



**EUGENE
RUNNING
COMPANY**

NEWS

Fall 2005

www.eugenerunningcompany.com

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**EUGENE
RUNNING
COMPANY**

116 Oakway Center,
Eugene, OR 97401-5611

541.344.6399

HOURS

Mon-Sat 10 am - 7 pm
Sunday 11 am - 5 pm

**Free physical
therapy clinics**

Jeff Giulietti of Eugene Physical Therapy continues to conduct free clinics at the store on the first Friday of the month at noon. Take care of your most important running equipment – your body!

Group runs

Mondays, 6 pm Community Run

Tuesdays, 6 pm Beginners' Group Run

Thursdays, 6 pm,

until Oct. 27 Tempo Run

Sundays, 9 am Community Run

Runners assume all risk; please consult a physician prior to beginning a running program.

Walking group to start

Just in time for New Year's resolutions, Kay Porter is starting a walking group at Eugene Running Company after the first of the year. Kay is known for her Spirited Walking groups. For more information, check at the Eugene Running Company.

The Spirited Walker name is used with permission from Carolyn Kortge, author of The Spirited Walker: Fitness Walking for Clarity, Balance, and Spiritual Connection (HarperSanFrancisco 1998)

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Marla Runyan speaks in store October 2

World Class runner, two-time Olympian and American Record holder Marla Runyan will be appearing at the Eugene Running Company on Sunday, October 2. She'll be giving an inspirational talk to Joe Henderson's Marathon Team at 10 a.m. as they prepare for the Portland Marathon. The event is free of charge and open to the public.

Marla holds several American Records including 20KM, 5000m (i) and the fastest marathon ever run by an American in an all-female race. She has been ranked number one in the United States in the marathon, 5000m and 3000m.

Marla's athletic achievements are legendary in the world of international track and field. Her story of uncommon courage transcends sport. At the 1996 Olympic Trials in Atlanta, Marla placed 10th in the Heptathlon, a grueling seven event test of athletic strength and speed. In her final event she shattered the American record for the heptathlon 800m. It was only a hint of her true athletic potential. In the commencing years she transformed herself from a national class heptathlete into one of the greatest long distance runners in American history.

When Marla was 9 years old she was



Marla Runyan leads the pack at the Freihofer's Run for Women in 2004.

diagnosed with Stargardt's disease, a type of macular degeneration. Undaunted, she enjoyed an exceptional prep career as a hurdler and high jumper at Camarillo High School in Camarillo, California. She went on to earn a bachelors degree and then a masters degree in Education for deaf and blind children at San Diego State University where she was a track

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ERC celebrates SportHill's 20th anniversary

The Eugene Running Company is having a birthday party for SportHill on November 6. Join us at the store for cake, raffle prizes, a special clinic, exciting deals on the newest SportHill apparel and meet SportHill founder Jim Hill.

Join us in wearing your SportHill gear to our party and we'll have special prizes for the person wearing the oldest authentic SportHill apparel!

Jim Hill was a star distance runner for the University of Oregon Ducks during the height of Eugene's glory days as a distance running



mecca. He's a 3:56 miler with a 10K PR of 27:55, the fastest in the nation at the time. Jim endured extraordinary training as world

class athlete through all sorts of adverse weather conditions. Day after day, through the rain, snow, sleet, and cold, Jim kept running and dreamed of running gear that would perform up to his demanding standards.

During his career as a world class runner, he travelled the globe racing. Upon Jim's

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Marathon team readies for Portland race

Calendars for 30 runners had the date October 9 circled since early summer. Now the big day of the Portland Marathon day is almost here.

These runners have trained each Sunday as Joe Henderson's Marathon Team. They started below 10 miles and peaked at 21 in mid-September.

The training runs began and ended at the Eugene Running Company. The store provided not just a meeting place, but drinks, snacks and other perks for Team membership. SportHill was a co-sponsor, supplying Team uniforms.

An earlier Marathon Team had run at Newport in June, with 16 of the 16 starters finishing. Three of that group – Gregg Anderson, Nick Brewe and Paula Montague – are

back for another try.

The Portland Team ranges in age from 20 to 67, and in pace from sub-seven-minute miles to 14-plus, and in experience from veteran marathoner to novice. In other words, every runner is welcome.

A new group is forming now for the Marathon Team's first out-of-state race in the Napa Valley Marathon on March 5, 2006. Training begins in early December. For details, write to joerun@efn.org or ask at the Eugene Running Company.

