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# September Newsletter

## Volume 42

### issue 9

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**Registration for Herscher Hare & Tortoise Virtual Race** is now open at [<https://www.racerpal.com/races/herscher>] (<https://www.racerpal.com/races/herscher>).

There is also a link on that page to a printable mail-in form. We had been hoping to have an in-person race, but just weren't able to make it happen. Below are pictures of the



*Hare & Tortoise Bib*

items you will receive for running this virtual race: A 3" x 6" x 3/8" glass award with your name and time, a buff (AKA neck gaiter or tubular bandanna) with Hare & Tortoise and KRRC logos and a race bib with your name & time.

**Update on the River Rat Races and the KRRC Fantastic Four.** We didn't want the inaugural running of the River Rat Races to be a virtual, so that race has been cancelled for this year. So the Fantastic Four has been truncated to the KRRC Trifecta. All participants who complete Winterfest, Friendship Festival and Hare & Tortoise will receive a special award. There was no entry fee or signup needed to qualify.



*Hare & Tortoise 3" x 6" x 3/8" Glass Finisher Award*



Hare & Tortoise Buff



# *Mind's Running While Running*

"Run Story"  
By Alan Toronjo

Who else likes to let his/her mind wander during a run? Don't worry, I still focus on my environment and make my overall safety a priority, but as soon as my feet hit the pavement, grass, or trail, my mind escapes the confines of my head and bounces around from thought to thought. I like to equate my overactive musings to a hyperactive puppy: an endless surge of energy constantly engaging all of its senses in its surroundings.

My thoughts flow together and take shape and form words and with the elapsed time and distance, configure themselves into a story, and that story usually contains a multitude of questions. And like the basics of any story, there is a beginning, a middle, and an end. This month's selection will be excerpts from my mind's running sheets. Without further ado, let's skim my pages:

-BEGINNING-

"It is way too hot out!" -- this has been a common theme for the past few months.

"Should I run faster through sunny patches or keep the same pace through the sun and shade?" -- again heat related.

"Should I run an 'out and back' or mix up the route along the way?" -- thought when running through the local neighborhood.

"Why does it have to be so hot?" -- SUMMER!

"I can't wait to be done with this run."

"I'm planning to run 3 miles. Should I add on another 0.5 to one mile more?" -- on almost every run I think about adding distance to whatever I have planned.

"What is a safe distance to break in these new shoes and to get an overall feel on comfort?"

"I should have really worn a tank top; not having those extra inches of sleeves could have kept me cooler."

"I misjudged the cold; I didn't need this hat and/or gloves." -- didn't want to leave out a cold-weather related thought.

"I wonder how many cars and/or people I'll see out and about." -- a favorite thought of mine when I do an early morning run on a major holiday (Thanksgiving, Easter, etc.) With this one, I sometimes will count totals that I see and then hold a contest with the family once I get back to see who can get the closest guess.

-MIDDLE-

"Look, a fellow runner! I wonder at what part of their run (beginning, middle, near end) they're in?"

"Every foot step I take is getting me that much closer to the end of this run." -- I sometimes use this as a mantra when I'm struggling through a difficult run.

"How many calories will this run be equivalent to and what kinds of food should I eat to refuel after?" -- food usually always makes its way into every run.

"I'm feeling more friendly than usual today. I'm going to wave at fellow cars as well as individuals who are out."

"I'm exhausted. I've gotta stop for a small break." -- also occurs a lot during summer months.

"I've gotta stop for another break!" -- occurs on very HOT runs.

"I should have consumed more water before heading out on this run."

"I shouldn't have had so much water before heading out on this run."

"I should have used the bathroom right before heading out on this run."

"Why did I eat that \_\_\_\_\_ (certain kind of food) just before this run?" -- there usually are a lot of these kind of thoughts about what I should have or should have not

done before a run.

"You know that if you go just a quarter mile more (doing an out and back), it ends up adding a half mile overall at the end." -- this goes along with the beginning thought about adding distance.

"I am so looking forward to my cold container of water I have waiting for me at the end of this."

## AND NOW FOR -END-OR-NEAR END- THOUGHTS

"What a wonderful run!" -- no matter what happened or how awful the run felt, I try to think this after every run.

