Program Goals
(in order of importance!)

• To keep you injury free
• To have you enjoy your training
• To keep your life in balance throughout the training
• To help you attain your personal race goal

Contacts

Mark Lorenzoni (Program Coach) ... for ALL of your questions pertaining to your individual training programs or any injury related concerns please call me at 434.293.3367, text me at 434.962.1694 or stop by. Sorry, no e-mail! Remember: The very FiRST person you should contact regarding your training or a new ache or pain is me, your coach!

Despite the lack of e-mail availability, there are still a number of ways to get in touch with your Coach.

1. By phone at 434.293.3367 from 9:30am – 3pm every day but Wednesday or Sunday.

2. By text at 434.962.1694. Please start off the text by saying who you are!

3. A private appointment in person at #3 Elliewood Ave (on the Corner). I’m usually available for early morning (8:30, 8:45, or 9:00am) one-on-one appointments on Tuesdays, Thursdays, and Fridays. Please call or text ahead of time to set up a time that works for you.

4. In person at #3 Elliewood Ave .... I’m often busy throughout the day, but if you are willing to wait, I will, when I’m freed up, gladly sit down to consult with you, my athlete. No Wednesdays!

Leah Connor (Program Technical Coordinator) ... Leah is our “go to person” for all your nuts and bolts issues (when and where we are meeting, e-mail updates, etc.). Mark will be writing the weekly tips and messages and Leah will take care of getting the word out to each of you. She will also be in charge of keeping our training program website and Facebook page fresh and up to date. Leah can be reached by text at 202.320.5207 or by email at CTC.MHMTP@gmail.com or leahannconnor@gmail.com.

Joan Bienvenue-Newell (Saturday Group Run Coordinator) ... Joan will be in charge of organizing all of the program participants for Saturday Group Run duty (every program participant is required to help lay out the water and course markings for one Saturday run ... 5-7 folks will be assigned for each Saturday). For questions pertaining to the logistics of the group run course markings and hydration stops please contact Joan at JMB7UG@virginia.edu

The Charlottesville Track Club is a non-profit organization with over 450 members. Established in 1976, the CTC helps organize and coordinate dozens of events each year, which in turn raise over $750,000 for a variety of local causes. This is the 26th summer that the CTC has hosted this training program and during that time over 3,000 runners have participated in training for their long distance goals. Interested in joining the CTC and supporting the sport of running? Please go to cvilletrackclub.org.

No one affiliated with organizing this program is paid for their services, as the CTC is an all volunteer organization.

IMPORTANT! We do NOT allow dogs or strollers of any kind on our Saturday group runs.
Long Distance Runner’s Survival Kit

- A sports timing watch or GPS (Garmin)
- A hydration belt system
- Gus/gels or some sort of energy replacement supplement
- A training journal/diary
- Electrolyte pills and salt tablets for your long runs
- A foam roller
- A flotation belt for pool running
- A tube of Ben Gay or some other form of moist, deep penetrating heat
- A good pair of shoes with never more than 300-350 miles on them!

Your Personal Training Log

The purpose of this log is to help you keep a daily record of your personal training regimen. This ongoing record ultimately can serve as a tracking device to give you and me (your coach) clues as to why your training may or may not be going so well and can help identify sources of injury within your training regimen. It is imperative that you bring this training log with you whenever you stop by to consult with me regarding your training, as it will help me coach you better. Please call me at 434.293.3367, text me at 434.962.1694, or stop by if you’re having any problems or have any questions about your training (including injury issues ... don’t wait!).

Personalized Training Program

Each of you will receive your very own personalized program tailored to your specific goals and race and I will gear it towards your personal ability, always keeping in mind your own individual running background. Depending on your race date, you will be emailed a link to an online questionnaire asking:

With no time trial or recent race you won't get a program. You must include all three answers about your current training!

