you are doing this, you are probably making a slight “leap” out to the

next stride. In that case, you are lifting your entire body weight as much as an inch or two more than necessary. While that does not sound like much, if you are leaping just one inch more than needed, and you weigh 120 pounds, that is 10 ft-lbs of wasted work per stride. At 1300-1500 strides per mile, that is 13,000 ft-lbs per mile you could have used to push yourself forward. If you are not familiar with ft-lbs, try lifting one pound one foot 13,000 times. And, if you are running a 5K, multiply that times 3.106. Bottom line is the less energy you waste pushing up, the faster you can run forward.

All of the above can save significant time, especially form. But, where a runner can experience the most dramatic improvements are with proper training. The bad news is physiological changes in the body require some time to develop. A runner may see results as early as thirty days. But, to get the full benefit, figure on five to six months. Training is not easy. But, it is not nearly as hard as most people try to make it.

So, what kind of changes will make us run faster? First, we are trying to strengthen the muscular skeletal system so the body can withstand the stress of running the distance we want to race. Once we can make the distance, we can work on getting faster.

Now, the primary limiting factor in how fast we can run is not how much air we can get into our lungs. It is how much oxygen we can get from our lungs to our muscle tissue. So, we need to work on our cardiopulmonary system to get more oxygen from the air into our blood. And, we need to work on our cardiovascular system to get more oxygen rich blood from the lungs to the muscle tissue.

We also want to train the body to break down and burn body fats more readily. Suffice it to say the higher percentage of body fats we can recruit and burn, the faster we can run without depleting our glycogen stores, or accumulating too much lactic acid.

So now we know four big things we are trying to accomplish. And, the question becomes, “How do we do it?”

Well, we are going to need a plan, or a training program. Let’s begin by looking at the three components of a program. First, there is how **much** we run. We will call that *volume*. Then, there is how **hard** we run. We will call that *intensity*. And, there is how **often** we run. Let’s call that *frequency*.

“Running 101” Con’t:

Because physiological changes in the body are based on time, it is much more effective to measure volume by time, instead of mileage. Time is easy and accurate to measure with a stopwatch.

Generally speaking, the harder we run, the harder we breathe, right? It is the body demanding more oxygen when we make the muscles work harder. But, breathing is not the best indicator of how hard we are running, because it is a semi-involuntary reflex. And, since what we are actually trying to measure is how much oxygen rich blood is being pumped to the muscles, heart rate is a better reflection of how hard we are running. Heart rate is easily measured by wearing a heart rate monitor.

Measuring volume and intensity by time and effort, instead of mileage and pace, or speed and distance, is called “Effort based running”.

How often we run is usually measured with a calendar. Now we know the components of a program, and how to measure them. So, let’s look at why we set up the program the way we do.

We are all individuals. And, some will respond to training a little quicker than others. But generally speaking, we all adhere to certain “physiological truths”. For example, it takes 16-18 minutes of fairly easy running to trigger a response in the body that will cause it to react to the stress, and make it want to get stronger. In other words, if you elevate your normal heart rate for 16-18 minutes, your body will think, “This idiot is running so long that he may do this again, so I better get stronger in case he does”.

Doctors Chin and Evonuk summed up another truth best when they concluded, “It takes 48-72 hours to recover from and adapt to moderate stress”. Legendary coaches like Lydiard and Bowerman called this the “stress / rest” method, or the “hard / easy” method. What they are saying is this. When you run, you **lower** your level of fitness. The evidence is that you are more tired after a run, than before. Immediately after you stop, your body begins to recover. Your breathing rate and heart rate begin to drop back toward normal. If you did not overdo it, you should be relatively recovered 24 hours after you ran. One good indicator of this is that your resting heart rate should be back to normal.

So, when do you get stronger? If you recover during the

first 24 hours, it is the next 24-48 hours when your body gets a chance to “adapt to moderate stress”. If you take it easy during that period, **that is when you get slightly stronger**. So, the hard and fast rule is this, **never** put two hard runs within 48 hours of each other, period!

Another important truth is this. A weekly long run of about two hours will bring about several desirable changes. The most important two are you will begin to develop additional capillaries, and you will begin to break down and burn body fats (free fatty acids) more readily.

Many runners are intimidated by the prospect of running for two hours. They are usually thinking about having to run hard for that long. If done carefully, most runners are amazed at how soon they can build up to two hours runs.

