

(-; Training, sign-up, five days, altitude?;-)

Hello, UO Club runners - (Sunday, September 8, 2019)

Friday night we had five guys race at the Ash Creek XC Festival in Monmouth. Erik Beyerle led early and finished eighth over 6km in 18:28. Robert Pedersen finished 13th in 18:46. Eric beat all the runners from every school except Oregon. Our results are below.

Have you signed up for Club online yet? Shawn Rabino emailed our returners a link again to the orgsync sign-up page last week. Get it done now! Newcomers, your sign-up procedure is below.

We'll meet Monday through Friday this week at my house at 8am.

Respond to Eric Beyerle about his altitude camp (attitude camp?) if you want to go. You received an email from Eric about it last week.

There's an Oregon Track Club 5km race this Thursday evening. It costs just \$5. Info below.

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WE RACED AT ASH CREEK!

There were 107 finishers and 15 scoring teams in the men's race at Ash Creek. Our five guys ran unattached but would have finished around tenth as a team. There were four community college teams, four NCAA Division III teams, three NCAA Division II teams, two NAIA teams and Oregon from NCAA I.

Men's 6km (107 finishers) -

8. Eric Beyerle, 18:28
13. Robert Pedersen, 18:46
53. Wolf Seifer, 20:37
72. Ben Switzman, 21:31
94. Diven Naidu, 23:07

We did not have any women competing.

Complete results at:

https://urldefense.com/v3/__https://live.athletictiming.net/meets/4169__!5W9E9PnL_ac!T3uc6N_CMCEpikWUKf4I6gNVyMC0ipG5EfcTvcUg2LibkrinVKctyt33T52dIDPipQS

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SIGN UP FOR RUNNING CLUB ONLINE

Returning Club members, you received another email from the Club Sports office last week telling you to sign up for Running Club online for the coming 2019-2020 school year. Do it!

Newcomers, it's time for you to sign up too. Use these instructions from Taylor Howat:

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NEWCOMERS: HOW TO REGISTER FOR RUNNING CLUB ONLINE

Now is the time!

1. Go to:
https://urldefense.com/v3/https://orgsync.com/login/university-of-oregon_:!5W9E9PnL_ac!T3uc6N_CMCEpikWUKf4I6gNVyMC0ipG5EfcTvcUg2LibkrinVKctyt33T50sImFg4AS and log in with your Duck ID
2. Search "Running Club" and go to the home page
3. Click "Join Now" in the right hand corner
4. Click the subtitle "Forms"
5. Select: REGISTRATION-Club Members 2019-2020
6. Begin form.

It's a very quick sign up. 'Gotta do it to run with the Club.

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FIVE RUNS IN EUGENE THIS WEEK

We'll have summer runs this week Monday through Friday (September 9 through 13) at 8am from my house at 1012 E. 21st Avenue, on the corner of 21st and Harris.

You run and I'll ride my bike.

From campus, go south on Agate to 21st Avenue, turn right and go five blocks to Harris.

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OTC CHEAP 5KM THURSDAY

Here's a link to Oregon Track Club's low-key monthly road race. It this Thursday evening:

[https://urldefense.com/v3/http://www.eclecticedgeracing.com/otc-monthly-run-walk-series--7.html_:!5W9E9PnL_ac!T3uc6N_CMCEpikWUKf4I6gNVyMC0ipG5EfcTvcUg2LibkrinVKctyt33T52-Gx0ruQ\\$](https://urldefense.com/v3/http://www.eclecticedgeracing.com/otc-monthly-run-walk-series--7.html_:!5W9E9PnL_ac!T3uc6N_CMCEpikWUKf4I6gNVyMC0ipG5EfcTvcUg2LibkrinVKctyt33T52-Gx0ruQ$)

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CROSS COUNTRY SCHEDULE (same as last week)

Friday, Sept 20, Sundowner Invitational Ash Creek Preserve, Monmouth

Saturday, Oct 5, Willamette Invitational, Bush Park, Salem

Saturday, Oct 12, Amazon Trail Open, Amazon Trail, Eugene (5km)