2-Mile Trial or Recent 5K-10 Mile Race Time (6 months) *
Email Address *
Cell Phone Number *
FULL Mailing Address including ZIP CODE! *
Goal Event Date *
Goal Event Name (include distance) *
Goal Finish Time for Event *
Have you raced this distance before? include best time & date. *
CURRENT TRAINING 1. Total miles per week 2. Days you run 3. Date/miles of longest single run in past month. *
If you've raced in past 6 months, list date, distance & average pace for races.
Do you have other races you’d like to run prior to main event? Indicate date, distance, & goal pace for each. (BE SPECIFIC!)
Any current or recent setbacks or injuries in the past 6-12 months?
Any particulars that bother your running? i.e, mileage, hills, speed, too many days/week
Anything else? Please be specific about any scheduling challenges, etc.
Two Mile Time Trial (or recent 5K-10 Mile Race Time)
Everyone will be required to either run a two mile time trial on the track prior to starting their training or submit a recent 5K-10 mile race time, within the past 6 months. The two mile time trial is an eight lap run that will greatly help me in determining your long distance race potential and will afford me the luxury of creating you personalized program with specific paces for your individual runs. So, in other words, it will help me to be a better coach for your, which will ultimately help YOU! Oh, and as a reminder, I will not be able to write your personalized training program until you have submitted me your trial or race time.

You may run your two mile trial independently, anytime you like, I only ask that you do it on a track (8 laps) or a flat accurately measured course. I will be available to personally time you (and give you tips and encouragement) on Wednesday, June 6, June 13, June 20 and June 27 at 6AM at the UVa track (across from University Hall). Please be warmed up and ready to go at 6AM. One of the great benefits of running your two mile time trial at one of these group sessions is the company you’ll have. A Two-Mile event is also offered every Thursday night in July at the CTC's All-Comers Summer Track Meets (it’s the final event of the evening and usually starts around 7:30-7:45pm at the UVa Track).

How the Program Works
After completing your two mile time trial and submitting your questionnaire, I will start crafting your individual training program. I will write the program based on the chronological order of your race (i.e., I will start first on programs for those of you running a September race... December race programs will be written last). It usually takes me 10 weeks to complete all 150-200 programs, so in an effort to help safely guide all of you with your training until you receive your individual program, I have written weekly “base mileage” suggestions from now until mid-July, to help keep you progressing until you receive your personalized program. I’m also encouraging you to come in to see me personally so I can sit down with you to write out the first phase of your training. Thanks for your patience!

Your Weekly Regimen
Most of you will be running at least 4-5 days/week throughout the summer and a typical week should look something like the following regimen:

Three of the days will be low mileage/recovery (3-6 miles/day) easy runs ... these are actually the three most important days of the week as they will afford you the rest so as to allow you to recover properly to keep your biomechanically sound and, therefore, with the least risk of injury on your harder, more taxing days of the week. We will target one of these days for you to do some very short (10-15 seconds) quick turnover/“pickups” (usually Mondays).

One day will be moderately longer run (ultimately 6-10 miles), which usually works out to be on Wednesdays. You will run this day at your Aerobic Heart Race (AHR) for most of the first phase, but will gently transition into making this a “speed” day by the latter portion of this phase.

The other day is the nucleus of the program and that’s the “long run.” Each Saturday throughout the first phase will be conservatively lengthening the distance of this critical run (eventually up to 15 miles for some of the half-marathoners and up to 20-22 miles for the marathoners). This is the only day that we will have a structured group run. These runs need to be approached at your AHR/conversational pace (usually 45 seconds to a minute slower than your targeted raced pace per mile).

The “Long” Run
To successfully complete a marathon/half marathon it is imperative that you run your “long” runs SLOWER than your targeted marathon/half marathon goal pace. How slow? No faster than 45 seconds to ONE MINUTE per mile slower than your targeted goal pace. This is one of the most important components of your overall training program and yet it is by far the most abused by American marathoners. If you run your long runs too quickly (even though it may feel “comfortable”) there is a great chance that you will feel tired and burned out by the time you get to your actual marathon/half marathon race. A good rule of thumb, if you don’t mind checking your heart rate, is to stay at 180 minus your age plus 5 for your long and easy runs. Please refer to the chart in your running log for specific pace times for your long runs.
Getting the Best Out of Your Long Run

