



Take... the First Step

A non profit club dedicated to promoting fitness through walking and running

Issue 8
March 2010

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A Letter from the President



Tis the season to be.... Training. Most of us want to train diligently and smart so fitness potentials in distance training can be reached. Seasonal training, or training by “phases” is the most effective way for the body to physically adapt to the physical impact of running and the mental toughness needed to reach one’s aerobic potential. By my count, there are actually six training seasons for a given pinnacle event. The six phases listed below are especially relevant to long distance endurance events found in running and triathlons.

Season 1 - The season of smiles – its duration time: Figure out your weekly mileage for your distance event which will get you to the finish line comfortably. Then work up to that mileage and allow your body to adapt. If the event is a marathon, mileage is pretty much set at 40 miles per week or above, and if your event is a 5K race, mileage should be around 20 – 25. This season may take 1-3 months or a year possibly to get to.

Season 2 – The season of weight loss: This is the time period where you practice steady state running at 85% effort, and if training for a triathlon, add swimming and biking. Body fat is definitely going to be burning off now. The goal in this time period is to begin to adapt to exertion just under your goal pace at least once or twice a week. A runner identifies this as tempo running, fartlek, or threshold running. Nonetheless, adaptation to this increased effort takes around six to 10 weeks.

Season 3 – The hills are alive time: If you have not found your pair of hills...find a bridge or a parking lot and begin practicing bounding, accelerations, and striders. Hill work strengthens fast twitch muscles and develops the cardiovascular system. Physiologically, your quadriceps and hamstrings get amazingly strong. A hill workout once a week is ideal. Continue hill work throughout your training.

Season 4 – The breathless season – anaerobic: The “I can not breathe” stage of training is done generally at the track and is called intervals or repeats. The interval is the short amount of rest you get before repeating short distances at a 95% effort. You will increase both aerobic and anaerobic thresholds plus develop leg efficiency. Lactic acid builds up, the “heavy leg” feeling will develop and your body will learn to adapt and perform strongly as the weeks of track go on. Four to six weeks of once a week track workouts will prepare you for the next phase.

Season 5 – Sharpen the saw: Sharpening for the key event is the time for a weekly time trial shorter than your race distance and short striders after your “easy” workouts. Time trials help simulate mentally and biomechanically the actual race condition. Practice 2-4 striders at 95% effort for 100 yards or so after your easy workouts. Striders will assist in recruiting fast twitch muscles thus increasing leg turnover. Three to six weeks of sharpening is recommended.

Season 6 – Less is more – the taper: Shorten your key sharpening workouts, but keep the intensity. Lower weekly mileage during this time period. For short races such as a 5K or sprint triathlon, one week is sufficient, for long events such as a half or whole marathon, at least two weeks is advised. The mental side of rest becomes significant during this period...you need to be fresh and eager to push your “new fitness envelope” when the event arrives. It is my wish for each of you to enjoy training this year and to continue the process of making new fitness goals year after year, season after season.

Sincerely,

Lynn Gray
President
Take...The First Step Club



Club Communication

Time marches on and we've had a exciting 2009/2010 running season with all of our club members. As you peruse the race results pages that follow, you will see a host of PR's set by many of our club members this past year. However, let's all offer a, "Shout Out", to the 6 , yes that's SIX, Relay teams that entered the Gasparilla Team Relay Marathon this year. Not only did we have the most teams, but the team of Heidi Strayer, Christina Mitchelson, Dana Felice and Lauren Murphy ran a combined 3:55 to take the **1st Place Team Masters**. We had a solid showing by ALL of the teams, so take a look at these Take ... The First Step Club Gasparilla Relay Marathon WINNERS, one and all!!



