Congratulations to Devra & Fritz on Recent Marathon Wins

Fritz Van de Kamp and Devra Vierkant at the finish line of the 2012 Salt Lake City Marathon
Photos courtesy of SLC Marathon

Congratulations to Fritz Van de Kamp and Devra Vierkant for recent marathon wins. Devra was the first female finisher at Salt Lake City Marathon with a winning time of 2:54.57. Fritz took 1st place at Salt Lake City and Ogden Marathons with times of 2:25.58 and 2:23.00, respectively. Fritz also demonstrated great versatility by winning the Wasatch Steeplechase in June, a 18+ mile trail run.

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The Salt Lake City Track Club is a proud member of the RRCA. For more information on RRCA services and programs, go to www.RRCA.org.
Summer is in high gear and so is the racing season. There have been several great performances by club members this spring, and I look forward to seeing more during the summer months. Also, if you have not heard, Tee and Curtis Perry had a baby boy. According to Neal Gassman, he is the odds-on favorite to be the 2030 runner of the year. While I am not ready to go to Vegas and place a bet, I do know that the child has two great parents who will keep him active and moving. My own daughter was forced to endure many a hike or excursion when she was younger and now has the same love of getting out and moving that her parents enjoy.

The recent emphasis on physical activity at all age levels is encouraging, which is in contrast to previous years. When I was a kid, my friend’s mom came out of his house one day highly motivated and determined to run to the end of the block and back. She read that if she started slow and worked her way up, that she might be able run much farther than her first adventure took her. Naturally we thought this was the craziest thing we had ever seen, old people didn’t do these things. I am pretty sure that was her one and only foray into running. It is sad to think of what might have been if she were met with a more positive attitude from those around her.

Fortunately, times have changed as have people’s perceptions and attitudes. It is no longer expected that as we get older we will simply accept our decline and go gracefully into old age. I plan on going kicking, screaming and running into my next five or 10 age groups and maybe then I’ll slow down. While I am at it, I plan on sharing my love of running and physical activity with as many people as I can.

This may make you wonder why, then, the club was not able to host the Making Strides with Kids running program this year. In the past we had a member who was a teacher at Redwood Elementary and who helped us navigate administrative and other hoops. Sadly, she moved last summer, and with a new principal at the school, we were not able to renew our program at Redwood. We tried four other schools, but had no success. Our inability to find a school seems to be due not to a lack, but to an abundance of fitness programs competing to get into the same schools we are trying to help.

While we are hopeful that we can someday find a school that would like to host our Making Strides program, there are many other great places to put the proceeds from our annual races to good use. Therefore, the board has decided to make several sizable donations to youth track and cross country programs in the Salt Lake valley. We have also been asked to provide volunteers for a Highland High School cross country meet that they will be hosting at Sugarhouse Park this August. We also have a few races that the club helps out with on a regular basis, and I run into a lot of club members manning aid stations in the middle of nowhere.

So while there are many programs and realizations that fitness is not something we can afford to ignore, there is still so much left to do. I hope that I can continue to share my love of not only running, but also just the pure joy that comes from getting up and moving long after I am club president. I hope that you can find the time to share a little of your joy of running as well and pass along some encouraging words to those who are just starting to discover what we already know.

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**SLC Track Club Board of Governors**

President: Jim Milar  
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This issue of Runner’s Pulse, we are introducing the club to our newest member, Leopold Patrick Perry. “The Pulse” editor spoke with Leo this week to see if he’d give us any hints about his future sports career. We also probed him for the run-down on his Mom, Tee Perry, the Club’s current Vice President.

Leo, how long have you been a member of the SLC Track Club?

I joined June 5 at 6:22 am. My parents, Tee and Curtis Perry, joined in 2006 after they moved to Salt Lake City from Vermont.

How long have you been running?

