

## February 1994: Gene & Stephanie Welch

7:00 at 80-85% effort, with a 1:00 walk interval, or a 20-35:00 run at 80-85% effort; and then jog 10-15:00 for a warm down. I try to get my HR at around 158-160 for this workout which is just below 10K race pace.

The race prep interval workout will adapt you to 5 to 10K racing speeds. Warm-up for 20:00 bringing your HR up to 80-85%; then 12 x 1:00 or 8 x 1:30 or 6 x 2:00 at 90-95% effort, jogging the interval until your HR goes down to 70%; then do another fast run. After the last fast run, jog 10-15:00 for a warm-down. In this type of workout, my HR goes up to 165-170 on the fast runs and down to 140 on the interval jog. I find this a hard workout and only use it in preparing for important races. Instead of going around the track, I run this and the AT workout on the flat roads or bike paths because they seem to go by faster. The effort is more important than knowing the distance you have gone on each repetition.

A non-race week would go something like this:

S	M	T	W
1 1/2 hr + 70-75%	Rest	30-45:00 60-65%	AT 80-85%

T	F	S
Rest	45-1 hr 75-80%	Rest or 30:00 60-65%

When training for a specific race, a four week plan would be as follows:

Week 1	Week 2
S 1 1/2 hrs +	Rest
M Rest	30-45:00
T 30-45:00	1 1/2 hrs +
W Intervals	Rest
T Rest	30-45:00
F 30-45:00	Intervals
S AT or Race 10K (80-85%)	Rest

Week 3	Week 4
S 30-45:00	Interval or 5K (90-95%)
M AT	Rest
T Rest	30-45:00
W 30-45:00	10-15:00 AT
T 1 1/2 hrs +	Rest
F Rest	30-45:00
S 30-45:00	Rest

Sunday race

If you like to run a lot of races, you could run the non-race week plan using the races for training. Run these races at 80-85% effort.

The long run could be done on Wednesday and every 4-6 weeks, you could do a 'push' race at 90-95% effort. By running most races at AT speed, you do not tear yourself apart but are actually building for faster races in the future.

I also use the monitor in races as well. It helps to control your early pacing. Then with 1/4th of the race left, you can push your effort to 90-95% through to the finish. For example in the Santa Barbara Half-marathon, I ran at 80% effort (152-155 HR) to 10 miles; then gradually moved to the 90-95% effort (165-168 HR range). This will prevent you from going out too fast in the first half of the race and then going out the back door at the end.

Being a Master's runner, I usually do not know who my competition is; so I think of the races as time trials. I try to run near my best on the day, controlling my effort with the monitor. How the race turns out in regard to my pacing is the dessert.

So with effort based training, you simply run at 60-95% of your maximum. You do not have to have measured courses. You don't have to keep track of your mile splits for pacing. You just go out and run for a certain time, at a certain effort, which in the final end, is the heart of the matter.

### RUNNER'S PROFILE by Joe Howell

In several prior columns, I have asked the SBAA membership to suggest individuals whose running experiences and/or SBAA contributions are worthy of coverage. Many have noted that Gene and Stephanie Welch should be the subjects of a Profile.

As you will learn in reading their Profiles, running plays a big part in the lives of Gene and Stephanie. Their first date was a run (or at least an attempted run), they have competed in races throughout the country, and they consistently participate in our local events (including the SBAA Partner's Run this month in which Gene and Stephanie won their division). While they have a variety of other interests and athletic pursuits, they are sure to remain active, contributing members of the SBAA.

Are there other SBAA members whose training techniques, best or worst races or other running secrets should be shared with all? If you have suggested Profile candidates, let me

know (P.O. Box 1260, SB, CA 93102 - 963-2044 (work)).

