



Saint Louis Track Club

Track Time News

October 2020–January 2021

Running Through a Pandemic



Photo of Rae with her vintage Track Club singlet

President's Column

By Rae Mohrmann

Greetings everyone! Happy 50th Anniversary St. Louis Track Club!

Fifty years ago it was 1970 when our club was created by a few runners at a YMCA. A large percentage of our current members either weren't yet born or were toddlers! Personally, I had just graduated from college and was beginning my teaching career. Neil Armstrong had just descended the steps of Apollo 11 and became the first human being to set foot on the moon. Two short years after our founding, Frank Shorter won the gold medal in the '72 Summer Olympics (& silver in '76). His Olympic success, along with the achievements of other American runners ignited the running boom in the US in the 1970's.

Some of the SLTC races that have come and gone over time included Guess the Distance (stop when you think you've run 3 miles) or the Bike and Run (2 people, 1 bike. Both start together and switch at designated exchange points). We started the Heman Park Triathlon which was one of the first in the area. Also the Poker Run (receive a playing card every half mile and the best poker hand is the winner). We also put on the channel 4 Corporate Challenge, Market Street Mile, Chain of Rocks Bridge Mile, Baebler Beast (if you've ever run there you know it was appropriately named), PAL (Police Athletic League) Run, and the indoor 24 hour 10 person relay. My personal favorite was the Stadium Run (handicapped start) and (theoretically anyway) we'd all finish together on the field in Busch Stadium!

Our plan for our 50th celebration was to recreate several of these old favorites. If any of this excites you, please let us know so you can give us a hand in 2021. Maybe we can still have some of these races.

In the difficult pandemic times, our running may be different but I'll bet we can all agree that it's been essential in getting us through each day even more than usual.



Whether you've been around for the full 50 years, a big portion of that or if you're practically a newbie, we all carry the same intensity and intention of carrying out the mission of SLTC which is to promote and encourage running, walking and fitness for all.

A huge THANK YOU to all those who came before us: Club founders, board members and officers and our many volunteers who felt running was so essential in our lives that they put their time and talents into activities and events that have continually promoted our mission. Please let us all join together proudly as we celebrate our 50 years in this unusual and unprecedented year and "party on" into the next!

Happy Anniversary everyone!

Rae

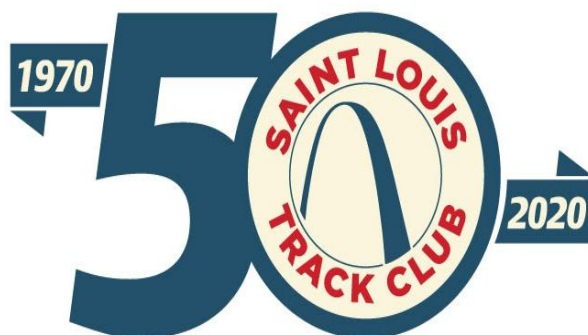


Vintage Frostbite Series Shirts



Banner from the Track Club sponsored St. Louis Marathon.

The St. Louis Track Club is Celebrating its 50th Anniversary!



St. Louis Track Club wants to invite you to be part of this big celebration!

#SLTC50 Golden Anniversary Celebration

Celebrate 50 years of the Saint Louis Track Club (SLTC) by running or walking 50 miles during the month of October 2020, SLTC's founding month back in 1970!

Register (at no cost!) and *virtually* join SLTC, family and friends in this **golden** opportunity to celebrate 50 years of SLTC while getting your miles in...and staying physically, mentally and socially healthy! Those who accrue and log their 50 miles by the end of October will **receive a SLTC 50th Anniversary sticker!**

[CLICK HERE TO REGISTER](#)

There will be lots of opportunities for fun while accruing your miles -- and plenty of chances to win a **golden** goody bag of vintage SLTC gear and *golden* treats; get excited for...

- A run/walk scavenger hunt,
- Wacky run/walk diaries,
- SLTC Trivia on Tuesdays and Thursdays, and who knows what else!



“We will continue to serve our community in any way possible”

<https://runsignup.com/Race/MO/AnyCity/50MilesforSLTCs50th>

“

Water is the best ‘around the clock’ fluid to consume throughout the day, during training, and at meal times..

-Diane Robinson

”



Nutrition Shot.

By Diane Robinson

Hydrate before/during/after workouts to feel stronger, recover faster, and become a better athlete! See the chart below to see my suggestions for functional beverages to

drink around training sessions to get the most out of your workout!