The nucleus of any marathon and half marathon training program is the "long run." Simply put, without proper long run preparation one has little chance of attaining their personal marathon or half marathon goals! Here are some tips to help make this important "long run experience" marathon. Each time you go out for your long run you’re essentially doing a trial run in preparation for race day. The more long runs you have on your shoes the more you’re teaching your body to simulate what you will be experiencing on the day of the race. This goes for everything from what shoes, socks, and clothing you wear to how often, how much and a positive one:

1. Start by thinking of the long run as the **ultimate simulator** for the what you drink along the way. By the time you begin your pre-race taper routine your mistakes will be behind you and you will have settled into a comfortable routine ... one that best suites your lifestyle and body.

2. Try to **stay off your feet** as much as possible the day before your long run. Eat well throughout the day, including a well-balanced decent portioned dinner. A late night snack (bagel, cereal, etc.) is totally acceptable. Steadily hydrate throughout the day and if you have a beer or glass of wine in the evening it’s a good idea to chase it with at least four or five glasses of cold water. Hit the hay reasonably early!

3. Try to get your body out of bed at least **one hour prior** to your long run. Walk around and loosen up. Don’t force too much water, but rather take small sips every 10 minutes or so. A few chunks of banana or a bite of a bagel or toast may be all that your stomach can tolerate prior to the run. Do not take any of the GU/Gel/Carboom packs **prior** to the run! Wear lightweight, moisture transferring clothing (**not cotton**) and snug fitting synthetic socks. The shoes your use for your long runs shouldn't have more than **325-350 miles** on them! Prepare your hydration system and adequately store your energy replacement packets.

4. Before you start your long run have a reasonable **game plan** in mind... in other words, know what pace you would like to average. Most successful marathoners go out at a very relaxed and **deliberately slow pace for the first mile** or so as a way of "warming up" properly and naturally. At this point you can then settle into your normal conversational pace. For your last two long runs try picking up the pace (to your targeted marathon race pace) for the last quarter of your total run (for a 20 mile run this would equal the last 5 miles). And as a huge hint, stay away from those who are much faster (or much slower) than you for your long runs! Stay away from the side of the road (when traffic safely allows for it). Properly stretch **after** your run!

5. Try to eat a Clif or energy bar and energy drink (or chocolate milk) **within the first 20-30 minutes immediately after your long run.** This dramatically helps with your post-run recovery! follow your run with lots of hydration throughout the day and into the evening. Take it easy (no long hikes) the day after your long run.

**Personal Hydration Devices**

Even though we do have prepared water stops for the Saturday group long runs, we **strongly encourage each of you to personally wear a hydration pack system (water bottle belt).** This way you will always have water with you. The water coolers out on the course can then be used for refilling purposes. We ask that each of you fill your water bottles before you leave the house so we don’t deplete the water supply in the cooler at the start/finish of the run! Thanks in advance!
Mark's Full and Half Marathon Running Rules

After having coached long distance runners for the past 35 years, I've compiled what I feel are essential rules for the road (many were learned from mistakes I personally made with my own training). Follow these and, with some luck, you'll stay injury free and ready to complete your long distance goal!

1. Have an adequate "mileage base" in the weeks leading up to and going into your eight to ten week countdown. The more miles you have under your belt going into this final phase, the less likely you are to get injured and the more likely you are to hit your goal time. Marathoners generally seem to do well with a solid base of 45-50 miles/week and half marathoners with a base of 30-35 miles/week.

2. The first ½ mile of your training run should always be the slowest! No other portion of your run should be run as slowly as your first ½ mile, which should be at a pace that is about 30 seconds to a minute per mile slower than your normal training pace. So, someone shooting for a 10 minute race goal would do most of their runs in the 10:30-11:00 range, therefore their first ½ mile would be about 5:45-6:00 (≈11:30-12:00 pace). This is simple science, in that you’re allowing your body to properly warm up. Practice this slow warm-up and I can guarantee that you will have a much more pleasant run, especially over the latter portion of the total run. The faster your start your run, the greater the chance you’ll hit the dreaded “wall.”