Additional capillaries are important, because that is where the oxygen is pulled from the blood into the muscle tissue. The more capillaries you can develop, the more oxygen you can get into the muscle, the faster you can run, at the same effort.

And, under ideal conditions, it requires about 38 hours to replenish glycogen stores. Unless you have a masseuse and nutritionist on retainer, you should figure on 48 hours. If the 48 hours is starting to sound familiar, maybe all this is starting to make sense to you. It takes about 4-6 weeks to replenish depleted body fat stores. But, you need not worry about that unless you are thinking marathon.

There are quite a few more “truths”. But, with these in mind, you should have a better understanding why we set up the program the way we do.

Now, to calculate the **maximum intensity**, or heart rates you should use during different times in your training runs, we use a simple formula. But because there are numerous methods of calculating theoretical maximum heart rates, it is very important you use the method used for this program. **Never** mix programs and heart rate calculations!

Men should subtract their age from 220, and calculate the desired percentage. Because female hearts are slightly smaller, and consequently beat a little faster, women should use 226 minus their age.

Continued next page.

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At the end of your run, we want a warm down. When you are about 10 minutes (you can go 15 after 2 hour runs) from the end of your run, gradually slow down. Ideally, you would go easy enough so your heart rate would be back down to 75% and below for the last 5 minutes. A walk of 5 - 10 minutes after your run, gradually getting slower is beneficial. The whole idea is to ease into your runs, and ease out of them.

The gradual warm down eases the body into the recovery process, prevents lactic acid accumulation, blood pooling in the lower legs, and so on.

Obviously, an easy day is little more than a warm up followed almost immediately by a warm down. Hardly seems worth getting dressed, right? Well, the easy run serves several important purposes. First, we are trying to get some fresh blood circulating around the body to flush out any lactic acid and residue in the muscle tissue from the previous days hard run. This also delivers fresh blood to help heal those miniscule muscle tears caused by running relatively hard. So, it not only aids the recovery process, it helps the adaptation process. It also makes the warm up for the next hard run go much easier and faster.

For example, a 20-year-old male calculating 85% of his theoretical maximum heart rate, it would be:

$$220 - 20(\text{yrs of age}) = 200 \times 0.85 = 170 \text{ beats per minute.}$$

OK, now you know how to calculate the target heart rates for your training runs. *This individualizes the program just for you.*

Now, because each runner is probably at a different point in his or her training, where to start should be handled on an individual basis. But, for 5K runners, the **maximum volume**, or time for a week might look like this: Four “easy” days of 20-35 minutes, not to exceed 75% of their theoretical maximum heart rate. The remaining three days would be the moderately “hard “ days.

While the easy days can be about the same, the hard days will differ in volume for a couple of reasons. First, we are trying to cause different changes in different systems. And second, if you do the same thing day after day, your body will “catch on” and will not respond to training as well.

The shorter hard day might vary between 50-65 minutes. The medium one might go from 65 - 90 minutes. And, the long day might vary between 1:50 to 2:10.

Keeping in mind the 48 hours between hard runs, the week might go:

Hard Day / Easy Day / Hard Day / Easy Day / Long Day / Easy Day / Easy Day.

It is important to note that running hard Thursday evening, and doing your long run on Saturday morning, **does not** allow 48 hours between hard runs.

Every run will begin and end essentially the same way. Only the core part will be different. It is good to preface each run with a 5-10 minute walk. Begin quite comfortably, and gradually increase the effort so you are walking fairly briskly at the end of the 5-10 minutes. The time spent walking should not count toward your time, unless you are getting up to 65% while still walking.

At the end of your walk, you should begin a 12-15 minute warm up period. This time does count. The idea is to gradually increase the intensity so that your heart rate is at least 65%, but not above 75% at the end of this period. At that point, if your heart rate is over 65%, stop until it comes back down to 65%. This might take anywhere from a few seconds to a couple of minutes, depending on your fitness level. When you reach 65%, you are ready to begin the core part of your run.

There are several reasons for a proper warm up. We are trying to avoid the “anaerobic spike”, to get the body burning a higher percentage of body fats, trigger numerous metabolic processes in the body, and so on.