Functional Beverages

PRE-WORKOUT	DURING	POST-WORKOUT
Sports Drinks	Sports Drinks	Sports Drinks
Coconut Water	Coconut Water	Coconut Water
Coffee / Caffeine		Chocolate Milk
Beet Juice		Tart Cherry Juice
		Whey / Plant-Based Fruit Smoothies (15-25 grams protein: 1 cup Greek yogurt, cottage cheese, milk, protein powder)

**Outside of training, choose whole, unprocessed drinks that are low in refined carbohydrates and sugar to maximize performance.*

Pre-Workout Beverages

Carbohydrates are the primary fuel for sustaining energy during exercise. Get the most out of daily training and recovery by consuming the right amount of carbohydrates and fluids before hard training sessions.

General Guidelines:

2-3 Hours Before Training: >2 cups fluid

15 minutes Before: 1 cup

During

If runs are longer than 1 hour, drink water AND choose a sports drink to help replenish fluids and electrolytes lost in sweat and provide a quick energy source to sustain performance during intense and longer sessions.

Post-Workout Beverages

Rebuild and rehydrate with fluids, electrolytes, quick-digesting carbohydrates, and protein after a tough workout. After a run, choose a post-workout smoothie or low-fat chocolate milk – both contain carbohydrates and protein, helping muscles recover quickly.

- The sugar in these drinks are great for replenishing fuel storage in muscles within 30-60 minutes of tough workouts.
- The high-water content and electrolytes help rehydrate the body and the calcium, magnesium, and Vitamin A & D support bones and joints.

Note: After an easy or recovery run, it is not necessary to rehydrate with post-workout smoothies / chocolate milk. Only following a hard training session are the calories and sugar functional to your recovery and performance.



Special Bonus: Athletes should aim to drink the amount of fluid they lost during training – a rule of thumb is to consume between 16-24 ounces of fluid for every pound lost. Weigh yourself before and after training to figure out how many ounces of fluid you're down and drink back that amount!

How can we continue to hydrate around the clock while avoiding the additional calories?

Non-Functional Beverages

‘Around the Clock’ Choice Beverages
Water
Fruit Infused Water
Low-fat Plain Milk (1-3 cups per day)
Unsweetened Almond or Coconut Milk (1-3 cups per day)
Carbonated (Sparkling) Water

Beverages

Water is the best ‘around the clock’ fluid to consume throughout the day, during training, and at meal times.

Carry a water bottle at all times to increase water intake all day long. throughout the day. Aim to drink at least 2 cups of water at



all meals. Eat at least fruits and veggies a day with a high water content: snack on oranges, berries, carrots, bell peppers, and cucumbers.

Drinking plain water often LACKS FLAVOR. I get it.

How can we make water more appealing??

- Make fruit-infused water by adding fresh fruit or herbs.
- Drink low-calorie, low-sugar beverages like unsweetened almond milk, unsweetened coconut milk, diluted orange juice, or black / green / white / herbal tea.

- Avoid the additional calories and sugars in sports drinks, regular and Fair life chocolate milk, and fruit juices in order to manage your weight and blood sugar outside of the 30-60 minute training window.



Various Track Club archive photos



To sign up for the race or series and for more information please visit,

<https://www.stlouistrackclub.com/weldon-spring-trail-series>



Member Spotlight!

Name: Ben Tiller
Hometown: Steeleville, IL
Occupation: Attorney
Avg weekly miles: 35-45

How and when did you get started with running? I started running as a young child and was heavily involved in cross country and track and field from fourth grade through high school. I took a break from running while in college, and then started again in law school, mostly to deal with stress. Since then, I have continued to run regularly but I largely ignore pace and time, and also distance to an extent. Instead I just try to focus on getting the run in and enjoying my time outside.

When did you become an SLTC member and what inspired you to join? I have been a member of the SLTC for approximately five years. I joined primarily to meet like-minded people who enjoy running. It has also been great to learn new routes and learn about different races from other SLTC members.



What are your favorite places to run? My favorite place to run is anywhere in the woods. There are countless well-travelled trails in the area, but I most enjoy running more remote and less-known trails and finding new routes.

What are your favorite running shoes and/or other gear? My favorite shoes are anything two or three model years old by Brooks, Altra, or On. The older models are just as good as the newer ones but are much

cheaper. Also anything heavily cushioned. I found that a well-cushioned shoe can usually last more than 1000 miles.