#### Basic Information

**Name:** GENE WELCH

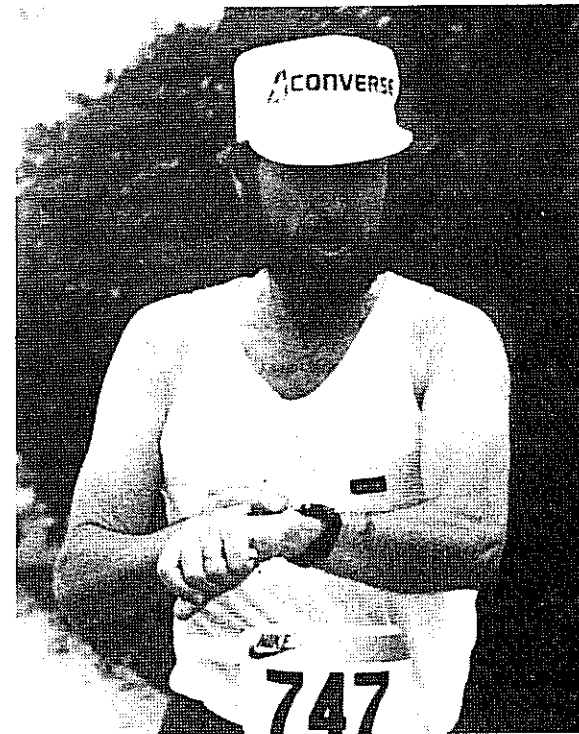
**Age:** 66

**Employment/Family:** Retired 1991. 34 years in aerospace/electronics, including 12 years at Vandenberg AFB, where I started my running on the trails in 1969. After heart attacks hit my mom, then my older brother within two months of one another (both survived), I promptly gave up cigarettes, started walking on my lunch hours, then tried the old Boy Scouts' "Jog'n Walk" (25 steps, 25 jogs, etc.), until I was finally running the wide and dusty trails - along with the occasional coyote, mountain lion, and rattler, all of which I encountered while running.

Married Stephanie July 4, 1980. Our first "date" (6/79) was on the old SBCC track, the morning after we'd met at a "mixer". My running had gone into "limbo" after job transfers sent me to smog-ridden San Bernardino and L.A. during 1976-79 (commuting to SB and my boat home), so there I was, on the track, walking after less than halfway, while she was seemingly "floating" around the track. I couldn't keep up with her then, and 14 1/2 years later, I'm still lucky to keep her in sight in any race.

**Other Sports/Interests:** Biking, skiing, sailing (lived aboard my 36' ketch in SB Harbor, 1976-79, but never did single-hand around the world as I'd hoped), racewalking, photography, hiking, RV travel/camping, and barbershop quartet singing. Oh yes, and anything chocolate! Only the RV and barbershop are current interests. We use the RV to travel to out of town races, barbershop contests and conventions, as well as normal vacation destinations.

I'm a charter member of the Santa Barbara Chapter of the SPEBSQSA, Inc. - the "Society for the Preservation and Encouragement of Barbershop Quartet Singing in America, Inc.", an international singing organization of about 35,000 men.



#### Running Highlights:

**Favorite Distance & PR at same:** 10K. PR of 41:41 (Zonta 10K, Goleta Beach Bikepath, 1984 (sigh!)).

**Best Race and Why:** "Chuckanut Road Race", Bellingham, Washington, 7/10/93. This 26th annual point-to-point, flat/hilly 7-miler starts on city streets (2 miles) then joins a paved/dirt hiking trail system in Larrabee State Park, on Bellington Bay and Chuckanut Bay. Three very steep hills (walked two of them), lots of trees, some bay views, a downhill finish. Steph walked three of those steep hills, yet was still two seconds ahead of me at the finish line!

We hadn't run at all in the two weeks preceding the race, while heading west from Calgary, Canada. Just driving every day to eat up the miles, so we would make this race in time.

We placed 495th and 497th out of 663 finishers. I was very surprised when I placed first in the male 65-69 category with a slow 60:22.

Multiple tables of fruit, fresh gourmet coffee, fresh pizza cooked right there, 5-year age groups, ribbons for all, bused back to the start line, and RV and tent camping in the park, an easy walk from the finish line. Next time, we'll stay there. Oh yes, there is a little town of "Chuckanut" nearby.

**Worst Race and Why:** "Follow Your Heart 12K", 3/92. Knocked a cyclist down when I made a 90 degree turn right in front of him. I thought the course monitor I had just passed at Los Banos Pool was telling me to turn left to run on the sidewalk, rather than the bike path. Instead, the cyclist must have called a warning "on your left", to let me know he was passing. I had been so focused, I hardly knew what had happened, as I sprawled on the pavement. Finally untangled my legs, and without even thinking of what injury/damage I may have caused him, started limping/running slowly onto the sidewalk, bloody legs and all, trying to finish the race.

Fortunately for both, he passed me on the bikepath, asking if I was okay; my brain cells were coming back to life by then, and I apologized to him - several times! Took three months of healing before I raced again. I try not to focus quite so hard now. It's not safe!  
**Average Weekly Mileage (last 12 months):** 15 miles.

**Favorite Local Race:** The "Stagecoach Road Race", San Marcos Road. Defunct now, but it was great fun: 2 miles downhill from Cold Springs Tavern, to the Paradise Road Store, and 2 miles back up to the Tavern. Got my fastest mile ever, a 5:42, running with Ralph Philbrick (who helped organize some of those races, I believe). Of course, that was the first mile downhill, but it was fun to see that split on my watch!

The race included a small field, flowers decorating each stanchion on the uphill finish chute, "mountain-type" musicians, good homemade sweets and breads, lots of fruit juices, champagne, and coffee. The party went on for hours! I miss it!

**Goals (Realistic) for 1994:** Stay healthy and injury-free; increase my weekly mileage to 25 miles.

**Goals (Wildly Optimistic) before Year 2000:** Run a major marathon like Humboldt or Big Sur (at my pace I'd need all that scenery).