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Now, let’s talk about the “core” part of your run, that part between the warm up and warm down. As you can see, the warm up and warm down will take about 25 minutes of your running time. Using a 65-minute hard run as an example, if you subtract the 25 minutes of warm up and warm down, that leaves 40 minutes for the core part of your run. So, in order to gradually increase the effort or intensity, you could run the first 10 minutes at between 65% and 70%. Then you could run the second 10 minutes at between 70% and 75%, the next 10 minutes at 75% to 80%, and finally, the last 10 minutes of the 40 at 80% to 85%. This is not a hard and fast rule. It is just a very general guideline to increase the effort gradually.

As mentioned, we do not want to do the same thing all the time, and it takes about 5-6 months to get the full benefit. So, we break the 5-6 months down into basically three phases, the endurance phase, the stamina phase, and the speed phase.

The endurance phase lasts for 8-12 weeks. The **maximum** heart rate for hard days will be 85%. Even a relatively inexperienced runner should recognize this is a fairly moderate run. And, therein lies the big difference between training and racing. During this phase, the runner will be building volume, or time on the road for the first few weeks. At this time, it is more important for the runner to make the prescribed time, than to get up to 85%. Toward the end of this phase, the runner should be getting more and more comfortable running at 85% during the second half of the run. Because many of the physiological changes take place in this phase, it is not uncommon for a runner to show significant improvement by the end of this phase.

The second phase is the stamina phase. It lasts for 6-8 weeks. During the endurance phase, we increased the volume, but the intensity (maximum heart rate) stayed the same. In this phase, we are going to increase the intensity a little, but the volume will stay the same from here.

So, the maximum heart rate can go to 90% on the two shorter

hard days. But, on the long runs, you can keep the heart rate at 85%, or if you feel the need, you can drop it to as low as 75%. We built up our endurance in the last phase, now we are just trying to maintain it.

Now that we have developed additional capillaries, the purpose of the stamina phase is to train the body to pull even more oxygen out of the blood and into the muscle tissue. The second objective is to train the body to tolerate higher levels of lactic acid for long periods by progressively running more and more anaerobically, or in oxygen debt. We do this by running sustained runs early, and gradually evolving into long intervals, and/or fartlek work. After three to five weeks of stamina, a runner may find running at 90% just as comfortable as 85% was just a few weeks ago.

The third phase is the speed phase. It lasts for only 2-3 weeks. Again volume stays the same, but intensity can go all the way up to 100% on the two shorter hard days, with the long run remaining the same. While 100% is pretty intense, the runner is only at 100% briefly with intervals, and you are only doing a total of 4-6 workouts this way. Care must be exercised here, because of the intensity, and the cumulative fatigue developed. As Coach Benson says, “Speed kills!”

There are a multitude of things we are trying to accomplish here, leg speed, turnover, form, pacing, tolerating lactic acid build up, and on and on.

After the three main phases, we begin a four -week taper leading to the big race, whether that is Region, State, Peachtree, or whatever. There is a phenomenon called “training lag”. It means that the training you do today will not take effect for about 21 -28 days. So, during the taper, we get well rested, and because of training lag we do not lose any performance by taking it easy. Actually the opposite is true. We allow the body to catch up and get stronger during the taper.

After our primary race, we take two weeks very easy, and begin to build up during the endurance phase again. On the second and subsequent six -month cycles, the runner will have a much better base, and it is not uncommon to be training faster than they raced within just a few weeks.

Obviously, this is a gross oversimplification of training. Unfortunately, it is not as simple as first one from here to there wins. And, all the calculations and figures may seem a bit overwhelming now. But, once you get about three different

Continued on page 15.

Grandma's Marathon

For the second consecutive year, Delta has continued the tradition started by Northwest Airlines and will be the official airline of Grandma's Marathon, the Garry Bjorklund Half Marathon, and the William A. Irvin 5K. The Dusters are happy to announce that our sponsorship agreement includes guaranteed entry for Delta employees, retirees and their immediate family members into any of the three races. The Marathon and Half Marathon will be held in Duluth, MN on Saturday, June 19th with the 5K being contested in the evening of Friday, June 18th. Registration for the Marathon is currently open, Half Marathon registration opens on February 17th and 5K registration begins on March 17th. **Guaranteed registration for all three races closes on May 1st**. Steps to register are as follows:

1. Log on to: <https://secure.MarathonGuide.com/register/GrandmasMarathon/Sponsors>
2. Click on the name of the race you are registering for:
Grandma's Marathon - registration is now open
Garry Bjorklund Half Marathon – registration opens on February 17, 2010
William A. Irvin 5K – registration opens on March 17, 2010
Note: You will not be able to register for the half marathon or 5K races until their individual start dates.
3. In the box next to the words "Referral Code", enter **DeltaGtd-1**. You MUST enter this code in order to receive your guaranteed entry.
4. After you read the waiver, click the "I Accept" button. This will take you to the page where you will enter all of your pertinent registration and credit card information.
5. Once you have completed the form, click the "Continue" button and follow the remaining instructions closely.