– Joe Henderson

*Joe Henderson is a writer, coach and longtime Eugene resident. He authored the book *Marathon Training*, which each Team member receives.*

Beginning runners find success, train for marathon

Almost a year ago, Eugene Running Company began hosting the beginning running class. Throughout the past year we've watched its popularity take off as word has spread and enthusiasm for the program has grown. Most importantly, however, we have gauged the strengths of the beginning program by the success stories of runners who got their start, or at least their safe return to running by the class.

Ultimately our goal for every beginning runner is to safely strengthen them to be able to run for 30 minutes. Throughout the past year we highlighted several runners who have progressed to this point; many of our runners have achieved this milestone in their training. We do not, however, limit our definition of success to only these runners. At every level our runners find successes, both small and large.

Runners of all levels experience the satisfaction that comes from their efforts. It's fun to watch our new run-



Kandy Johnson



Susan Simmons



Tim Magney

ners realize this satisfaction when they jump to a new walk/jog interval or suddenly recognize that they feel better than they ever had before at a given point in their run. It is here where our runners realize that success in running is not a destination; it's a process and one from which all runners

draw satisfaction throughout their entire experience in the sport.

During the past year several of our first runners continued along their running paths well past the walk/jog intervals from which they embarked as runners. Three of our earliest runners, Susan Simmons, Kandy Johnson, and Tim Magney continued on to join Joe Henderson's Marathon Team and will complete their first marathons in Portland on October 9. When these runners complete their marathons, it will be another victory amidst a year of successes and yet another success to build from.

– Mike Long

Community Tempo Runs held Thursdays at 6 p.m.

Tempo runs are used regularly in distance running to help a runner develop a better aerobic capacity. This helps improve one's times in races and has a profound effect on one's every day running.

Presently, the Eugene Running Company offers tempo runs every Thursday at 6 p.m. until October 27.

After running tempo runs on a fairly regular basis, runners start to notice the ease in their normal pace, which causes their normal running pace to increase and their effort level decrease.

While growing up in suburban New Jersey I was able to run a 4 mile race series every week during the sum-

mer. This event gave me a chance to run a more challenging run with a group of like-minded individuals. In addition, the Eugene Running Company wanted to offer runners the chance to socialize after the run, so we partnered with Sweetwater's Restaurant and encourage runners to stay after for dinner or beverages.

The course is an accurate-measured 4 miler with mile markers and times recorded. The course is out and back, begins at Sweetwater's Restaurant and goes along the new scenic river bank path just north of Valley River Center. The 2-mile turnaround is at Marist High School.

–Mike Black

Middle school racers compete in first fall event

It is Eugene Running Company's mission to provide good running events for grade schoolers and we believe that it is through exposure to fun running experiences that kids may adopt running as a long-term pursuit. We hope their desire to run can develop and manifest into a life-long habit.

Seeing the smiles on the faces of the kids who competed in our first race on September 13 makes it all worthwhile. It was great to see so many gutsy and talented boys and girls mix it up in the first of two Eugene Running Company sponsored cross country runs this fall.

All the runners did an awesome job. Congratulations to Crosby Green, our first boy finisher from Thurston Middle School, in 9 minutes and 38 seconds, and to our first girl finisher, Keikoanne Hollins from Christian Light, in 10 minutes and 12 seconds. Zephaniah Hollins from Christian Light Middle School, a 4th grader and our youngest competitor, blazed the 2400 meter course to an impressive



Middle school racers at Dorris Ranch on Sept. 13, 2005.

**Next race: October 13
at Alton Baker Park after the
scheduled high school cross
country races.**

third place at 10 minutes 42 seconds.

Congratulations to all our grade division winners and to all the kids who made this a fun and memorable race.

This event was held after the scheduled Thurston-Springfield High School cross country races at Dorris Ranch. Music, a DJ, Cold Stone Ice Cream, prizes from Nike and Eugene Running Company and pictures were enhanced the event. Who can say no to ice cream?

If you know of a middle schooler who would like to participate in the second race, it will be held October 13 at Alton Baker Park after the Sheldon, Willamette and South Eugene High School cross country races. Kids should show up at least 1 hour

before start time and need a legal guardian present to sign them up to race

For more information, inquire at the Eugene Running Company or www.eugenerunningcompany.com

– Mike Black

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