



EUGENE RUNNING COMPANY

NEWS

Winter 2006

www.eugenerunningcompany.com

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EUGENE RUNNING COMPANY

116 Oakway Center,
Eugene, OR 97401-5611

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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. Please bring running shorts for your evaluation. Take care of your most important running equipment – your body!

As featured on the Travel Channel!

Check out the video clip on our website of the Eugene Running Company's feature on the Travel Channel last fall.

Group runs

Mondays, 6 pm

Community Run

Tuesdays, 6 pm

Beginners' Group Class

Wednesdays, 6 pm

Free Walking Group

Sundays, 9 am

Bagel Run

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

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Tell a friend... running works!

Remembering a fallen runner

Kelly Supanchick, a member of our running groups, died Dec. 23, 2005, in a homicide.

Kelly, and her daughter Guin (who rode in a jogging stroller), had run with us for just a short time, but it was obvious the close bond between the two and Kelly's love of running. She inspired us all.

A fund has been set up to help support 21-month-old Guin at Pacific Continental Bank. Please contribute as you can.

A memorial service will be held Jan. 11 at 7 p.m. at Emerald Bible Fellowship Church in Eugene.



Kelly and her daughter Guin in happier times.

Lauck visits: Run with Olympic marathoner

Former world class runner and two time Olympian, Anne Marie Lauck, is returning to Eugene for a public appearance at the Eugene Running Company in January.

You'll have a chance to meet and run with one of America's most celebrated road racing champions. Look for details soon on eugenerunningcompany.com.



Anne Marie Lauck visits in January.

At the 1996 Olympic Games in Atlanta, American runner Anne Marie Lauck raced through grueling heat and humidity to a tenth place finish in the marathon. She went on to represent the United States in the 2000 Olympics in Sydney, Australia running the 5,000 meters.

As a Nike-sponsored athlete, Anne Marie enjoyed a decade of dominance on the professional road racing circuit during the 1990s and was repeatedly ranked among the

world's best by *Runner's World* magazine. Among her countless victories are the famous Peachtree Roadrace in Atlanta, the Bloomsday Run in Spokane and a third place finish in the New York City Marathon. Anne Marie won the United States National Championships at 10K and 15K.

She is a gold medalist from the World University Games and placed tenth in the World Championships of Track & Field.

Eugene, Oregon, is a special place for Anne Marie. She is no stranger to Pre's Trail and Tracktown, USA. She frequently established training camps here in preparation for important competitions including her training for the Olympic Games. During her career she was coached by two Eugene legends, Alberto Salazar, and world-renowned coach Dick Brown.

Porter starts two fitness walking groups

The Eugene Running Company will host two new walking groups in January 2006! Kay Porter, Ph.D., will coach our new groups. The first meeting for information will be Thursday, January 5, from 7 pm to 8 pm at the store.

The two new groups will be for beginner and intermediate walkers. All walkers will receive training schedules and will meet once per week for walking together and coaching.

Beginners group will meet at the

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Kay Porter, Ph.D., (in foreground) starts two fitness walking groups in 2006.



These Hutchins know about teamwork

I have gotten to know Fran and Hutch fairly well over the past year. Fran came into running with vigor and enthusiasm. We have become friends and I have helped coach her training which is working out well for her. She has a lot of vigor and a lot of potential. She is very smart and very tough.

Hutch, being a great supporter of Fran, came out to support her running, but more significantly, he decided to try running himself.

As a member of our beginners' group Hutch started out walking for 4 min and 30 seconds with a 30 second jog done continuously for 30 minutes. It wasn't too easy going at the start, but Hutch felt compelled not to let Fran down.

From that point on, what we all were to witness was the beauty and magic that has bestowed Hutch on his personal journey as a runner. Yes, he has lost weight and, yes, he has more energy in his day, but he has found an activity that has improved his quality of life. He is now running with me on our Sunday morning Community runs for a 4 miler and talking all the way.

Hutch, what convinced you to make this commitment to running?

Basically to maintain an acceptable level of health and weight. I'm at that age where cholesterol and blood pressure were reaching unacceptable levels and noticed that my general balance was off. I saw Fran getting more fit and happier every day with each run she did. I realized that if I didn't get moving I was going to be left in the dust with long-term health issues.