A complete list of lodging options for Grandma's Marathon weekend can be found at <http://www.grandmasmarathon.com/pdf/LodgingLetter2010.pdf>

If you have any questions regarding lodging, you can contact Scott Keenan at scott@grandmasmarathon.com.

Those of you who have made the trip to Duluth will agree that Grandma's is one of the best small town races in America. The weather is usually cool on race morning, the course is gently rolling and follows the scenic Lake Superior shoreline, the fans are plentiful and enthusiastic and the post-race party is second to none. Last year we had about 20 Dusters and with this year's guaranteed entry we're hoping for an even bigger turnout. New this year will be a Delta sponsored and staffed water stop at mile 24 on the course (mile 11 for the Half Marathon) to spur you on to the finish line.

If you have any questions contact Sue Mansur (sue.mansur@delta.com) or Gregg Davis (gregg.davis@delta.com or gDavis737@yahoo.com)

Hope to see you there this year !

2010 Peachtree Road Race Update

Once again, all Delta employees and their immediate family members will have the opportunity for early guaranteed entry in the 2010 Peachtree Road Race 10K, to be held on July 4th. Early registration opens on March 3rd closes on March 19th, and the entry fee this year will be \$33.00. Like last year, all early registration will be conducted on-line. Look for an announcement on the Delta-Net and an email from the Dusters in the next couple of weeks with the registration link and more details.

The Atlanta Track Club has made a couple of significant changes in this year's registration process. First, race number pick-up will take place at the Peachtree Health and Fitness Expo on Friday, July 2nd and Saturday, July 3rd. During registration, participants wishing to have their race numbers mailed to them can do so for a \$5 fee to cover the costs of postage and handling. Second, all start assignments for the 2010 race will be performance based. Participants will have the opportunity to submit a finish time from a past race during registration, and will be placed in an appropriate start wave based on their time. You may submit your finish time from the 2009 Peachtree or any other 5K, 10K, 15K, 5M, 10M or Half

Marathon completed after March 1, 2008 for start wave placement. A table outlining standards for the various start waves can be found at www.atlantatrackclub.org. Assigning starting positions based on performance should relieve congestion at the start and along the course, and provide runners with a more enjoyable race experience.

Just as we did last year, the Dusters will be hosting a Hospitality Tent in the sponsor area just past the finish line. Once again, no corporate funding will be provided, so the tent will be 100% funded and staffed by the Dusters, and **entry will be limited only to dues paying Duster members and up to two guests each**. All Delta employees, retirees (including NWA retirees), and immediate family members are eligible to join the Dusters so be sure to encourage your friends and colleagues to join so they won't miss out on the finish line festivities.

Hope to see you there this year !

Support the Susan G. Komen Race, May 8th

Ellen Ng is a dear friend of mine. She is a Delta employee as was her niece, Leslie Hogan, and she was Leslie's father, Charlie Hogan, who is now retired. Leslie died Christmas day, in her sleep, totally unexpectedly. She was only 31 years old. Several friends are remembering Leslie by running the Susan G. Komen Race on May 8th. They have almost reached their financial goal, so all they are looking for is team member support. As you can imagine, this has been extremely difficult for the family as well as Leslie's co-workers. The link below includes a picture of Leslie and info about the race. Thanks for the support!

Teresa Duncan-Elbel
Long time Duster Member

Link: http://race.komenatlanta.org/site/TR/Race/General?team_id=12250&pg=team&fr_id=1060&et=r30HvXGSP-foe4Qu3plJNA..&s_tafId=9254





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July 4th, 2009



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Message from the President (from page 1):

- Goals are important, but they're not the most important part of running. Once again I missed out on my annual goal of qualifying for the Boston Marathon (although I'm getting closer!). But more important than that was maintaining my old running friendships and making new ones. I hope to be able to continue that in the coming year.