Did you run a PR? Have a suggestion for the newsletter? We want to hear from you! Email katie.evans@stlouistrackclub.com

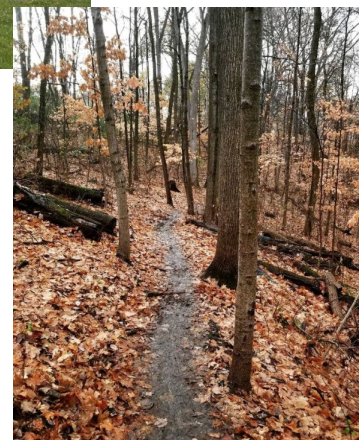
What is your favorite pre or post run meal? For whatever reason, nothing is more satisfying after a long run than a huge burger with fries.

What has been your most satisfying performance? My first marathon, the GO! Marathon, a number of years ago. It was my first and also my fastest marathon.

What is your favorite SLTC event? What do you like about it? Frostbite by far. The cold weather and the flat course can make for some very fast times. And who doesn't love to run in the snow?



Various Track Club archive photos



We couldn't let a year go by - especially THIS year - without an edition of St. Louis' most festive race! Even as a virtual event, this race has premium swag, super fun Halloween themes, and even some trick-or-treat surprises in your goody bags!

Registration Open: September 1 - October 31.

Complete a virtual half marathon, 10k or 5k to earn all of this year's awesome and festive treats, including:

- premium softstyle hooded sweatshirt - with a special 2020 design!
 - commemorative medal
 - a fun (and useful!) Great Halloween Race themed mask
- trick or treat bag of race goodies at drive through packet pick-up

Visit <https://runsignup.com/Race/MO/SaintLouis/TheGreatGOStLouisHalloweenRace> for more information and to sign up!



Each issue of the TTN we will be sharing running insights and advice from local running coach, Mark Spewak of Spewak Training

Coach's Corner

By Mark Spewak



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Believe in yourself and remember your future you deserves the best you right now.

-Coach Mark Spewak

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Why keep going when there are no races on the horizon? Why keep pushing yourself when you have no one to race? Running is a beautiful sport in the sense that we don't need races, a facility, or technology to participate in it. Of course we are motivated by

racing and group running but a runner's core identity is driven from self discipline and a will to succeed when no one is watching.



There will be a time when races resume. There will be a time when the weather is good. And there will be a time you will feel more motivated to run. If you want long term success, you must be willing

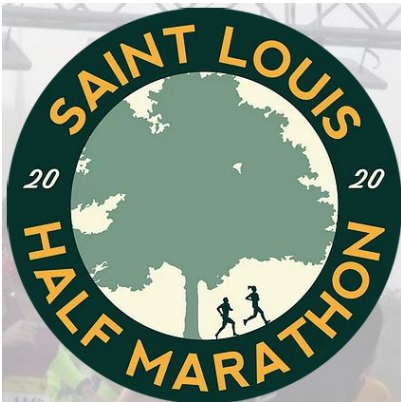
to grind through the good and bad. You must be willing to associate positivity with hard work. If you want to reach that A goal down the road, you simply must not give up the fight.

I would be lying if I said training right now was easy. It's extremely hard and defeating some days. However, many others and myself continue to show up and race virtually because that's the best option we have right now. In a world full of uncertainty, we still have running. We have the ability to create our own path with or without racing. Believe in yourself and remember your future you deserves the best you right now. Happy running!!!



Pictures from Spewak Training Facebook Page

Spewak Training coaches are accepting new clients. Please feel free to reach out to us contact@spewaktraining.com to learn more about our training services.



While the ground continues to shift related to COVID-19, we are excited to be advancing forward a plan to make the St. Louis Half Marathon a live and in-person event with an option for runners to do a virtual 13.1 event.

This year will be the 49th consecutive year of the St. Louis Classic Road Race. A new course is in store for 2020 Half Marathon runners...details & a course map to be announced soon. Forest Park will again be the centerpiece attraction of the Half Marathon. This year's race starts and finishes on the Boulevard in front of The Muny!

As with any race year, the health and well-being of everyone is our utmost concern and we will keep all event options within the guidelines of the CDC, the State of Missouri, and the City of St. Louis. We also will address the comfort levels of the charities, sponsors, and volunteer teams that are all needed for a successful live event.