I’ve been running for about 9 months. In fact, Mom and I ran 3 miles the day she went in to labor. She’s a longtime runner. She started running on the track & field team her freshman year in high school, following her older sister who ran as a senior on the high school team. She went on to run at the University of Vermont as a mid-distance runner. The 1500m was her specialty.

Yes, we all know that Tee is quite the runner. Has she filled you in on her favorite race and any of her PRs?

Her 5k PR was at the Running of the Leopards, which she ran in 16:51 (2010). Her fastest half marathon was the Provo River Half in 2008 (1:20.38). One of her favorite races, though, is St. George Marathon. She ran it in 2007 and 2008, which are her 2 fastest marathon times. I’m proud to say she won the St. George Marathon in 2008 with a time of 2:49.49.

That’s impressive. I do recall that Tee won St. George in 2008. Doesn’t that win come with an extraordinary prize?

I’d say! One of the prizes was an all-expenses-paid trip to Japan to run the Ibigawa Marathon/Half Marathon, St. George’s sister marathon. While this race was only a month after St. George, Mom won the half with a time of 1:22. The Japanese have a different idea of prizes though. For that win she was awarded a one-year supply of potatoes and 60 kilos of rice.

What’s next on the race agenda, for your Mom I mean?

Maybe Boston Marathon, but she’s not sure if she will use her Portland qualifying time to run next year, or focus on some shorter races for a while.

Have you been to any soccer games yet?

I have not, but soon. Mom plans to start playing again at the end of July, so I am sure I will get to see a lot of soccer. She plays competitive soccer on 3 to 4 teams during the week, depending on the season. She plays half/wing in outdoor soccer or forward or half position in indoor soccer. During the peak of the summer marathon training and outdoor season, Mom’s been known to put in a 20+ mile long run, then go play a game or two of competitive soccer.

Finally, Leo, there is one question we have been dying to ask of you. Running or Soccer?

Ahh, wouldn’t you like to know. Actually, I’m contemplating many sports in addition to soccer and running, and Dad will undoubtedly get me in to skiing and ice hockey. I have a few years before I find my niche and decide, though.
I've been running a marathon a year since 2008. So this year’s 40th Anniversary Houston Marathon (January 15) was number 5. A long-standing goal was to get a sub-four-hour finish. Last year in Death Valley, the wheels came off at mile 21, and I plodded in with a 4:02. I was perhaps slightly less well trained this time, but I was ready to run smarter: better rest, better hydration and fueling, and better pacing. And, it never hurts to run a flat course at sea level.

I arrived in Houston on Friday. My plan was to relax all day Saturday, race on Sunday, celebrate, and fly home Monday. The big bonus was watching the Olympic Trials on Saturday. I’m relatively new to marathoning, and newer to marathon watching, so I didn’t quite know what to expect at the trials.

What I found Saturday morning was an enormous and enthusiastic turnout. I made my way through ever-denser crowds near the start line. I eventually found a good vantage point next to the road barrier about a quarter of a mile into the course. I heard the cheer at the start, a noise that progressed with the runners as they approached. I got my cheap, slow, point-and-shoot camera ready. As the lead runners approached I glanced at the camera display to make sure I had a clear shot, then clicked the shutter once as the leaders passed. I looked up… and they were gone! Quite speedy, those elites.

I was a little disappointed at first, thinking that I had missed the best part of the experience while fiddling with the camera. But then I saw the picture I had taken: I’m okay with that! The course had them do a two-mile loop and pass by again anyway, so I was able to enjoy a second viewing, without worrying about photos. I did get the camera ready again for the women’s start, with this result:

At that point I put the camera away, figuring I had just used a few years of photo karma. Unfortunately I don’t have finishing shots or stories (I was far from the finish line), except to say that I cheered long and loud for the leaders were done. Each one was battling so hard to come in strong. It was truly inspiring.