3. Take one breath for every 6-7 steps so as to cruise “Conversational Pace” for the most of your runs. This is your AHR (Aerobic Heart Rate) and for most folks this is somewhere in the 180 minus your age plus 10 range. Your ultimate long distance goal is to improve your AHR throughout the summer. Running at your “Perceived Effort” instead of at a certain set pace is the way to cruise!

4. Properly hydrate by drinking at least 50-60 ounces/day. Electrolytes are just as important as water. Gatorade, seltzer, and juices all count towards this very important goal.

5. Follow the “30/20” foot strike rule. Most of us are “over striders,” which his one of the man ingredients behind running injuries, so a good test to see if you’re keeping your stride length short enough is to count how many times one of your feet (I use my right) hits the ground for every 30 seconds (it should be 90/minute/foot). Practicing “mid-foot” mechanics (hitting your arch and pushing off your forefoot) is the most efficient way for a long distance runner to train. A slight three degree lean from the torso, while engaging your midsection, will help you with this. Keeping your nose over toes is a good rule of thumb!

6. Quiet steps! Many of us are “loud and heavy” foot strikers, which is a signal for a potential injury scenario. Try keeping your feet close to the ground. The more you work on foot strike, the quieter your strike will become and the less shock your knees will be absorbing.

7. Keep a good journal. The better you are at recording things like pace, weather, terrain, hydration, sleep, attire (what you wore), and nutrition the more efficient you will be at figuring out what makes you tick best. Your coach will always want to see your journal when discussing your issues and this will give me a more accurate picture of your recent personal training history.

8. COMMUNICATE with your Coach! This important rule piggybacks off keeping a good journal for it is imperative that your coach is the very first person you communicate to when thing goes astray (injury, having to tweak your program because of travel or sickness, etc.). The quicker you communicate with me the quicker I can help you comfortably get your back on your feet again!

9. When in doubt, back off! While we’re on the subject of communicating, don’t ignore your body when its feeling fatigued and you’re struggling with your runs. Either slow down the pace, cut back your mileage or take a day or two off. Fatigue, which is brought on by the subtleties of life, like lack of sleep, stress, and travel, is THE single number one cause behind running injuries... really!

10. Sleep! Training for a long distance race is very tiring, especially when your long run gets up into the double digits range, so getting enough sleep, especially on Thursday and Friday, is imperative to staying injury free. I recommend, if possible, eight hours.

11. Your long run should never be greater in distance than the sum of all your other shorter runs. Stray from this one on a regular basis and you’re headed for breakdown lane!

12. Take advantage of “the 20 minute window”! Try your best to get a nutrition/sports bar, a banana and a Gatorade or some other sports drink (chocolate milk is also a good post-run drink) into your system in the 20 minutes immediately following the
completion of your more taxing workouts. This is especially important to follow after your long run, as it greatly helps with recovery and how you feel over the next few days.

13. Stretch, roll, and ice after your run. Most research now tells us that post-run (NOT before) stretching is the way to go because our fibers are that much more supple after having had the chance to warm up. If you want to stretch prior to your run, dynamic not static stretching is the way to go. A foam roller is an essential item for a long distance runner.

14. Take full advantage of your recovery days. These short distance or “off” (no running) days are the most important components of your overall training program as they allow you to properly recover for your longer and harder days, so as to avoid injury. This is one of the most abused rules because folks want to run “how they feel” rather than what their program tells them to do. A run in the deep end of the pool (hydra-training) can also be an efficient way to recover from the pounding. I recommend long distance runners using hydra-training as a substitute for road work at least one day/week.

15. Supplement your running with sport specific cross training. Long term studies have cycling or swimming as a means of cross training. Why? Because, despite the fact that they’re not weight bearing, these activities are actually quiet taxing and don’t afford you that full recovery described earlier. Pilates, Barre, yoga, core/ball class are just a few of the was a long distance runner can help safely supplement their overall training.

16. Engage your core. Your mid-section is the center of your running mechanics, so the stronger it is and the more your proper use it the more efficient you will run. I highly recommend a daily regimen of sit-ups and push-ups and a twice weekly ball, barre, Pilates or yoga class.