*2010 Gasparilla Marathon
Relay Team Masters Winners*

- Team 1 : 3:55 - Heidi Strayer, Christina Mitchelson, Dana Felice, Lauren Murphy**
- Team 2 : 4:12 - Monica Kosiorek, Ingrid Stavish, Lisa Brown, Mark Nelson**
- Team 3 : 4:33 - Kelly Guerts, Julie Richter, Marjorie Crosby, Mary Olson**
- Team 4 : 5:19 - April Tatro, Jackie Bernabe, Joni Adams, Diane Bennett**
- Team 5 : 4:24 - Diane Spicer, Angela Drew, Marti Fay, Jennifer Schwartzberg**
- Team 6 : 5:35 - Coleen Christiansen, Karen Hasque, Zory Morales, Sue Byham**

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TTFS CLUB MEMBER

RACE RESULTS

Strawberry 10K

Christina Mitchelson 50:30
Alicia Scott 53:12
Sheila Rogers 50:12
Ingrid Stavish 57:00

Half a Thon - 13.1

Jennifer Schwartzberg 2:39
April Tatro 2:35
Patrick Bene 1:26
Lauren Murphy 2:16
June Leland 2:38

5K-Armadillo

Frank Helfrich 31:56
Velma Radloff 39:06
Tina Yarish 42:12
Hilda Hernandez Kee 38:05
Karen Hasque 36:22
Diane Bennett 29:17
Diane Spicer 29:37

10K - Armadillo

Lauren Murphy 59:37
Sheila Rogers 51:55

Carrollwood Cross Country 5k

Mary Olson 1st place

Tallahassee Marathon

Christina Mitchelson 4:04

Disney Princess 1/2

April Tatro 2:35
Elizabeth Tatro 2:19
Dana Felice 2:14
Kelly Geurts 2:22
Jim Geurts 2:22
Beka Kinsey 2:58
Sandy Keehan 2:58
Julie Richter 2:10
Marcy Lechner 2:13
Amy Daniels 3:01

Melbourne Marathon

Becky Dowden 4:01
Roger Caruso 3:37

Gasparilla 5K

Sheri Diaz 54:07
Joanne Lohman 54:07
Jackie Vazquez 39:54
Betty Black 58:03
Tracy Howell 47:00
Amy Daniels 38:23

Gasparilla 15K

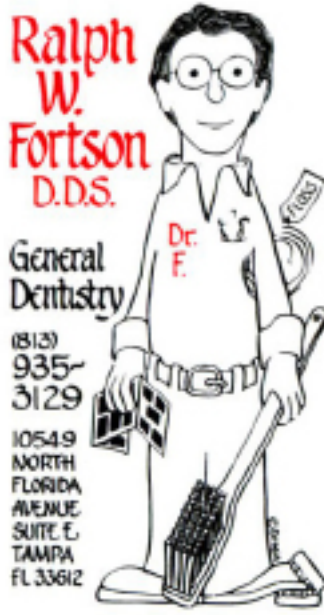
Rebecca Dowden 1:18
Bob Meissner 1:57
Sandra Baker 1:31
Julie Richter 1:29
Patrick Bene 1:00
Raley Leland 56
Emery Jewell 2:22
Beka Kinsey 2:07
Sandy Keehan 2:07
Diane Spicer 1:29
Elaine Martino 1:29
Michele Gregory 1:41
Brenda Miller 1:54
Stephanie Williams 1:17
Marjorie Crosby 1:29
Steve Doloresco 1:39

