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Running Stories

Mind's Running While Running

"Mrogging???"

By Alan J. Toronjo

OK, I've been thinking about making a regular contribution to the monthly newsletter and just like in the year 2009 when I dove right in and started running on a regular basis, I'm in position to plop a giant cannonball into this new endeavor. First of all, introductions are in order. I'm Alan Toronjo, 42 years old, father of three, lucky partner to my better half, Amelia, and like others, took up running to combat ever rising digits on the sleek slender device that measures my pull of gravity here on the third rock from the Sun. I also started running to tackle heart issues that along with short stature and a thinning loss on the top of my head, have been my biological inheritance. But enough about me -- always leave the readers wanting more -- all sorts of my other personality quirks will make themselves apparent in future installments. On to the word that I started this submission with.

I know there is a debacle over running vs jogging. I'm sure numerous of our members have cringed when they have heard someone refer to our fitness activity of choice as "jogging." I myself have been taken aback when I have been posed with the inquiry, "So how is your jogging going?" That made me really concentrate (and perform several Google



Amelia and Alan Toronjo

searches which brought up article upon article on the subject) on how jogging differs from running. Can it be a form difference? Is it determined by a "shuffle" versus a "sprint?" Is it separated by pace; does moving faster than a 10-minute mile make you a runner and not a jogger? I've changed the way I think when someone mentions either running or jogging. The word that I began this entry with, "mrogging", is one I've coined to combine "moving" with "running" and



Alan Toronjo

"jogging" but ultimately I believe that it is much simpler than that. There are incredible athletes of all races, sexes, ages, with different abilities, that may be in wheelchairs or have replacement limbs. We all have one thing in common: we all move. Some of us move for distance training, some of us move for fitness, some move for fun, some move for therapy.

I try not to focus on the words running and jogging and instead interchange them with moving. What I think is wonderful about this club is that it encourages movement of any kind: from walking to rolling and everything at both extremes. We each move at our own pace and for what each of us wants to accomplish. I encourage and respect and cheer on everyone that moves

at any skill level. This amazing planet we live on moves (I don't think anyone can match Earth's rotation at about 1,000 mph--my science background making itself known) so let's move with it.

And that is how my "mind runs while I'm running." Maybe a better title for my entries would be "Mind's Movement While Moving" but I thought it would just be too many M's. But trust me that my mind loves to run and I love to move and the combination is extraordinary. We'll see what my mind "runs" into next.

AJT

Your Suggestion Here

By Ken Klipp

OK, first things first - we need a name for this column ("What the Hell Does He Know?", and "Hey, Boomer, Stay in Your Lane" have already been considered and rejected). So, any suggestions, let's hear 'em. Been thinking about writing a column like this for a while, but always figured no one would want to hear what I have to say (although, together, Haile Gebrselassie and I have 2 Olympic gold medals, 4 World Championships, 27 world records, a sub 2:04 marathon, and a race named after one of us). I've decided to go ahead, because I finally realized that only 3 things can happen here, and ALL three will make you feel good. First, I might say something that you already know. You'll think "I'm as smart as he is" (not hard), and that will make you feel good. Second, I might say something that you think you know better. You'll think "I'm smarter than he is" (again, not hard), and that will make you feel good. And lastly, you may actually find a nugget or two here that you can use to help you, and that will make you feel good. So, you can't lose.

Hoping to develop this column over time to help runners with their knowledge of WHY they do what they do, as well as instruction on HOW to do it in the most efficient way - biggest bang for your buck. Some of you know that I am a "science" guy. I have spent the last 45 years finding out everything I can about distance running to help my teams and my own running. I focused on Exercise Physiology in my first Masters program, have subscribed to national and international exercise physiology journals that report on research done on running training, bought and read everything I can get my hands on (my record was 9 books one Christmas), gone to clinics, talked to countless coaches, etc. I used to say that we wouldn't use anything in our program unless you could show me the research that backs it up as an effective training modality. Don't get me wrong - there is more than one way to effectively train, as long as it's based on sound scientific principles of physiology. But there are a lot of inefficient ways to train as well. Want to get the biggest bang for your buck. Don't do something because someone else does it. Do it because it's been proven to produce the physiological outcome that you want.



Coach Ken Klipp

Should mention right away that if you are happy with what you are doing and it is working for you, ignore this column every month and continue to do what you do. Distance running is a highly individual thing, and you have to do what satisfies you and makes you happy.