"Just about a tenth of a mile left, time to give it everything I have left."

"I'm so drenched in sweat that I feel that I've run through a rain storm." -- another summer thought

"I can't believe that I just ran \_\_\_\_\_ (certain number) of miles." -- this was a common thought when I was doing marathon training and getting into long distances leading up to 16, 18, and 20 miles.

"I'm so glad that I fit this run in today."

"I can see my car; I know this is the end of this run." -- thought when having driven to the run location.

"That was just about the perfect weather mix for this run."

"Time for the 'runner's high!'"

"How sore am I gonna be after this?" -- always thought when I do the occasional hill training.

"Aren't you glad you added in that extra distance to get the higher mileage?" -- again that added distance thought.

"C'mon, one last push, widen that stride, pump those arms!"

"I'M DONE!"

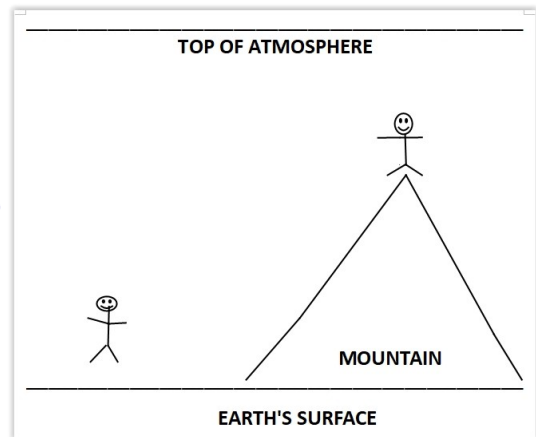
Now you've got a glimpse on what ricochets around the inside of my skull while pounding the pavement. Sometimes the story has many chapters like when runs are part of training for a half or full marathon. Sometimes the story is quiet when I try my best not to think of anything. Sometimes the story is muted when I tune out and run with music. And sometimes the story is just one line repeated over and over and over..... such as "Darnn this run!" -- I'm sure this is a common thought although "darnn" may be replaced with something else but I'm keeping it 'PG' here. No matter what the subject matter of the story, whether it's an epic masterpiece or a complete nightmare, I'm always ready to crack open the pages and let the words flow again. Let's see what my mind "runs" into and thinks about next.

# Koach's Korner

## by Ken Klipp

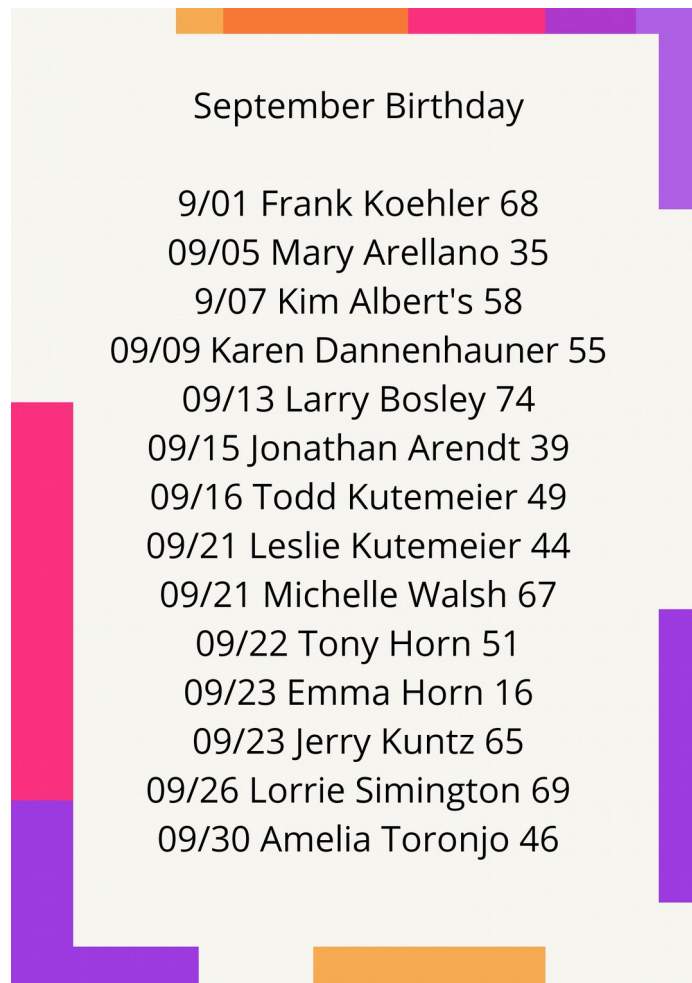
Hey, Everybody! Welcome back (to both of you), but before we continue on with our training tips, I had some more random neural firings, and thought I would share (and clear up) a misconception that many runners have about running at altitude. (Man, that was all one sentence!) Most runners, when asked about why distance runners go to altitude to train, answer "because there is less oxygen up there". That is NOT true. Our atmosphere is amazingly consistent. It is about 21% oxygen just about everywhere, from Death Valley to the top of Mt. Everest. (Trivia question: What gas makes up about 78% of our atmosphere? The answer will be revealed later. Oh, what the heck, it's Nitrogen, which, oddly, is not used by humans in its gaseous form. Weird, huh?) So, if the percentage of oxygen is about the same at altitude as it is at sea level, what advantage does training/living at altitude have?