Sunday! Waiting in the corral before the start, I felt calmer than in prior races. I think I was confident I could incorporate everything I’d learned before, and that I had a good race ahead of me. The weather was perfect: about 48 degrees, mostly cloudy. At 7am we were off. Owing to the broad streets used for the course, I found I didn't need to waste much energy weaving through the usual knots of different-pace runners. (The field was claimed to be 13,000 strong, though I noted later there were fewer than 8,000 finishers.)

What followed was my typical marathon self-hypnosis: running point to point, picking runners ahead to either match or pass, checking my Garmin, timing my gels and drinks, and haplessly attempting “runner’s math.” I can’t say I remember much about the course—enjoying sights never seems to climb very high on my race-day agenda—except that the crowd support was amazing. There was a long peaceful stretch in Memorial Park, and suddenly I was downtown again, cruising toward the finish. I sensed some imminent leg cramps, so I throttled back slightly for the last mile, but otherwise I felt strong. (“Strong” becomes relative after mile 20.) I crossed the finish line with a clock time of 3:59:11, and I knew from my watch that the chip time would be at least 3 minutes better. I couldn’t have been happier.

My splits showed the benefit of prior race experience. For the first time, I managed to hold back enough to avoid a drastic fade toward the end.
Houston Marathon, cont.

<table>
<thead>
<tr>
<th>Split</th>
<th>Time</th>
<th>min/mile</th>
</tr>
</thead>
<tbody>
<tr>
<td>5K</td>
<td>0:27:37</td>
<td>8:54</td>
</tr>
<tr>
<td>10K</td>
<td>0:55:53</td>
<td>9:00</td>
</tr>
<tr>
<td>15K</td>
<td>1:23:41</td>
<td>8:59</td>
</tr>
<tr>
<td>20K</td>
<td>1:51:37</td>
<td>8:59</td>
</tr>
<tr>
<td>HALF</td>
<td>1:57:46</td>
<td>8:59</td>
</tr>
<tr>
<td>25K</td>
<td>2:19:37</td>
<td>9:00</td>
</tr>
<tr>
<td>30K</td>
<td>2:47:57</td>
<td>9:01</td>
</tr>
<tr>
<td>35K</td>
<td>3:15:12</td>
<td>8:59</td>
</tr>
<tr>
<td>40K</td>
<td>3:43:17</td>
<td>8:59</td>
</tr>
<tr>
<td>Finish</td>
<td>3:55:42</td>
<td>9:00</td>
</tr>
</tbody>
</table>

Dork that I am, I made myself a marathon-progress chart. (I'll note that, in 2007, my running life consisted of about one weekly 5-mile jog.) I don't think I could have managed this kind of improvement without the amazing support and inspiration of my fellow Salt Lake City Track Club members. Heartfelt thanks to everyone!

I'm not sure I'll run a marathon in 2013, but looking at the chart makes me want to continue the trend!

Calendar of Events

**July 4** - Holiday. No organized Fun Run.

**July 11, July 25, August 1, August 22** - Post fun run barbecues.

**August 25** - Annual Club Picnic, John Neff Picnic Area, Millcreek Canyon. Start time 4:00pm.

Annual Club Picnic

The annual club picnic will be held Saturday, August 25, starting at 4:00pm at the John Neff picnic site in Millcreek Canyon (Church Fork picnic area - same location as the previous 2 years). The board will provide burgers (including veggi), hot-dogs and soft drinks. Please bring a side dish or dessert to share. Because of limited parking, car pools are encouraged. Also, please do not park in spaces designated for other picnic sites.

Website Updates

In efforts to keep members informed of events and activities, we have upgraded the Club’s website. These upgrades will enable the Club to make announcements and update content in a more timely manner. A key change is the modification to information tabs on the home page. We added a tab for the newsletter, which will now be posted on the website in addition to distribution to members via email and regular post.
Safe Summer Running

by Carrie McAdam

If this spring has been an indicator of our impending summer weather, we are in for a scorcher. Below are hot weather running tips*. While they may not be new tips for everyone, a little reminder cannot hurt when heading out for a run in the heat.