Gasparilla 1/2 Marathon

Chu Chugeon 2:10
Deborah Wolfe 2:01
Brenda Thompson 2:45
Juliet Bulnes 1:53

Melbourne 1/2 Marathon

Marjorie Crosbie 2:08
Diane Spicer 2:12
Lynn Gray 1:55



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RACE RESULTS

Miami 1/2 Marathon

Juliet Bulnes 2:01

Ocala 1/2 Marathon

Heidi Strayer 1:50

Lynn Gray 1:54

Alafia State Park 1/2 Marathon

Dana Felice 2:47

Half-a-thon - 13.1

Lauren Murphy 2:22

Tony Black 1:24

Lee Casteris 2:32

June Leland 2:23

Sandra Baker 2:17

Half-a-thon - 5 Mile

Diane Spicer 49:23

Naples Half Marathon

Becky Dowden 1:58

Lynn Gray 1:59

Disney Marathon

Marcy Lechner 5:37

Kyle Dalton 3:57

Disney Half Marathon

Michele Gregory 2:33

Jackie Macaluso 2:28

MADD DASH 5K

Mercy Lynn 30:59

Becky Dowden 25:46

Ann Phillips 29:27

Brenda Thompson 39:13

Mary Jueong 41:09

Roger Caruso 21:33

Gayle Lynn 33:51

Deb Williams 34:17

Sue Byham 34:21

Diane Spicer 27:49

Michele Gregory 30:43

Mary Olson 32:48

Silky Sullivan 22:52

Frank Helfrich 33:11

Bob Meissner 31:48

Hawaii Marathon

Angela Drew 5:20

Clermont 1/2 Marathon

Jackie Macaluso 2:22

Colette Black 2:01

Lee Campbell 2:22

Tony Black 1:24

Deb Voiles 2:05

Wendy Spencer 2:24

5K-Say No to Drugs

Marjorie Crosby 30:40

Ann Phillips 32:49

Lauren Murphy 29:25

10K-Say No to Drugs

Mercy Lynn 1:15

Gayle Lynn 1:21

Jacksonville Marathon

Heidi Strayer 4:00

Jacksonville 1/2 Marathon

Stephen Coman 2:10

Ancient Oaks 100

June Leland < 30 hrs

Holiday-a-thon

Juliet Bulnes 1:58

Lauren Murphy 2:25

Roger Caruso 1:45

Glenn Smith 1:48

Tom Monaweck 1:57

Michele Gregory 2:39

Sacramento Marathon

Christina Mitchelson 4:14

Summer Carter 3:50



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TTFS CLUB MEMBER

RACE RESULTS

Brandon Half Marathon

June Leland 2:17
Stephen Coman 2:17
Michele Gregory 2:19
Becky Dowden 1:58
Lynn Gray 1:59

Women's Half-Marathon

Monica Korsiorek 2:07
Ingrid Stavish 2:15
Linda LeBan 3:30
Kathy Zumberos 3:30
Lisa Brown 2:17
Marti Fay 2:43

Autumn Fest - 5K

David Bronstein 23:43

Turkey Trot - 5K

Lauren Murphy 27:29
Gayle Lynn 35:01
Mercy Lynn 31:51
Mary Olson 34:42

Blue Moon

Liz Hawks 2:05

Pumpkin Run

Michele Gregory 30:05
Lauren Murphy 26:47

Women's 1/2 Marathon and 5K

Chu Cohen 2:20
Julie Richter 2:21
Lauren Murphy 2:26
Amy Daniels 3:06
Velma Radloff 3:13
Jackie Macaluso 2:35
Joni Adams 2:37
April Tatro 2:43
Mary Olson 2:45
Heidi Strayer 1:52
Michele Gregory 2:16
Jennifer Schwartzberg 2:17
Diane Spicer 2:17
Marcy Lechner 2:18
Kyle Ricciuti 3:08
Lynn Gray 1:56
Brenda Thompson 3:17
Sabrina Lewis 3:25
Jackie Bernabe 2:55
Coleen Christensen 3:35

Richard's 5K Run

Diane Bennett 30:43
Karen Hasque 36:27
June Leland 29:56

Rattlesnake Run 5 Mile

Jackie Macaluso 50:19
Michele Gregory 53:00
Marti Fay 55:00
Diane Bennett 54:30
Hilda Kee Hernandez 1:03
Lee Casteris 54:20
Ann Phillips 51:00

5K Ft. Desoto

Kyle Ricciuti 37:12

1/2 Marathon Ft. Desoto

Sabrina Lewis 3:25
June Leland 2:17
Lynn Gray 2:01
Jennifer Schwartzberg 2:20
Julie Richter 2:25
Kelly Guerts 2:35
Heidi Strayer 1:48
Christina Mitchelson 2:04
Brenda Thompson 3:03
Lauren Murphy 2:25
Roger Caruso 1:51
Deb Wolfe 2:07

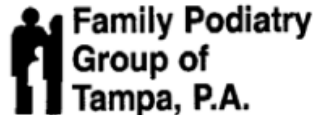
Westchase 5K

Marcy Lechner 27:54
Mike Trevor 18:11
Angela Drew 28:49
Ingrid Stavish 27:54
Diane Spicer 33:57
Nancy Cooke 28:15
Silky Sullivan 23:40
Karen Hasque 35:41
Frank Helfrich 34:49
Liz Hawks 24:17
Mary Olson 34:12
Donna Gans 45:17
Angela Drew 28:00