I wanted some of what she was having so when we came into Eugene Running Company to buy some shoes and you told us about the beginners' running group, I decided to give it a try.



Hutch and Fran team up to inspire and support the other's running.

Tell me about your progress and your experiences along the way?

It's always an effort but learning and going your pace lets you cross the finish line. I'm always amazed at what a feeling of accomplishment it is when you finish your run... could be just because it's over although I have a feeling endorphins might be kicking in too. Like you said, I have lost some weight and I have more energy throughout the day. One surprising bonus has been the camaraderie you feel with fellow runners. (joggers in my case). No matter what your speed, you all experience

the same challenges and accomplishments.

Do Fran and you encourage each other or run together?

Fran is great at getting us out there running. Her enthusiasm has definitely kept us going.

When I started out with the beginners' group, she would run behind me & keep my time, encouraging me along the way. Now we like track running as we can go our own paces and encourage each other when we pass in opposite directions. Our favorite run is Eugene Running Company's Sunday morning community run. It has given us another venue that helps keep us motivated with camaraderie and, of course... don't forget the bagels waiting for us at the store. ..

How does running work for you?

Left-right, left-right... just kidding. I firmly believe exercise is not an option but a necessity. Since starting running on a regular basis, I have more stamina and generally feel better mentally & physically.

Personally this has been quite an accomplishment as I have double vision and a partially numb left side because of a car accident many years ago.

– Mike Black

Walking Groups... continued from page 1

store on Saturdays from 11 am to 12 pm starting Saturday, January 7.

Intermediates group will meet on Sundays from 9 am to 10 am starting Sunday, January 8.

The cost is \$70 for two full months of training and coaching.

We are doing these groups as a response to many requests from walkers in our community. We are looking forward to serving our many walking customers in this way.

Dr. Kay will also be forming a new marathon group

in February, so look for news of that soon!

Dr. Kay Porter is a long-time Eugene runner and walker and has coached the Spirited Walkers* Marathon team since 2000. She has completed 11 marathons, having run 7 and walked four. She is also the author of an applied sport psychology book, *The Mental Athlete* (Human Kinetics, 2003) and has a counseling/coaching practice in Eugene.

Sign up at the store with your check for \$70, or contact Kay at 342-6875 or KayPorter1@aol.com.

**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).*

Dick Beardsley Marathon Running Camp planned for July

Marathon resolution? We can help you train

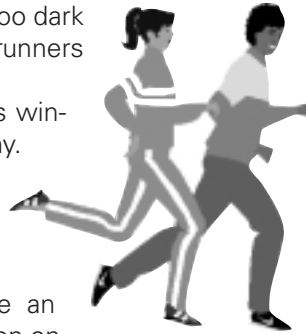
Too cold to run all winter, you say? Too dark or too wet? A growing number of runners don't think so.

They met each Sunday morning this winter at the Eugene Running Company. The year-round runs, led by Mike Black, continued at 9 am. Two other groups, coached by Joe Henderson, started at 8:30 am.

One Marathon Team will celebrate an early spring at the Napa Valley Marathon on March 5. The other marathoners are on an extended training program for a later race: Yakima River Canyon on April 1, Avenue of the Giants on May 5, Newport (the main target race for spring) on June 3, or Walk-with-Me (here in Eugene) on June 10.

A group from the store also plans to run the Cascade Half-Marathon in Turner (near Salem) on January 15.

Both of these Teams number about 20 runners.



The roster is set for the Napa group, but new members can join the Newport Team until its quota of 30 is reached.

The magazine *Marathon & Beyond*, for which Joe Henderson writes a column, has joined the Eugene Running Company and SportHill as a co-sponsor of these Teams. M&B also will conduct a Dick Beardsley Marathon Running Camp in Eugene, July 3 to 8.

Runners from last year's Marathon Teams have stayed active in recent months. Lisa West ran the Nike Women's Marathon in San Francisco; Nick Brew, Marisa Macy and Paula Montague finished at Seattle, and Chris and JoAnna Hatch are training for Disney World.

Is running a marathon in 2006 one of your New Year's resolutions? Ask our helpful staff the Eugene Running Company how we can help you meet that goal.

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