

(-; Do the Butte! Build mileage ;-)

Hey there, UO Club runners - (Saturday, June 29, 2019)

We had two winners at the first Oregon Track Club all-comers meet on Thursday. Eric Beyerle won the 3000m with a PR 8:58.9 and Mark Wang won the 1500m in 4:56.7. There are four more all-comers meets, but first a week off for the Fourth of July!

'Still time to sign up for the Butte-to-Butte, Eugene's traditional Independence Day road race. See below.

July also is time to begin your mileage buildup for cross country. See below!

The Hayward Field buildup continues. Every week there will be more second-deck structure in place. This morning there are eleven of the curved roof ribs in place in the northwest corner. The second deck on the east side is going up too. They're getting ready to pour concrete on the seventh floor of the tower.

Beynon has finished resurfacing the square track around the tennis courts. It still has to be lined.

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BUILDUP TIME!

July is the time to start your training buildup if you plan to run cross country in the fall. There is lots of time, so there is no rush. Most of you already have been running recreationally for several weeks.

Do you know how many miles or minutes you've run this week? Try to run five miles farther in the coming week...that's 6-9 minutes more most days. Or, you can do a week that feels about the same, but add one more run sometime during the week.

I'd like all of you to do gradual increases in volume during July and August. Each week doesn't need to be more than the previous. You can increase for two or three weeks, then take a light week for recovery.

Don't try to run faster. Just run a little farther, but not everyday. Build your aerobic base. I'll suggest some faster running for you later this summer.

If you want to do relaxed strides on a soft surface occasionally after a run, that's fine. Not hard strides...relaxed strides...flowing, feeling good. If you have a good, grassy surface, run some of them barefooted. Synthetic fields are great for summertime barefoot strides! Five or six is just right for now.

If you have access to your high school team or any club, feel free to run with them! They might be trying to get ready for a season which starts several weeks before ours, though, so be thoughtful. Just tag along and enjoy their company. If you run with your high school team, maybe you can add wisdom as a returning alum.

Our cross country schedule is still only partially set, but we know that the big Willamette Invitational is at the end of the first week of fall term, on Saturday, October 5.

It is 14 weeks until that meet...a long time! So, start your buildup slowly.

More later.

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INTRODUCKTION AND YOU

If you are a newcomer and you'll be on campus for IntroDucktion this summer, I'd be happy to meet with you. Usually, the best time is on the second day you're here. Email me at <heino@uoregon.edu> or text me at 5410-954-0263. In Running Club we're all on first name basis, so I'm "Tom".

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RUNS IN EUGENE THIS WEEK?

There are VERY few Club members in Eugene this summer. We're trying 8am runs from my house for now. I live at 1012 E. 21st Avenue, on the corner of 21st and Harris. You run, I ride my bike.

This week, because I volunteer at registration for Butte-to Butte, we will meet on Monday (I'll ride), and Tuesday and Wednesday (I'll say hello, then ride to the Eclectic Edge offices in west Eugene for my volunteer shift). Thursday is the BUTTE! Friday we'll meet at 8am.

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NO ALL-COMERS TRACK MEETS THIS WEEK

The Oregon Track Club all-comers meets at Lane CC take a break this week for the Fourth of July. We start up again on July 10, kids on Wednesday evenings and adults on Thursdays.

I officiate the 7-8-9 year olds' long jump on Wednesdays and I'll ask for your help if you are in town. It's fun! "No experience needed." Long jump starts at 5:30pm. There's an LTD bus which runs on Patterson/Hilyard to LCC every hour. It's free with UO ID card. Let me know you're coming...text 541-954-0263 or email me at <heino@uoregon.edu>.

If you want to race, the adults' meet includes 800m, 1500m, a joggers' mile (any pace is okay!) and a distance race (usually 3000m and 5000m at the same time). Entry fee is \$5. Register at the meet.

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BUTTE-TO-BUTTE! (same as last week)

There is still time to enter the Butte-to-Butte 10km road race on July Fourth! There's a 5km race too. As usual, go to <http://www.eclecticedgeracing.com/> for details. There a lots of "Toast and Jelly Days" races in nearby towns all summer too. Fun!

If you race, look for me at the corner of 16th and High. I'll be a traffic control guy.

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CROSS COUNTRY!

If you live in Portland and you want to race in early September, Portland State is hosting their "rustbuster" on Saturday, September 7, at Blue Lake Park out near Gresham. I'll be announcing a high school meet at Western Oregon that day.

Our first cross country meet DURING fall term is the Willamette Invitational in Salem on Saturday, October 5. We might use this meet to decide if we'll try to go to NIRCA Nationals or go to the USATF state meet in Portland instead.

The NIRCA pacific regional is in the San Francisco bay area on Saturday, November 2. We WILL go to regionals.

Most colleges still don't have their XC schedules posted yet.

The Dellinger meet at Springfield Country Club is pretty high-powered this fall, including teams from four US time zones. 'Not sure we can enter anyone. It's on Saturday, September 28.

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Tom Heinonen
coach
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Respond to heino@uoregon.edu. My phone is 541-954-0263.