The answer has to do with the amount of air PRESSURE in the two locations. Somewhere in this column, I am including a perfect diagram (that I drew) showing the difference. At sea level, you have the entire weight of the atmosphere pushing down on you. At altitude, there is much less atmosphere above you, and so less pressure pushing down on you. Why does that make a difference? Two reasons: The first has to do with how humans INHALE (even though Bill Clinton says he never did). We use our diaphragm muscle and the muscles in our chest walls to expand our chest cavity. As the cavity (and our lungs) expand, the pressure INSIDE the lungs lowers. When it gets lower than the pressure around us, air is literally FORCED DOWN OUR THROATS INTO OUR LUNGS. When we want to exhale, we must constrict the cavity until the pressure is HIGHER than the pressure around us to force the air out of our lungs. At altitude, since there is less air above us, there is LESS PRESSURE than at sea level. Therefore, we must work much harder to expand the chest cavity to a much greater degree to try to inhale the same amount of air as at sea level. (If you continued to go higher in the atmosphere, you would eventually reach a point where, no matter how hard you tried, you would not be able to get the pressure lower than the surrounding atmosphere. Therefore, you could NOT inhale - you would be Bill Clinton! Hence, the "pressurized cabin" in an airplane). The bottom line is you will have to increase both the rate and depth of your breathing to get the SAME amount of air into your lungs. The second factor has to do with the DIFFUSION of oxygen FROM the inhaled air INTO your bloodstream (My apologies to all of you who hated high school Biology). At altitude, there is less pressure forcing oxygen into your blood stream, so with every breath you get less oxygen moved into your blood. So, to sum up: 1) harder to inhale 2) less oxygen into the bloodstream with each breath. So, how does living/training at altitude help a distance runner. Over time, your body will ADAPT to the



decrease in pressure. It responds by building more red blood cells per cup, more capillaries, strengthened respiratory muscles, and an increase in a host of enzymes needed for endurance activities. Then, when you come back down to sea level, you are literally drowning in oxygen when you race. I hope this helps your understanding of altitude training. Some runners at sea level even seal off their bedrooms and lower the pressure inside to simulate being at altitude.

I promise, next month we will get back to the physiology of training - what physical changes each type of training brings about, how to do each type of training effectively, how to develop a sequence of workouts, efficiency of running form, weight training, pacing, racing tactics, etc. Again, if you have any questions, comments, criticisms, extra \$100 bills, etc., you can reach me at [kcklipp@comcast.net](mailto:kcklipp@comcast.net)



September Birthday

9/01 Frank Koehler 68  
09/05 Mary Arellano 35  
9/07 Kim Albert's 58  
09/09 Karen Dannenhauner 55  
09/13 Larry Bosley 74  
09/15 Jonathan Arendt 39  
09/16 Todd Kutemeier 49  
09/21 Leslie Kutemeier 44  
09/21 Michelle Walsh 67  
09/22 Tony Horn 51  
09/23 Emma Horn 16  
09/23 Jerry Kuntz 65  
09/26 Lorrie Simington 69  
09/30 Amelia Toronjo 46