

Run C'Ville



January 2023

Fast Start to a New Year

More than 250 people, including runners from Massachusetts, Missouri, North Carolina, and Costa Rica, participated in the 2023 New Year's Day 5K at Free Union.



Ashley Palmer



Eli Cook

With temperatures in the '60s, the field was fast, with 50 runners finishing the course in less than 25 minutes and eight runners breaking 20 minutes.

Also, age didn't prove to be a constraint, with 12-year-old Juliana Pierce of Charlottesville taking the 11-14 female category in 20 minutes, 50.90 seconds. And 77-year-old Jonathan Cannon of Earlysville captured his age group in 26:16.35.

The NYD5K's overall winner was Eli Cook of Charlottesville (17:32.80), and Ashley Palmer of Lynchburg paced the women's field in 18:09.90.

On behalf of Race Director Keith McLaughlin, thanks to all who volunteered and a special shout-out to Bodo's for the postrace bagels and to Pepsi for the water.



Can't do it.....without volunteers.....Or Runners

Contributors

Michael Okusa
IG @michaelokusa

Michael is a fitness professional in Charlottesville, who coaches strength, conditioning, yoga, mobility, and nutrition. He teaches one-on-one instruction in addition to classes at various studios, including Formula Complete Fitness, NOW yoga, and Salute the Sun Yoga. In his free time, you might catch him doing other sporty activities like dancing at an EDM party, hiking on Skyline drive, or biking around town while doing errands.

Rick Kwiatkowski

Rick is a Central Virginia figure in endurance running, juggling, and just plain running. Rick is a member of both the CTC and CATs. He volunteers in various running events, co-directs the CTC All Comers Summer Track meets, and Andy's Backyard Ultra sponsored by CATs and Blue Ridge Cyclery. Rick has two world records in juggling, so if you want to learn or practice juggling while running, let him know.

Mark Lorenzoni

Coach Mark works at Ragged Mountain Running and Walking Shop. He directs training programs for more than 200 people each year. In the last 40 years he and his family have directed more than 900 running races, raising \$10 million for organizations and causes in the area, including UVA's Emily Couric Clinical Cancer Center, the Virginia Institute for Autism, Big Brothers/Big Sisters of the Central Blue Ridge, and The Haven.

Merging Ecstatic Dance and Running

by Michael Okusa

I sometimes wonder, are all runners exactly like me? By that, I mean does every runner eventually get bored with how running never changes? We often run the same route and mileage, in the same direction, at the same time of day or day of the week, with the same playlist. My guess is that many runners share a common thread among their running routines — repetition. Even if that portrait doesn't quite fit and you're running on a different mountaintop every Saturday morning, the monotony is still kind of inescapable, because we strictly follow cues for efficient running mechanics.

These endless cues are exhausting to contemplate, but necessary to prevent injury as the miles accumulate and our bodies age. Furthermore, the music we run with often has a high number of beats per minute and a driving rhythm that compels us to exert more energy and speed. For most of my life, I've been perfectly satisfied with intensely structured and repetitive running. The runner's high is one of the best feelings in the world of physical fitness. Furthermore, you can celebrate speed, distance achievements, number of races completed, and endless other stats, but I'd argue that after decades of running with sameness as a copilot, the joy you experience on your runs and the resiliency of your joints can benefit from combining irregular forms of running and musical accompaniment from genres like Broadway, Classical, Jazz, and more!



Photo by Sarah Cramer Shield

So, how do you practice what I call “Dance Running,” and more importantly, what do you get out of it?

- Start with a song that is asymmetrical, funky, ecstatic, or wildly expressive in some way.
 - “Overture” — from *Thoroughly Modern Millie* (Broadway)
 - “Mutant Brain” — Sam i & Ape Drums (Electronic Dance Music)
 - “Falaise” — *Floating Points* (Jazz)
 - “Two Fanfares for Orchestra: II. Short Ride in a Fast Machine” — John Adams (Classical)
 - “make it right” - *Tune Yards* (Art Pop)
- Plug in but ensure you prioritize safety: maintain an awareness of other people, cars, and running surfaces that could pose a collision or fall risk.
- Start with dynamic stretches and then establish a slow jogging pace.
- Alternate regular jogging with irregular movements: lateral shuffles, grapevines, backwards trots, zig-zagging, and eventually dance running.
- When the music inspires, express your whole body with the rhythm while keeping the pace slow. Try jazz hands, swishing the hips, gyrating, bouncing, jumping, sliding, stomping, twisting, and turning. Continue to alternate between linear jogging and dance running whenever the feeling strikes.
- Soak in the multitude of benefits: the feeling of childlike play, challenged coordination, better proficiency movement planes besides sagittal (forwards/backwards), increased joint strength and resilience, lowering of inhibitions as you overcome self-consciousness from dance running, and the accumulation of time spent in a lower heart rate zone.

Ultimately, there's no instruction manual for merging ecstatic dance and running, but like any creative discipline you kind of have to feel it from the inside out. And if you need inspiration, look for me on long uninterrupted straightaways around Charlottesville — Fifth Street Extended, Preston Avenue downhill, or the UVA North Grounds loops — dance running my little heart out.

Race Calendar

March 4, 2023 [Naked Creek Trail Race](#) Panorama Farms

March 11, 2023 [Haven 8K Run](#)

March 25, 2023 [Charlottesville 10 Miler](#)

April 15, 2023 [Run/Walk for Autism](#)

April 16, 2023 NORD (National Organization for Rare Disorders) 5K at UVA

May 6, 2023 Tom Lamer 5K & 10K in Staunton

May 13, 2023 Hospice of the Piedmont 5K in Keswick

Volunteers are needed for these races. Please click on the link and contact the race directors for more information.