17. Take it easy on the descents. It may feel good to hit the down hills with a really fast pace, but ultimately that’s a quick means to a knee injury. While in training keep your stride length short and the pace controlled on the descents. Save the fast, lengthened stride downhill running for race day.

18. Keep the long runs nice and slow. This is another rule that is widely disobeyed by many folks training for a long distance race. Stick to your AHR for your long runs, which is generally about 30 seconds to a minute slower than your targeted race pace.

19. Keep an eye on your shoe mileage. Most runners, when training for a long distance race (~30-60 miles/week), find that they break down their shoes in the 325-350 range, which is at a faster rate than the recommended 400-450 mile rate when in the normal (~10-15 miles/week) training mode.

20. Stick to the middle of the road. Because of traffic this isn’t always safely possible, but when running on quieter roads (Dick Woods, Keene, Green Springs, Sugar Hollow) do your best to run in the center where the camber is flat and less likely to inure one side of your body.

21. Hydrate and take fuel throughout the entire run, particularly in the first 30 minutes. The more electrolytes you get in your system early on, say in the first 3 miles, the greater you’ll feel over the long haul. I suggest 12-15 ounces in the first 3 miles of a long run. This base building fuel consumption is at the core of any long distance endurance event, like a half or full marathon. You should be sipping (not gulping) water, Gatorade, Hammer or Nuun every 10-14 minutes and taking some form of fuel (Gu, gels, blocks) every 40-50 minutes (with water).

22. Have a reasonable game plan and practice it. One of the biggest mistakes made by long distance racers is not targeting a race day pace plan and then practicing that pace throughout their training. The seven most deadly words uttered by a marathoner prior to race day are: “I’m going to race how I feel...”
Tips to Beat the Heat

Training in Virginia for a fall marathon can be a real challenge because the summers are so brutal. High heat and oppressive humidity are the culprits. Here are a few tips to guide you safely and comfortably through the heat.

1. Get plenty of rest the night before any of your runs and make sure to properly hydrate yourself throughout the day (prior to your run days).

2. Get out EARLY! This applies to ALL of your runs (not only your long run days). Most folks in the program concur that getting out the door BEFORE 6:00am is the best time of day to beat the heat. As your coach, I highly recommend AGAINST running any time after 9:00am. Dress properly! Do NOT wear cotton... instead use fabrics that transfer/wick the moisture away from your skin. Seek shade.

3. Thirst lags behind dehydration, so hydrate yourself early in your run and often throughout your run... BEFORE you actually "feel thirsty"! Thirst doesn't kick in until you're about 2% dehydrated.

4. Do NOT gulp large amounts of water! Instead, try sipping 4-6 ounces of cool water every 1.5 miles or so (one medium mouthful is equivalent to one ounce). The long run water captains will be providing water stops 2.5-3 miles, so if you feel like you need it more often go ahead and get yourself a water bottle belt. The average runner can lose 16 ounces through sweat loss every hour... therefore they should be drinking 4 ounces of fluid every 15 minutes to remain properly hydrated. Most exercise physiologists recommend 6-8 ounces every 20 minutes. The water should be in the 50-55 degree range because research has shown that cool fluids empty from the stomach quicker and help in lowering body temperature. Some runners (myself included) also find that pouring water over their heads (at each water stop) helps them to cool down.

5. I highly recommend taking any of the energy replacement packs (GU, Power Gel, Carboom, Clif Shots, etc.) every 45 minutes throughout your LONG runs. For best results, take one pack with 6-8 ounces of cool water.

6. "Sports drinks" can be supplemented for water throughout your long runs. After your run, make sure to drink moderate amounts of water or these sports drinks throughout the day.

It's not the heat, it's the DEW POINT! Review this chart to see how the Dew Point will affect your running.