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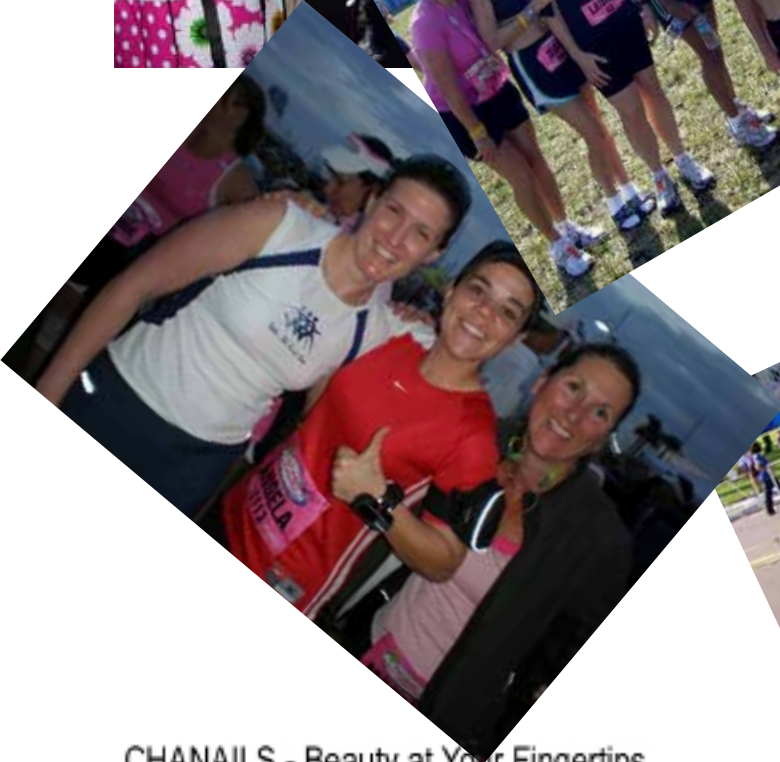


Gasparilla 2010





Women's 1/2 Marathon 2009



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DATE/LOCATION

Saturday June 5, 2010
Al Lopez Park, Tampa

START TIME/DISTANCE

5K at 8 am 1 Mile Kids' Run at 9 am

ENTRY FEES

Before May 14: 5K= \$20, 1 Mile= \$5
After May 14: 5K= \$25, 1 Mile= \$10
Race Day Registration at 7am

AWARDS

GREAT looking trophies to...
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AGE GROUPS

9 & under, followed by standard age group
in 5 year increments, through age 80+

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Before May 14: 5K: \$20 1Mi: \$5; After May 14/Race Day: 5K: \$25, 1 Mile: \$10 **Shirt Size** ___XS___S___M___L___XL

NAME _____ **EMAIL** _____

ADDRESS _____ **PHONE** _____

CITY _____ **STATE** _____ **ZIP** _____ **AGE** _____ **SEX** _____

In consideration of this entry, I, for myself, my heirs, devisees, executors, administrators and assigns hereby waive, release and discharge any and all Claims against Take...the First Step, Lynn Gray, Florida Race Place Magazine, City of Tampa Parks Dept. organizations, sponsoring or conducting this event, or their employees, representatives, or successors, for any and all damages or injuries I may suffer. I hereby grant permission for the free use of my name and picture in any broadcast, brochure or account of this event. **INSURANCE DOES NOT COVER THESE ACTIVITIES: BABY JOGGERS, BICYCLES, ANIMALS, RADIO HEADSETS.**

SIGNATURE (Parent signature if under 18) _____ **DATE** _____

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**CONGRATULATIONS
AND
GOOD LUCK !
BOSTON MARATHON
BOUND QUALIFIERS**

**Lynn Gray
Heidi Strayer
Sheila Rogers
&
Joe Rogers**

A large, dark rectangular area containing a background image of a cable-stayed bridge at night. The bridge's cables are illuminated with blue light, and the city lights in the background are visible. The names of the individuals are overlaid in large, bold, black text.



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Club meetings: four times per year, includes a speaker, food and drinks

Club Socials: at various venues

Travel information/planning for out of town races

Race discounts for our 5K races: Spring Into Summer, Resolution Run

Zap Fitness: Exclusive fitness camp for TTFS members at Olympic training facility

RRCA National Member Benefits

Club Sponsored Activities:

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Weekly long runs

Monthly pancake breakfast... last Saturday of each month

Fees: \$25 per year, individual; \$50 per year, family

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