Hopefully your running year is off to a good start. Inside this issue are articles and information about this year's coming events. I hope everyone will be able to make it out for an event or two throughout the year, rekindle some old running friendships and maybe start some new ones. Also be sure to join us for the ATL Spring Social on Thursday, April 15th from 5pm to 8pm at Michon's (just a few blocks from the GO on Virginia Ave).

Happy running,

Gregg



Running 101 (from page 11):

heart rates you will need, and you understand there is a good reason for everything you will be doing, and you understand the warning signs of when not to run, you should find it fairly easy. In fact, once runners begin to see progress, the big problem is trying to hold them back.

One of the criticisms of this type program is that it sounds too easy to do any good. It sounds backwards, but if you train slower, you can race faster. Bill Rogers won both the Boston and New York Marathons four times each. In all eight, he raced 26 miles plus at about a 5 minute per mile pace. After a race in Dublin, Georgia, he said people would not believe how much of his training was done at seven minutes per mile and slower.

So, how do you know this program is working? These most obvious signs are these. As your heart (a muscle, by the way) gets stronger, the stroke volume increases, the crud and plaque gets flushed out of your arteries and veins, and they become more elastic, all the other changes occur, your resting heart rate will drop. It is not uncommon for it to drop from the 60's or 70's to the 40's. Your normal breathing rate will also drop and become much easier. Your recovery rate will be much faster. But, the most interesting is you will run much faster at the same effort, or easier at the same pace.

Now that you know the answer to the basic question. Now you know how to get from here to there faster. Now that you know running is more mental than physical. Now that you know you do not have to hurt more in order to run faster. Now that you know how to out smart your competition, the question becomes, "Why are you just sitting there?"

[Dick Bell is one of the founding members of the Delta Dusters. He was one of the original editors of the Boll Weevil (the Duster Newsletter) and was a Duke Award winner (an annual award given to those who contribute significantly to the Dusters.). He has coached numerous teams and has run hundreds of races himself. The Dusters appreciate his experience and wisdom. For more information, contact him at bell6780@bellsouth.net.]

"If the only tool you have is a hammer, you tend to see every problem as a nail."

Abraham Maslow
American Psychologist

Duster Birthdays for December, January, February, March:

Melanie Ramm	DTW	December 2	Corrine Hofstetter	ATL	February 7
David Palmer	ATG	December 3	John Meyer	MSP	February 8
Jim Grady	JFK	December 5	Jeanette Nagy		February 9
Jason Polasek	MSP	December 7	Donald Colby	DFW	February 12
Ann Smith	MSP	December 11	Paul Skrbec	ATL	February 12
Jennifer Deweese	MSP	December 16	Susan Martin	ATL	February 14
Kim Locher	MSP	December 16	Patrick Acciani	MSP	February 15
Bill Freese	MSP	December 19	Dennis Newman	ATG	February 17
Joseph Toczek	ATG	December 21	Suzette Mansur	MSP	February 18
David Fritsch	ATG	December 22	Trevor Brading		February 23
Renee Moore	ATL	December 23	Andrew Lyons	ATL	February 25
Monte Fontaine	MSP	December 24			
Ed Suttner	ATG	December 24	Michael Wieneke	MSP	March 1
Anna Sorenson	MSP	December 31	Nancy Pohl	ATL	March 9
			Debi Cziok	ATL	March 11
Alan McEntee	MSP	January 1	Annette Baker	ATL	March 14
Lloyd Boone	ATL	January 2	Richard Pohl	ATL	March 14
Tom Gannon	ATL	January 4	Karen Anderson	MSP	March 15
Kimberly Johnson	ATL	January 5	Gregg Davis	ATG	March 20
Fox Ferrel	ATL	January 6	Alan Pilling	ATL	March 22
Kevin Moritz	ATG	January 6	Wes Wessely	ATL	March 26
Deborah Callahan	ATG	January 11	Richard DiGirolamo	DTW	March 31
Kathleen Hurley-Bolinder		ATL January 11	Chico Harris	ATG	March 31
Rick Feltner	MSP	January 14	Daryl Pridgeon	ATL	March 31
Natalie Foster	DTW	January 15			
John Abihider	ATL	January 18			
Hilda Burnett	ATL	January 18			
Terry Anderson	ATL	January 19			
Anne Anderson	ATL	January 19			
Susan O'Brien	ATL	January 19			
Kay O'Neal	ATL	January 20			
Stan Yasuhara	SFO	January 20			
Rico Dorsey	ATG	January 23			
Barry Williamson	MSP	January 23			
Daryle Richards	ATL	January 26			
Joe Tarver	ATL	January 26			
Kelly Hall	ATG	January 29			
Kenneth Baker	ATG	February 1			

Happy Birthday to all of our Duster friends!!!