- The average daily high in Salt Lake City in July is 90; the overnight low is 69. Start early to finish your run before the mercury really starts to rise.
- Avoid dehydration. You can lose 6-12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes during your run. Indications that you are running while dehydrated are a persistent elevated pulse after run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.
- Avoid running outside if the heat is above 98 degrees and the humidity is above 70-80%. The body temperature is regulated by the process of sweat evaporating off of the skin. If the air humidity is so high that it prevents evaporation of sweat from the skin, you can quickly overheat. Check the weather for temperature and humidity level.
- When running, if you become dizzy, nauseated, have the chills, or cease to sweat, STOP RUNNING, find shade, and drink water or a fluid replacement drink. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.
- Run in the shade whenever possible and avoid direct sunlight and blacktop. Apply at least 15 SPF sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.
- If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.
- Check the local air quality report for ozone levels, which can be high in the summer. Individuals with asthma or other chronic lung conditions, the sick, elderly and infants are the most susceptible to the dangers of ozone. The Utah Department of Air Quality publishes current air quality conditions and forecasts on their website at: www.airquality.utah.gov/aqp/slc-currentconditions
- Wear light colored breathable clothing. Do not wear long sleeves, long pants or sweat suits. Purposefully running in sweat suits hot days to lose water weight is dangerous.
- Plan your route so you can refill water bottles or find drinking fountains. Good sources of water include city parks, local merchants, and restaurants. Be sure to tell someone where you are running, how long you think you will gone, and carry identification.

Numerous websites have useful hot weather running articles and/or hydration and electrolyte balance tips.*

Table of hydration and electrolyte balance: www.succeedscaps.com/articles/water_electrolyte_balance_table/

Articles on hot weather running published on Runners World.com:
http://www.runnersworld.com/subtopic/0,7123,s6-238-267-269-0,00.html

Hot weather running tips from website of the grand-daddy of all hot weather races, Badwater:
http://www.badwater.com/training/2001piepenburgonheat.html

Stay hydrated, cool, and safe this summer!

*This article was adapted from Hot Weather Running tips on the RRCA website (www.rrca.org). The SLC Track Club does not endorse products associated with or promoted by these websites.
Salt Lake City Summer 2012 - Fun Run Schedule

**Monday Speedwork:** Workouts at the Highland High track, 5:30pm. Meet west of the track in Sugar-house Park.

**Wednesday Fun Run:** 6:00pm at various locations (see below). Runs are 5–6 miles in length.

**Saturday Fun Run:** No formal club runs will be held on Saturdays through September. For the remainder of the summer, we encourage members to post their Saturday run plans on Facebook.

