

(-; Ash Creek? Training! Flyers. ;-)

Hello, UO Club runners - (Sunday, September 1, 2019)

Thanks to all nine Club members who volunteered for the ball crew at this weekend's five matches. It was a \$500 payday for the Club!

At the Hood to Coast Relay last weekend a Running Club alumni team, Heino's Flyers, finished fifth, covering 190+ miles in 19:51:28. There were 1,126 teams! Club alums on the team:

Rob McLauchlan, Matt Paquet, Carolyn Gilchriese, Beau Armstrong, Casey Campbell, Karen Ramming, Mark McLauchlan, Ryan Jones, and Kael Newton.

That's some serious running!

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RACE AT ASH CREEK?

Next Friday evening there is a low-key cross country meet at Western Oregon in Monmouth, the Ash Creek XC Festival. There are a dozen collegiate teams including some runners from UO, plus four community colleges, and Willamette, Concordia, Warner-Pacific, Multnomah, Walla Walla...

Women's race is at 5:15pm, men are at 5:45pm. Women will run 4 or 5km, men 6 or 7km.

Entry fee online is \$25. You must enter yourself unattached at <athletic.net>. The entry deadline is Tuesday at 7pm. I can't do the entries for this meet...but I am the field announcer. I'll stay up there overnight and announce the high school meet at Ash Creek on Saturday. I believe some of our guys plan to race on Friday.

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SIGN UP FOR RUNNING CLUB ONLINE

Returning Club members, you received an email from the Club Sports office about ten days ago 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!UQ7K_PeId2yTySOGgl94q42a_5lf73x-enn9wT8xPhtEsbOHKcLMliNXtTntQfUtXbA\\$](https://urldefense.com/v3/__https://orgsync.com/login/university-of-oregon__!5W9E9PnL_ac!UQ7K_PeId2yTySOGgl94q42a_5lf73x-enn9wT8xPhtEsbOHKcLMliNXtTntQfUtXbA$) 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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FOUR RUNS IN EUGENE THIS WEEK

With Labor Day on Monday, we'll have summer runs this week Tuesday through Friday (September 3 through 6) 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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CROSS COUNTRY SCHEDULE (same as last week)

NIRCA has changed the date and site of the Pacific Regional. We're back to Crystal Springs in Belmont CA on Saturday, November 2, same weekend as last year. Jake Willard's effort to move the meet to Davis a week earlier fell through when Jake gave up his new position as NIRCA Pacific representative because of the needs of his real job with TrackTown USA.

Friday, Sept 6,	Ash Creek XC Festival,	Ash Creek Preserve, Monmouth
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Friday, Sept 20,	Sundowner Invitational,	Ash Creek Preserve, Monmouth
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Saturday, Oct 5,	Willamette Invitational,	Bush Park, Salem
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Saturday, Oct 12,	Amazon Trail Open,	Amazon Trail, Eugene (5km)
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CHANGED DATE, SITE -

Saturday, Nov 2,	NIRCA Pacific Regional,	Crystal Springs, Belmont CA
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Friday, Nov 9,	Beaver Classic,	Crystal Lakes Sports Fields, Corvallis
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Saturday, Nov 16, NIRCA Nationals, Richmond VA

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

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SEPTEMBER: WEEK #6 OF HARDER RUNNING

We now have four weeks until school starts and nine until NIRCA regionals in cross country. Here is Week #6, beginning September 2:

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 Friday evening at Ash Creek Preserve.

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.

- - - - Week #5 is below - - - -

20-25 minutes of hill running. Just get to the top, don't attack it. Jog down (do NOT run hard downhill). The hardest that you need to go uphill is the same level of effort which you would use in a race. Try to vary the hills if possible...different steepness, length, surface. Or use a freeway overpass if that's all you've got!

Tempo run 12:00-16:00. That's at lactate threshold.

Long run: same distance as last week (or less if you need the recovery), not longer.

Optional: Any day of the week, you can do 6 x 100m (relaxed stride) with 50-100m jog recovery...see how fluid, relaxed, effortless you can make a stride.

- - - - Week #4 is below - - - -

During one steady run, do 9-12 strides. This time, make every third rep faster than the other reps.

On another day, do race-paced repetitions with recoveries of walking and jogging: 4-6 x 2:00 runs with 2:00 jog-walk. If that doesn't appeal to you, do a ladder instead:

1:00, 2:00, 3:00, 3:00, 2:00, 1:00, with 1-2 minutes of jogging and walking between.
The effort is "current cross country race pace."

On another day, during an easy run, do one mile (or 5:00-7:00) brisk...at about
lactate threshold...this should feel good!

Finally, increase your long run by 1-2 miles this week...but only if you feel ready to
do it.

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