*Start Time: 7:00am CST
End Time: 11:00am CST*

Price: \$65.00 Race Fee + \$3.30 SignUp Fee

Precision Physical Therapy wants to make sure you stay injury-free! Schedule your 90-minute Running Gait and Musculoskeletal Analysis and bring in your race day t-shirt for 15%. This visit includes assessment of injury history, strength, flexibility, coordination, slow motion video analysis of running gait and corrective exercise program. Email us at hello@precisionstl.com to schedule your appointment.



[Click here for more info](#)



[Click Here to Register](#)

The Grapevine

Cross Country Season During a Pandemic

By: Donna Springer

“The Cross Country season has been a roller coaster ride this Fall,” said Matt Helbig, CEO and Co-founder of Big River Race Management. “Teams in St. Louis City and County have been dealing with safety precautions, last minute schedule changes, and long stretches questioning whether or not they will compete at all. Most high schools in the City/County delayed the start of their Fall sports season for two weeks as health officials and school administrators decided if/when they would begin. Ultimately most schools began practice Aug 24th, but with no word if and when they would be allowed to start inter-school competition.”

“It’s pretty exciting,” said Johnny Martin, a senior at Ladue Horton Watkins High School, two days before his first meet, September 17th. “We started practice on time, but we didn’t know if we could have meets. We only found out about it last week.”



“The Forest Park Cross Country Festival, organized by Big River Race Management, traditionally held the second Saturday in September, was forced to relocate to McNair Park in St. Charles County; COVID gathering restrictions within the City would not allow the meet to take place in its namesake park. The meet, one of the largest in the Midwest, drastically downsized it's field this year, and limited the number of competitors per team, for the first time, to ensure the safety of the athletes, coach, officials and volunteers. The meet followed guidelines set by the St. Louis Metro Youth Sports Task Force, and took place without spectators and included teams from Jefferson, St. Charles and Franklin Counties. Two days before the Festival, St. Louis City and County loosened competition restrictions, allowing low frequency contact sports, such



as Cross Country, to begin competition,” said Matt.

“While it was too late to participate in the Festival, County schools began competition the week of September 14,” Matt said.

“With spectators limited, it will be a different atmosphere,” said Ellie Jander, a senior at Lutheran High School North who’s

beginning her fourth year of competition. “At the start of practices, we answer questions and they take our temperatures. Athletes are required to have masks on any time we’re not running, and coaches have them on all the time. At races, we have to have them any time we’re not warming up, and we can take them off at the line three to five minutes before the gun. The rest of the season will be as normal as possible. We’ll run in waves, and always wear masks on busses to and

from the meets. We were already spread out.”

“With a season now ahead of them, the next big hurdle is whether or not they will be allowed to travel to Columbia, MO for the State Meet on November 7th, said Matt Helbig. “As of the second week of September, teams are not allowed to compete outside of the St. Louis Region.”

The Saint Louis Track Club wishes a vigorous, healthy Cross Country season to all, in this “unprecedented time” of COVID-19.

Photo credits:

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Johnny Martin, with his 13th place finish among 212 boys, time 17:45.57, helped his team finish first place among 18 teams, Thursday September 17th. (Photo credit-Richard Witt, Ladue Horton Watkins High School coach).

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Ellie Jander, number 863, fights for position in the Forest Park Festival at McNair Park.

Special Thanks to:

Matt Helbig CEO/Founder, Big River Race Management
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Tel: 6365279700 | Mobile: 3148259818
matt@brrm.com | www.brrm.com

Track Club Training Group

While we continue to navigate social distancing protocols and procedures we are looking at making our Track Club Training Group virtual. We will continue to monitor the situation and as we are able to have more in person, large group gatherings we will reassess. For the time being, we will have a place to “sign up” (the training group is free for members) to access the schedule and sign all waivers that will be necessary should we meet in person!