<table>
<thead>
<tr>
<th>Dew Point in °F (°C)</th>
<th>Performance Adjustment</th>
<th>Easy Running</th>
<th>Hard Running</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 55 °F (12°C)</td>
<td>0%</td>
<td>Unaffected</td>
<td>Unaffected</td>
</tr>
<tr>
<td>55°F (13°C) to 60 °F (15°C)</td>
<td>1%</td>
<td>Unaffected</td>
<td>Slightly difficult</td>
</tr>
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<td>60°F (16°C) to 65 °F (18°C)</td>
<td>2-3%</td>
<td>Slightly difficult</td>
<td>Difficult</td>
</tr>
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<td>65°F (18°C) to 70°F (21°C)</td>
<td>3-5%</td>
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<td>Very difficult</td>
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<td>70°F (21°C) to 75°F (23°C)</td>
<td>5-8%</td>
<td>Difficult</td>
<td>Very difficult</td>
</tr>
<tr>
<td>75°F (23°C) to 80°F (25°C)</td>
<td>12-15%</td>
<td>Very difficult</td>
<td>Not recommended</td>
</tr>
<tr>
<td>Above 80°F (25°C)</td>
<td>Just run</td>
<td>Not recommended</td>
<td>Not recommended</td>
</tr>
</tbody>
</table>
Two Mile Time Trial

by Mark Lorenzoni

UPCOMING TIME TRIALS at UVA TRACK
Join Coach Mark (and others), when he can guide you at one of the following times:
(be warmed up and ready to go):
June 6 - 6:00am
June 13 - 6:00am
June 20 - 6:00am
June 27 - 6:00am

The purpose of the two mile (3200 meters or a little over 8 laps on a normal outdoor track) time trial (essentially a 2 mile race) is to help give you a gauge for what pace to run your future workouts at and what your potential is for longer race distances (5K, 10 miles, etc.).

Here are a few suggestions to help guide you to a positive experience.

- Always warm up with a slow jog for 1-3 miles (off the track) at your AHR pace prior to the start of the trail. During the warm up, spend some time strategizing on how you will be approaching your time trial. Knowing ahead of time what pace you need to hit for each lap (1/4 mile) can help you run a successful time trial.

- For your next phase of the warm up process head onto the track for 8-10 skipping sets and then 3-4 strider pickups along the straightaway.

- After the start try your best to make the first 100M (quarter lap) and first 200M (half a lap) the absolute SLOWEST of the entire race. This will enable you to properly ease into the race, affording you the luxury of feeling in control and strong over the latter stages of the run (last 3-4 laps). Your goal should be to make each lap faster than the previous lap... this is called running "negative splits." Therefore, your second mile should be faster than your first. Keep a close eye on your watch after each lap.

- Proper track etiquette dictates that you must give way (get out of lane #1) to a faster runner as they come up behind you. Simply shift to the second lane (on your right). If you are the one coming up behind a slower runner please call out "track", which is the polite way of saying "Please get out of the way!"

- Listen to your time or stop your watch as you cross the finish line.

- After you have completed your time trial, head off the track for a cool down jog for about a mile or so. If you'd prefer to stay on the track for your cool down, make sure to run in the opposite direction (clockwise).

- Try to hydrate or eat a sports/nutrition bar within 20 minutes of completing your workout.