**Sunday Run:** Informal run (5–6 miles) at 8:00am at Highland High School, 2100 S. 1700 E.

### Fun Run Schedule

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Location</th>
<th>Address &amp; Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 4</td>
<td>No Fun Run</td>
<td>Enjoy one of the many local fun runs celebrating Independence Day</td>
</tr>
<tr>
<td>July 11*</td>
<td>State Capitol</td>
<td>East Capitol Boulevard. East side of the road near City Creek (NE corner of the Capitl) – road and trail options</td>
</tr>
<tr>
<td>July 18</td>
<td>Liberty Park</td>
<td>700 E. 1300 S. North central parking area on east side, near restrooms parallel to 700 E.</td>
</tr>
<tr>
<td>July 25*</td>
<td>Olympus High School</td>
<td>4055 S 2300 E. Due to construction, we will meet in the parking lot on the back side of the school - off Lincoln Lane</td>
</tr>
<tr>
<td>Aug 1*</td>
<td>West Riverfront Park</td>
<td>10996 S. River Front Parkway (about 900 W), meet in the parking lot</td>
</tr>
<tr>
<td>Aug 8</td>
<td>Highland High School</td>
<td>2100 S. 1700 E. North parking lot, near school sign</td>
</tr>
<tr>
<td>Aug 15</td>
<td>State Capitol</td>
<td>East Capitol Boulevard. East side of the road near City Creek (NE corner of the Capitol) – road and trail options</td>
</tr>
<tr>
<td>Aug 22*</td>
<td>Fitts Community Park</td>
<td>3016 S. 500 E. Meet in the parking lot off 500 E.</td>
</tr>
<tr>
<td>Aug 29</td>
<td>Liberty Park</td>
<td>700 E. 1300 S. North central parking area on east side, near restrooms parallel to 700 E.</td>
</tr>
<tr>
<td>Sept 5</td>
<td>Jordan River Parkway</td>
<td>5400 S. 1000 W. Meet in the parking lot on the northeast side of the river</td>
</tr>
<tr>
<td>Sept 12</td>
<td>Highland High School</td>
<td>2100 S. 1700 E. North parking lot, near school sign</td>
</tr>
<tr>
<td>Sept 19</td>
<td>State Capitol</td>
<td>East Capitol Boulevard. East side of the road near City Creek (NE corner of the Capitol) – road and trail options</td>
</tr>
<tr>
<td>Sept 26</td>
<td>Tanner Park</td>
<td>2700 S. 2700 E. Parking lot</td>
</tr>
</tbody>
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**The Benefits of Membership**

Regularly scheduled fun runs and track workouts  
Quarterly *Runner’s Pulse* Electronic Newsletter  
Discounts on all club races  
Annual club banquet and BBQ  
10% Discount on purchases (20% for cash) at Wasatch Running Co. (8946 S. State St., Sandy)  
10% Discount on purchases (15% for cash) at DeBoer’s Running (135 S. Main St., Bountiful)

Fun runs are informal, non-competitive runs open to members, guests, and runners of all levels of experience and ability. Non-members are welcome but are asked to join the club and sign a liability waiver if they participate on a regular basis. There is no fee for the fun runs, and no facilities are provided. For more information, contact the club at slctrack@xmission.com.
Sunny Bean Burgers

by Amy Newman

Our “life-is-not-whole-without-bacon” member, Amy Newman, has gone vegetarian. I applaud her healthy-living, but we are taking bets on long she goes before succumbing to the call and smell of bacon. Below is one of her new favorite recipes. Rumor has it that carnivore husbands like this recipe too.

**Ingredients**

- 1/4 cup sunflower seeds
- 2 cups cooked or canned red or pink beans, no salt added or low sodium, drained and rinsed
- 1/2 cup minced onion
- 2 tablespoons low sodium ketchup
- 1 tablespoon wheat germ or old fashioned rolled oats
- 1/2 teaspoon chili powder

**Instructions**:

Preheat the oven to 350 degrees. Lightly oil a baking sheet with a little olive oil on a paper towel.

Chop the sunflower seeds in a food processor or with a hand chopper. Mash the beans in the food processor or with a potato masher and mix with the sunflower seeds. Mix in the remaining ingredients and form into six patties.

Place the patties on the baking sheet and bake for 25 minutes. Remove from the oven and let cool slightly, until you can pick up each patty and compress it firmly in your hands to re-form the burger.

Return the patties to the baking sheet, bottom side up, and bake for another 10 minutes.

Note: If desired, these may be cooked on a grill. Serves 2.
2012 Summer Races

Clockwise from top left: Fritz Van de Kamp at Ogen Marathon, Lauren Undwari at the Memorial Day 10K in Orem, and Carrie McAdam at Squaw Peak 50M.

Thanks to our sponsors!

Editor’s Note: If you have any comments or corrections, or you wish to contribute to the newsletter, please notify Carrie McAdam Marx at cmc67836@yahoo.com.

Next Newsletter: October 1, 2012
Deadline for Articles: September 15, 2012
Send Photos and Articles to: cmc67836@yahoo.com.

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