CHANGED DATE, SITE -

Saturday, Nov 2, NIRCA Pacific Regional, Crystal Springs, Belmont CA

Friday, Nov 9, Beaver Classic, Crystal Lakes Sports Fields, Corvallis

Saturday, Nov 16, NIRCA Nationals, Richmond VA

Saturday, Nov 23, USATF Northwest Regional Fernhill Park, Portland, 9am

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SEPTEMBER: WEEK #7 OF HARDER RUNNING

We now have just three weeks until school starts and eight until NIRCA regionals in cross country. Here is Week #7, beginning September 9:

Hill reps -- Do 20-30 minutes of hill running, like two weeks ago. Run up, jog down. Don't run faster or harder than race effort uphill...very easy on the downhill unless the downhill is very gentle. The 20-30 minutes is total running time including both uphill and downhill, excluding warmup and cooldown. This is preparation for NIRCA regionals which is on a hilly course.

Cruise intervals -- 3-5 x 4:00 with just 1:00 jog recovery. You should know now that these reps are run at lactate threshold, the same as tempo run pace. Cruise intervals are a tempo run broken up into repetitions with very short rest. Some people feel that cruise intervals are less stressful than a tempo run. Others feel that it's easier to find a groove doing a tempo run, and that the speeding up and slowing down in a cruise interval workout is challenging.

Long run -- same as last week.

For reference: Tempo run description: "Go out for your regular run...in the middle of it, speed up a little, to a faster pace which you can hold comfortably for 20-25 minutes. This is somewhere near lactate threshold. It feels brisk, good, and easy to sustain for several minutes. It's not even close to cross country race effort or 10km race effort. Someone who sees you running at lactate threshold will know that you are not just out for a run, but will not wonder if you are in a race."

- - - - Week #6 is below - - - -

4-5 x 3:00 (current XC race pace) with 2-3:00 jog-walk. Do this on a soft surface, not pavement.

On another day, do relaxed strides...10-15, with 1:00 of walk and jog between. Do every third stride harder than the others. Again, run this on track, grass or dirt...not pavement.

On another day, during your easy run, do two brisk reps of 4:00...these are at lactate threshold. They should feel good!

Eliminate at least one of these sessions if you race on Thursday evening at Ash Creek Preserve on Friday evening.

Increase your weekly long run by one mile if that seems reasonable. The goal is to be able to do 12-15 miles routinely during the season, on the weekend.

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FALL WORKOUT TIMES (same as last week)

Our fall term workouts will be at 3pm Monday through Friday. Everything is optional.

On Tuesdays (our "hard day"), there will be a morning time too, yet to be arranged.

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NEWCOMERS FOR THE FALL

Fourteen newcomers now... Welcome to Ryan Heise, Abby Hepperle and Zoey Bailey!

Torrey Platenberg, San Dieguito Academy, Encinitas CA, <torrey92024@icloud.com>

Justin Schmidt, Fountain Valley HS CA, <justinschmidt28@gmail.com>

Bretten Farrell, Chico HS CA, <brettenf@uoregon.edu>

Riley Farrell, Chico HS CA, <rfarrell@uoregon.edu>

Diven Naidu, Oakhill HS, Eugene OR, <diven.naidu@oakhillschool.net>

Sarah Campbell, Lincoln HS, Portland, <campbellsarah26@gmail.com>

Prince Jones, Reynolds HS, Troutdale OR, <princej@uoregon.edu>

Maia Elliott, Beaverton HS Oregon, <maiaelliott@gmail.com>

Jaden Barnum, Gladstone HS OR, <jadenbarnum13@gmail.com>

Katrina Andaya, Brent International School, Philippines, kandaya <kandaya@uoregon.edu>

Riley Chambers, Elmira HS, Oregon, <rchamb11@uoregon.edu>

Ryan Heise, Livermore HS CA, <rwheise00@aol.com>

Abbigail L Hepperle, UO senior, <ahepperl@uoregon.edu>

Zoey Bailey, Corvallis HS OR, <zoeybailey2000@icloud.com>

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`See you,
Tom Heinonen
coach
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Respond to <heino@uoregon.edu>. My phone is 541-954-0263.