#### Additional Information

**Why I Run:** I love it! I feel better, I think it helps me look better, I enjoy the camaraderie, and the challenges it presents:

**My Runner Hero & Why:** Local heroes: Paul Gilbert, John Brennand, Patsy Dorsey, Ray Gil; Nationally: Dr. George Sheehan. All

have given so much to us, so that we can grow in this sport.

**Personal Training Tips:** From me? Sorry!

**I love (hate) runners who...:** I love runners who pass you in a race, but take the time to encourage you with a few words. It's not a distraction for me, it's an inspiration, even if only momentary. It all helps.

**Suggestions for local races:** Is a cross-country type, using the bluffs, streets, and roads in the Ellwood/Sandpiper Golf Course area, a possibility?

**My views on...:** Serious illness/injury and running: I've had my share, starting in 1986, but each time, the goal of getting back to running and racing has been there, pulling me on. If you really love this sport, it can be a tremendous aid in your recovery and return.

**Quote:** As George Sheehan put it, in his last race in August 1993, when he and an injured runner who was bemoaning their slowness, finished last in the "Crim 10-miler": "We're still doing the best we can with what we have." Amen.

#### Basic Information

**Name:** STEPHANIE WELCH

**Age:** 46

**Employment/Family:** "Retired" - at least temporarily. Last job 5 1/2 years at SBMFC Physical Therapy Dept. Married 13 years (14 this July 4) to Gene. No kids, but ten cats!

**Other Sports/Interests:** Raced bicycles (road & track) 1970-75; no other sports now. Like reading, RV camping/traveling, wilderness and wildlife - and cats!

#### Running Highlights

**Favorite Distance & PR at same:** 10K, 40:22, Celebration of Architecture, October 1983.

**Best Race and Why:** S.B. Winter Run, February 1983. Saw Elaine Campo (Triplet) running about my pace (she was using it for a training run), spoke to her and we ended up running together all the way - 6:40 pace for ten hilly miles in the rain! We didn't really know each other before that, but have been friends ever since.

**Worst Race and Why:** Couples Relay, 1993 - Six days after Gaviota Pass Trail Run (which was extremely difficult) - legs were so dead it

was like running through molasses or quicksand.

**Average Weekly Mileage (last 12 months):** 20 miles a week in 1993.

**Favorite Local Race:** Park to Park 8 miles, Lompoc. Sorry, can't think of a current one in S.B. I really like.

**Goals (Realistic) for 1994:** Increase mileage and be more competitive in age group.

**Goals (Wildly Optimistic) before Year 2000:** Get close to PR's again (more like impossible!).



### **Additional Information**

**Why I Run:** To do something physical - and challenging, to be outdoors, so I can eat whatever I want.

**My Runner Hero & Why:** Fay Rita Hobbs. For her optimism, grit and determination, her natural talent, running so fast on 30 miles per week or less - and for being a friend.

**Personal Training Tips:** Don't give up. Keep running/racing as long as you enjoy it no matter how slow you get.

**I love (hate) runners who...:** Love/Runners (especially fast ones) who are friendly and encourage others. Hate/Runners who complain about their times after running very well.

**Suggestions for local races:** Different courses - like old winter run, trail runs/races - but not as long and difficult as 9 Trails or Gaviota Pass, "American" style cross country - like on a golf course.

**Suggestions for SBAA:** Group runs of varied distances and paces, more team races especially for older masters and women masters, more social events/meetings (but not pot lucks).

**SBAA Member since 1980:** Recruited by Fay Hobbs for SBAA Women's Team.

### **Best Age-Graded Performances in 1993 by SBAA Members**

For several years the runs sponsored by the SBAA have included Age-Graded Time and Factor. "Masters Age-Graded Tables" are published by the National Masters News. The age-graded tables list the "world-best performance" by age and sex for each age to 90. The tables cover every common track and field, long distance running, and race-walking event. To get an age-graded time, you multiply your finish time by the age-graded index. The resulting time is directly comparable to any other finisher's age-graded time. But how does your age-graded time compare with the "world best"? That's where the age-graded factor comes in. The factor is the ratio of the world-best performance to your age-graded time.

I (ed.) reviewed the race results for the Resolution Day 5K & 10K, July 4th 15K, 1/2 Marathon and Fay Hobbs 10K to determine the best runs by SBAA members during the year. (The Partner's Run does not include the age-graded time.) The following page lists the men's results for the year, next month I will include the women's tables.

First, a few remarks before you phone with your comments.

1. I listed the results by age-group. Some people moved "up" during the year so you might have to check 2 age-groups to find your name.
2. The number of people listed for each age group is not consistent. Some age groups had a lot of great runs and I tried to include as many people as possible.
3. The times listed are the actual race times.