"The more I want to get something done, the less I call it work."

Richard Bach
American writer

Duster Race and Events Planner

(Duster promoted events are in **bold**.)

March 2010

- 6 - Chattahoochee 10k - Sandy Springs, GA (www.crrclub.com)
- 13 - Silver Comet 10K – Mableton, GA (www.silvercomet10k.com)
- 27 - Atlanta Women's 5K – Atlanta, GA (www.atlantatrackclub.org)

April 2010

- 19 - Boston Marathon – Boston, MA (www.bostonmarathon.org)
- 24 – Get in Gear 5K, 10K & Half Marathon – Minneapolis, MN (www.getingear10k.com)**

June 2010

- 19 - **Grandma's Marathon & Half Marathon – Duluth, MN (www.grandmasmarathon.com)**

July 2010

- 4 - **Peachtree Road Race 10K – Atlanta, GA (www.atlantatrackclub.org)**

September 2010

- 16 - **KP Corporate Challenge 5k - Atlanta, GA (www.kpcorporaterunwalk.com)**
- 25 - **World Airline Road Race 5K & 10K – London, UK (www.worldairlinerodrace.org)**
- 26 - **Atlanta Ekiden Relay - Atlanta, GA. (www.atlantatrackclub.org)**

October 2010

- 3 - **Twin Cities Marathon & 10M – Minneapolis, MN (www.twincitiesmarathon.org)**
- 16 - **Peachtree City Classic 15K & 5K – Peachtree City, GA (www.ptcrc.com)**
- 17 - **Detroit Free Press Marathon, Half Marathon & Marathon Relay (www.freeppmarathon.com)**

(Got a race you want to submit? Email us at "runningclub.delta@delta.com".)



Delta Dusters

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Box 126
Peachtree City, GA 30269

Website: www.deltadusters.com
E-mail: RunningClub.Delta@Delta.com



Wisdom from Wes, continued:

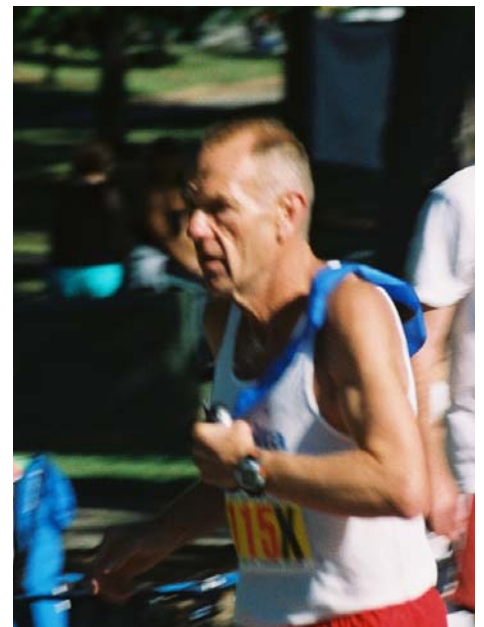
No such thoughts were present this time. I packed two bags in order to have dry clothes back at the start and with an escort driver should I have to abandon the race short of the mountain top. I started very conservative passing the first two easy miles at 18:30.

The calf felt tight but not to the point that it would pull. As the grade steepened I had to be very careful not to toe off hard. As my ride passed me at six miles I gave him a thumbs-up. From there on I was encouraged by passing many of those that might have started too quickly. My confidence grew with each

mile because the cross-training had paid off. Many more runners succumbed to walking past nine miles as the end started to sound pretty good to me. I managed to get across the finish line in 1:39 minutes, twenty-two minutes slower than the last time but a lot happier with my effort.

Remember whatever you are able to do, know it will pay big dividends later. As I am re-reading Daniels' bible on training, I quote his line, "Don't ruin your race in the first minutes."

Happy trails,
Wes



(Wes Wessely is a long time runner, two time Atlanta marathon winner and a long time Duster member.)