- Stretch, roll, and ice as soon as you get home!
## TWO MILE TIME TRIAL PACING

<table>
<thead>
<tr>
<th>Two Mile Goal/Pace</th>
<th>First 100M</th>
<th>First 200M</th>
<th>First 400M</th>
<th>Last 7 400s</th>
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<tbody>
<tr>
<td>24:00 (12:00/mile)</td>
<td>50-51</td>
<td>1:34-1:36</td>
<td>2:50-2:51</td>
<td>2:45-2:47</td>
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<tr>
<td>23:00 (11:30/mile)</td>
<td>48-49</td>
<td>1:32-1:33</td>
<td>2:48-2:49</td>
<td>2:44-2:45</td>
</tr>
<tr>
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<td>46-47</td>
<td>1:29-1:30</td>
<td>2:45-2:47</td>
<td>2:41-2:43</td>
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<tr>
<td>20:00 (10:00/mile)</td>
<td>40-41</td>
<td>1:17-1:19</td>
<td>2:33-2:35</td>
<td>2:28-2:30</td>
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<td>1:09-1:12</td>
<td>2:17-2:19</td>
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<td>2:13-2:15</td>
<td>2:08-2:11</td>
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<td>33-34</td>
<td>1:05-1:08</td>
<td>2:09-2:11</td>
<td>2:05-2:07</td>
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<td>1:04-1:06</td>
<td>2:06-2:08</td>
<td>2:00-2:04</td>
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<td>1:02-1:03</td>
<td>2:02-2:04</td>
<td>1:57-2:00</td>
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<td>30-32</td>
<td>1:01-1:02</td>
<td>1:58-2:00</td>
<td>1:52-1:56</td>
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<td>29-30</td>
<td>57-58</td>
<td>1:54-1:56</td>
<td>1:49-1:52</td>
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<tr>
<td>14:30 (7:15/mile)</td>
<td>28-29</td>
<td>56-57</td>
<td>1:51-1:53</td>
<td>1:46-1:49</td>
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<tr>
<td>14:00 (7:00/mile)</td>
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<td>26-27</td>
<td>52-54</td>
<td>1:43-1:45</td>
<td>1:38-1:41</td>
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<td>13:00 (6:30/mile)</td>
<td>25-26</td>
<td>50-52</td>
<td>1:40-1:41</td>
<td>1:35-1:38</td>
</tr>
<tr>
<td>12:30 (6:15/mile)</td>
<td>24-26</td>
<td>49-50</td>
<td>1:36-1:38</td>
<td>1:30-1:34</td>
</tr>
<tr>
<td>12:00 (6:00/mile)</td>
<td>23-24</td>
<td>47-49</td>
<td>1:32-1:34</td>
<td>1:27-1:30</td>
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<tr>
<td>11:30 (5:45/mile)</td>
<td>22-23</td>
<td>44-46</td>
<td>1:28-1:30</td>
<td>1:23-1:26</td>
</tr>
<tr>
<td>11:00 (5:30/mile)</td>
<td>21-22</td>
<td>43-44</td>
<td>1:25-1:27</td>
<td>1:20-1:23</td>
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## RACE POTENTIAL

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<th>8K</th>
<th>10K</th>
<th>1/2 Marathon</th>
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<td>13.10/mile</td>
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<td>66:30</td>
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<tr>
<td>19:30 (9:45/mile)</td>
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<td>51:00</td>
<td>65:00</td>
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<tr>
<td>16:00 (8:00/mile)</td>
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<td>36:40</td>
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<td>2:49-2:45</td>
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Long Run Coordinator Instructions

The heart of this summer training program is the weekly group long runs. Thanks to the excellent volunteer efforts of our fellow long run coordinators, these long runs are well organized and ultimately serve as the core of the program. Nothing prepares the participant for their races more than these long runs. For these long runs to be successful everyone needs to pitch in, so, everyone that participates in the program must also sign up to help coordinate one of these weekly group runs.

There are essentially four main responsibilities associated with coordinating these long runs:

1. Providing water and Gatorade and cups (usually 2-5 total stops). If there are only 2 or 3 water stops, please have 2 coolers of water and 2 coolers of Gatorade at each stop. If there are 4-5 water stops, you only need one cooler of Gatorade and one cooler of water at each stop.

2. Marking the course with directional arrows and mile markers as well as setting up "CAUTION RUNNERS AHEAD" signs.

3. Having a brief conversation with all of the runners just prior to the start of the run regarding the course and the location of the water stops.

4. Providing Clif bars (compliments of the program) to all of the runners at the completion of the run and filling the CTC ice cooler chest with crushed ice for the finish.

SUPPLIES
PICK UP AT 3 ELLIEWOOD AVE on Wednesday - Friday
DROP OFF AT 3 ELLIEWOOD AVE on Saturday or Monday

The only supplies that will not be provided are water and ice! Everything else listed below will be available for pick-up.