Thought I would start this with a few columns on the physiology of distance running, so that we are sure we understand what changes we need to make in the body in order to improve. Then we can jump into how to make those changes - types of training, intensity level, duration, sequence of workouts, racing tactics, etc, etc. Anything and everything is fair game - weight training, equipment, diet, mental aspects, and other suggestions (first, change that hairdo. Seriously, it's not a good look. Update that wardrobe, and a Tic Tac wouldn't hurt). Also going to include my contact information. Anyone with a question they would like answered here in the column or one on one, can contact me, and I will try to help or find the answer (I have contacts with about all of the area cross-country coaches, a few college coaches, and a few exercise physiology guys, plus books and journals, etc). Maybe I can make some suggestions for reading or on line sites that can help. That's it. We'll see how it goes. This might be the first and last column I'll have to write.

BTW - here's my contact info: kcklipp@comcast.net, 815-954-3683 for texts and calls. You can visit me at the Stateville Correctional Facility. (Just kidding - at least for now).

THE MOST IMPORTANT THING

Okay - if I asked you to list all the different things that are important to a distance runner, I'm sure your list would be quite long. Then I would ask you to rank them in order of their importance to distance running. What would you list as #1? (No, it is not having cool looking shoes or posting your workouts on social media).

The MOST IMPORTANT THING is Wait for it drumroll **OXYGEN!** There are a number of very important aspects to distance training, from diet to strength to race tactics, etc. But nothing comes close to the importance of Oxygen. It is, without a doubt, the most critical factor in distance running success.

Why? I taught Biology and Anatomy/Physiology for 40 years, and it always amazed me when I asked students why they need oxygen (they all knew that they needed it; it was the WHY that stumped them). Most of them said such brilliant things as "to live!" or "to get the energy from the oxygen" (it has none to get). So why do we need it? Simply put, oxygen enters into a chemical reaction with specific foods that you eat, and this reaction causes the chemical bonds of those food molecule to break apart,

releasing the energy holding the food molecule together. So, oxygen is needed to release energy from food. This energy is used to run every single cellular process in the body ("to live"). Our concern is supplying energy to the muscles we use to run. So, if a runner wants to run FASTER, then he needs to supply MORE OXYGEN to his muscles, so more food can be broken apart and more energy released.

Example: As you go from standing still to jogging, you will have to breathe deeper and faster. WHY? To supply more OXYGEN to the muscles, so they can break apart more food and release more energy so you can jog. If you speed up even more, you will have to breathe even deeper and faster for the same reason. You can eventually reach your LIMIT as to how much oxygen you are capable of supplying. This is determined by your "condition" (level of training). Training is used to INCREASE THE AMOUNT OF OXYGEN YOU CAN SUPPLY TO THE MUSCLES, so they can work harder and faster, so that you can run faster.

Once we realize that oxygen is the most important thing, we come to the really interesting questions:

1. What things can a runner change in their body in order to supply MORE oxygen? (# of red blood cells, # of capillaries, # of mitochondria, amount of blood pumped from the heart per beat, blood buffers, etc, etc, etc)
2. What TYPES OF TRAINING will change each of those things? (fast running, long slow running, intervals, weight training, hills, etc, etc, etc)
3. How INTENSE (how far?, how fast?, how much rest? how much?) and how OFTEN (1/week, 2/week, 1/month, etc) should each type of training be done to get the best results?
4. In what SEQUENCE should these workouts be done to get the best results? (distance first?, intervals first?, reps last?, hills when?, weights always?, all types of training all the time?, etc)

Starting next month, I will try to address these questions, and attempt to help you set up the best SEQUENCE of workouts at the right FREQUENCY and INTENSITY to get the best results in the most efficient manner. Then we will look at the many other factors that can affect performance as well. Till next time, continue to run in a manner that satisfies your soul. Coach Klipp – OUT!

Friendship Festival 5K Run/1.5M Walk Update

There is still time to sign for and complete the Friendship Festival 5K. You have until July 4th to get it done. If you haven't signed up yet, go to [\[Link\]](#). Once you have completed your race at the date, time and place of your choice, send your finish time to krrclub@gmail.com or post it on the club facebook page. So far we have 52 entries and 25 have completed their race. Keep those entries and times coming. Thanks!