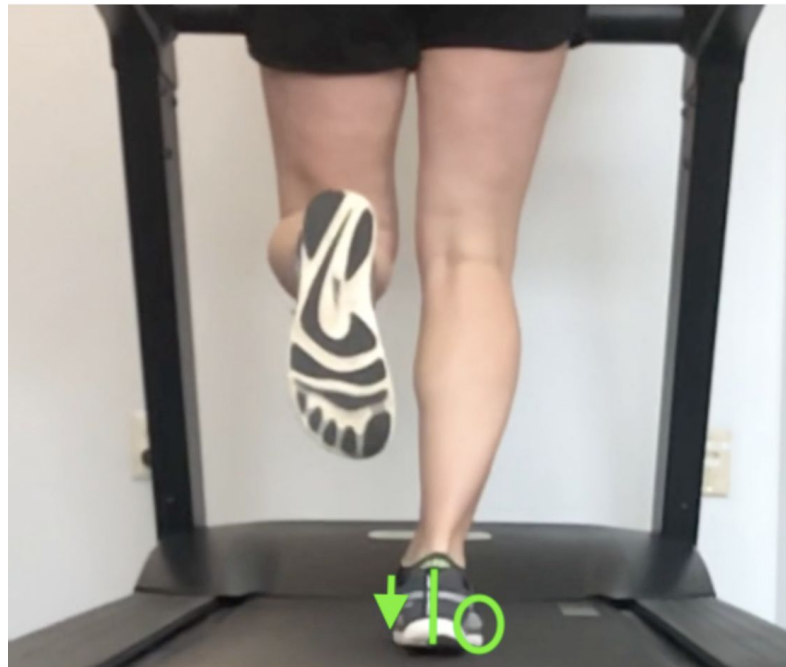
<https://runsignup.com/Race/MO/SaintLouis/StLouisTrackClubTrainingGroup>



Please contact Katie Evans for more information at
katie.evans@stlouistrackclub.com

Runners: Why the inside of your foot hurts - 3 potential causes

One of the more common running gait patterns associated with foot pain is excessive ankle pronation. We typically see this as the leg is accepting body weight after initial contact moving into mid stance. Ankle pronation is when the arch of the foot flattens toward the ground. Ankle pronation is a normal function of the foot and a good thing for our running. When ankle pronation becomes excessive we start to see injuries such as posterior tibialis tendonitis, achilles tendonitis, plantar fasciitis, tarsal tunnel and medial tibial stress syndrome.



To learn how why your feet may hurt and how to fix the issues, keep reading at:

<https://www.precisionstl.com/blog/2020/06/16-running-with-pronation>

Ann Crowe, PT, DPT, MS

Board-Certified Orthopedic Clinical Specialist

[Precision Physical Therapy](#)

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July-September Board Meetings Summary

Greetings from the Board of Directors. As you are aware, the circumstances of 2020 have forced the Saint Louis Track Club to cancel or postpone additional events, including the Pace Series, the popular Corps of Discovery trail races, and even the annual picnic. However, the Board has continued to stay busy behind the scenes to ensure the Track Club's continued success in 2020 and beyond. The Board has consolidated the Track Club's various financial accounts, canceled unnecessary and excess insurance policies, and even worked to reduce rent in order to save funds. In addition, the Board has worked hard to ensure that November's Half Marathon occurs as scheduled as a live event with a virtual option, of course with all of the proper social distancing protocols and the City of St. Louis' safety guidelines closely followed. Finally, as you know, the Track Club's 50th Anniversary celebration is about to begin. We are celebrating by hosting a virtual run, walk, and scavenger hunt event, where participants track their progress and distances online and answer weekly trivia questions for a chance to win goodie bags and vintage Saint Louis Track Club items. Looking forward to the next quarter, the Board is working on the logistics of planning and executing a safe, fun, and successful Frostbite Series. We hope that you will enjoy participating in the Track Club's 50th Anniversary celebration and look forward to seeing you at the Half Marathon!

Visit <https://www.stlouistrackclub.com/get-involved> for links to local race calendars

Track Club Info-

Run. Walk. Enjoy.

WE DO SO BY:

Supporting runners and walkers of all abilities through our member network;
 Organizing and producing events and programs that meet the needs of our members and the
 running/walking community;
 Partnering with local youth, health-oriented, and community running programs; and
 Mobilizing our members and volunteers in support of our mission.
 Founded in 1970, the St. Louis Track Club is an exempt organization
 under Section 501(c)(3) of the Internal Revenue Code.

Track Club Board of Directors Members

Operations Coordinator- Aletta
Martin
 President- Rae Mohrmann
 Vice President- Jeff McPherson
 Treasurer- Anna Zelinske
 Board Member- Matt Coriell
 Board Member- Katie Evans
 Board Member- Dennis Martin
 Board Member- Roger Moore
 Board Member- Renee Parks
 Board Member- Ben Tiller
 Board Member- Karolie Zavisute

Race Directors

Marathon Relay-
 Paul McGee, Rae Mohrmann
 Frostbite Series-
 Mike Bahr, Bob Chitwood
 Trail Series-
 Matt Coriell, Adam Gardner
 Track Club Half-
 Kevin Jokisch
 Pace Series-
 Donald Denham