Charlottesville Track Club Board

Tim Wendel, President **Keith McLaughlin, Vice President** **Diane Rosin Okusa, Secretary**
Katie Walker, Treasurer **Katie Fisher** **Nick Lancaster** **Sara Leigh** **Rick Willis**

Seen on the Walk – Juggling Life, Walking, and Running

Photos by Rick Kwiatkowski

We run. At early times and late, we see moonlight turn to day. It may be hard at times, but it's always special because we're "Running Down a Dream."

*I rolled on, the sky grew dark, I put the pedal down to make some time
There's something good waitin' down this road, I'm pickin' up whatever's mine.
It was a beautiful day, the sun beat down, I had the radio on, I was runnin'
Trees went by, me and Del were singin' little Runaway, I was flyin'. Tom Petty*



WordsToRunBy

"I breathe in strength and breathe out weakness."

Amy Hastings Cragg — 2015 American champion in the Marathon the 2012 American champion in the 10,000 meters and a qualifier for the 2012 Summer Olympics.

Group Run Opportunities

Wednesday morning Community Speed Workouts: Open to all abilities but your long run must be a minimum of five to six miles in length. The group works out in separate pace groups, starting at 5:30 a.m. at the UVA Track. Free! Signup at www.cvilletrackclub.org/speedsters

Marathon/Half Marathon Training Program: Meets for weekly group long runs every Saturday at 6:15 a.m. All abilities welcome. The run is divided into separate pace groups. Text Coach Mark at 434-962-1694 for more information. *****Registration is full*****

Sunday Morning Social Run: Meets every Sunday morning at 6:45 a.m. next to Greenberry's in the Barracks Road Shopping Center. Four to five relaxed miles at paces varying from 9:00-11:00 minutes/mile. Coffee and fellowship afterwards. Free! (For the run. Coffee is extra:-))

Wolfpack: Sunday mornings at 7 a.m. at the UVA Track for an easy five miles.

Prolyfyck Run Crew holds a community building run, about four miles with varying paces. All are welcome! M, W, F at 6:00 a.m. at the Jefferson School. Walkers welcome. Staggered start. Walkers often leave about 5:50 a.m. fastest runners leave at 6:15 a.m. following the run is an inspirational talk. [@prolyfyckruncrew](https://www.instagram.com/prolyfyckruncrew)

Champion Pub Run Wednesday and Friday evenings david@championbrewingcompany.com

Random Row Run [Tuesday evenings](https://www.facebook.com/randomrowrun) team@randomrow.com

Charlottesville Area Trail Club [facebook.com/cvilleareatrailrunners](https://www.facebook.com/cvilleareatrailrunners)

Rivanna Trail Foundation (RTF) rivannatrails.org

CTC Offering Free Memberships to Youths

To help foster an active lifestyle among local youth, the Charlottesville Track Club (CTC) is now offering [free memberships](#) for pre-school to high school students. The Club's goal is to promote running as a sport and healthy lifestyle within our community and to engage athletes at every age. If you have any questions, please contact us at charlottesvilletrackclub@gmail.com. If you are an Athletic Director with one of the area schools, please share this with your students.



Greetings to 2023 my athletes and friends!

I'm really looking forward to kicking off our winter/spring training cycle and I'm especially excited to get our Wednesday morning workouts going again this week!

This cycle will revolve around prepping folks for the following events:

- March marathon
- April marathon
- May marathon
- The Charlottesville 10 Miler
- The Tobacco Road Half Marathon or the Park to Park Half
- A fast 5K, 8K or 10K

A few key reminders as we get our group rolling again:

My four coaching pillars are as follows:

- To keep you injury free!
- To have you enjoy your training so you always look forward to lacing up your shoes.
- To always have your running help keep your personal life scales in balance.
- To achieve your personal goal(s)!



As cliché as it may sound, open communication is one of the key aspects in any successful relationship (in this case coach and athlete). The quicker you let me know when something goes astray (fatigue, a new ache, or pain...) the faster we can remedy it. I'm always here for you and even though I don't charge for my coaching, I still very much feel like a "professional coach" in that I deeply care about your enjoyment, health, welfare, and success as an athlete. The two best ways to get in touch with me are by text or by simply stopping by the shop in person.

I strongly encourage you to expand your Wednesday pace group partnerships into Saturday morning relationships, where you set up a specific place and time to run your Saturday workouts together in these smaller "zip code" pace groups.

All of your mileage, unless I indicate otherwise, should be run at your AHR (Aerobic Heart Rate — about 140 or less). This is usually 70 percent to 80 percent of your total weekly mileage. Your AHR should be at least 90 seconds per mile slower than your MP (marathon pace) or around two minutes slower than your 10-mile pace. The slower you can run these recovery miles, the more bonus points you'll earn from your coach!

Speaking of extra credit, the best thing you can do to enhance the efficiency and quality of your running is to add an upper body core and balancing workout at least three to four days to your weekly regimen. Need specific advice? Give me a shout. And foam roll on a daily basis.

And a huge thanks to Captain Harry and to Audrey for helping get my weekly message out to you!

Let's have some fun training together this cycle. I can't wait to get started by welcoming you back to Wednesday mornings!

Coach Mark
434/962-1694 (text)

