

### Lisa's running of the mouth...

This past weekend Bud and I traveled to the University of Michigan, Ann Arbor where I was inducted into the Track and Field Hall of Fame.

Normally these kinds of accolades are nice, however this presentation was especially meaningful. I realized while lying awake a few days prior to the event wondering what I would say or talk about during my acceptance speech that getting to any type of "podium" in life takes a village. It was not about me...it was about all those who helped me.



I was fortunate that my village included many outstanding coaches, mentors and supportive family members. Without any one of them the podium I stood at that night would not have happened.

So how does this all affect you? I ask that you become that "village" for a young person in your life that you might be close to. If there is a child or young adult in your life who looks to you for mentorship or leadership then embrace their desire and provide them the help and guidance that I received in my life.



This picture above is of Ron Warhurst, myself and Greg Meyer – Greg was the last American Man to win the Boston Marathon and Ron coached us both to our victories. Like I said earlier...great coaching.

### Cold Weather Running

Cold weather running...you either hate it or you love it. I personally would love an invitation to Southern California or Florida right about now. This winter has been extremely harsh on the East and now Colorado experiencing the cold.

Yesterday on my way to the pool it was 8 degrees. Fortunately I was swimming indoors.

Note that when you are training in extreme conditions your body will react differently. Do not assume that you are "out of shape", "over trained" or "doing something wrong". Keep in mind that when it is cold outside your body needs to generate heat, which amps up the burning of fatty deposits. Therefore, during your long runs you might feel more depleted or simply run out of gas. University of Kansas researchers found that cold-weather workouts burn 12 percent more calories and 32 percent more fat than the same workout in warm weather.

If it too cold outside and you plan to run your workout on the treadmill then consider raising the elevation on the treadmill to 1.5 percent. This will make up for the lack of wind resistance and make the run more like running outside.

The benefits of running on the treadmill for your intensity workouts such as tempo runs, steady state, fartleks or hills include:

1. Knowing your exact pace.
2. Consistent pacing. No traffic lights or slowdowns.
3. Available water
4. Available bathrooms
5. You can run the workout at all hours. No need to wait for daylight.

## Up Coming Races

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Many of you brought in the New Year with very specific race goals. This is good. Having something to train for is extremely beneficial and helpful to staying focused. I sent an attachment for the Steamboat Marathon, ½ Marathon and 10k races to many of you. This race is in Steamboat, Colorado June 6<sup>th</sup>. I think that this would be a very enjoyable event for you to consider. I realize this is event is not for everyone especially those living a sea level or those who have a big goal event too close.

If you did not receive an attachment from me or you simply cannot open it up you can go to their web site at:

<http://www.steamboatchamber.com/events/04marathonregistration.pdf>

## Communication

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Please stay in touch with me if your goals change or if you are experiencing any aches or

pains. If I don't hear from you I assume that all is well.

I am usually available M-Th 8:30 am-3:00 pm. Give me a call if during those hours and if I don't pick up it means I am on the phone or with an athlete. #337-2737.

Have a great month of training.

## Coach Lisa