- Coolers...take 8-12 of the 5 gallon coolers (2 coolers every 2-3 miles including the start/finish) if the run is 15+ miles
- Gatorade powdered packets...please check to see how many packets of Gatorade you need for each 5-gallon cooler. We recommend up to 3-4 coolers are designated for Gatorade...1/stop.
- Cups...enough for 100 cups/stop including the start finish
- Ice cooler (smaller 3 gallon cooler) filled with crushed ice
- Marking line bucket (filled) and a hard plastic cup
- 4-5 boxes of Clif Bars
- 3 “Caution” plastic sandwich board road warning signs
- Blue "crates" to place the Gatorade on top of so it's not on the ground
- Sandwich sized zip-lock bags for ice (approximately 10-30)
- Large trash can bags for litter (1/water stop)
Here is a detailed description of the long run coordinators specific duties and obligations. Please read it very carefully and contact me with any questions regarding the organization of these important long runs. In the past, this “give and take” effort has proved to be a huge success and group members have commented that coordinating a long run was one of their favorite aspects of the overall program. Remember: This is a very important obligation which you only have to do once throughout the summer. **We ask that you please take it as seriously as your predecessors have taken it. Everyone benefits from your efforts! Thanks!**

**Supplies must be picked up at Ragged Mountain between 9:30am – 6pm on Wednesday, Thursday, or Friday.**

**WATER STOPS**
Each week, the coordinators are in charge of setting up the water stops along the course. The location of each water stop is marked on the maps available online and in the booklet.

There should be at least 2 coolers every 2-3 miles including the start/finish area. We recommend up to 3-4 coolers are designated for Gatorade (1 per stop).

You will need to place the coolers (2-3 per stop) on top of the blue "crates" so they aren't on the ground. Place the cups (100 per stop) and trash bag (1 per stop) near the coolers.

Setting out the coolers can be very time consuming, so please leave yourself enough time to drop them out along the course and remember the group promptly starts their run at 6:15am from June-August and 6:45am in September-October.

After the completion of the run, the coolers need to be retrieved and returned to the shop (CLEANED and AIRED OUT) by Tuesday afternoon so they may be picked up by the next group of coordinators.

**MARKING THE COURSE**
Marking the course is not only a very important job, but it is also the most time consuming, especially for runs that are in the 14-22 mile range. It can take at least 90 minutes to mark a course, so we recommend that at least 2 people share this task. The bucket (make sure it’s filled all the way up with marking line) can be picked up at Ragged Mountain between 9:30am – 6pm on Wednesday–Friday.

Make sure you have two solid plastic cups in the bucket to use as your marking device. Please mark the course every mile with an actual number (not just a line) and with arrows at every intersection so folks know which way to go. Please mark the first ½ mile as well. We do not recommend marking the course the day or night before, as cars will run over and blemish the markings or rain will wash them away. Please return the bucket by Tuesday at 5:30pm so it’s ready for pickup by the next group on Wednesday.

**START/FINISH AREA**

**CLIF BARS**
We will be offering everyone a FREE Clif bar (as a perk) after the run, so the coordinators are also responsible for picking them up with the rest of the supplies. Please return any unused bars to the shop after the run.

**POST LONG RUN ICE**
Please fill the CTC ice chest with crushed ice and place ziploc bags inside for people to fill up as needed. **We provide ice so that participants may begin their icing regimen (if Achilles, hamstring, calf, knee, back, hip, or any other soft tissue area is sore and in need of icing) immediately following the completion of the long run for the car ride home.**
2018 Long Run Group Schedule

06/30  6:15am  Riverview
07/07  6:15am  Keene
07/14  6:15am  Ridge Road
07/21  6:15am  White Hall
07/28  6:15am  Dick Woods Road
08/04  6:15am  Green Springs
08/11  6:15am  Riverview
08/18  6:15am  White Hall
08/25  6:15am  Keene
09/02  6:45am  Riverview (SUNDAY, day after the Women’s Four Miler)
09/08  6:45am  Free Union
09/15  8:00am  Pepsi 10K (as a race or a workout)
09/22  6:45am  White Hall
09/29  6:45am  Riverview
10/06  6:45am  Green Springs
10/13  6:45am  Free Union
10/20  6:45am  White Hall
10/27  6:45am  Riverview

Thanks to Deanna Chyn and Corey Krall for creating the long run maps on Strava and MapMyRun.
Long Run Routes

This summer we will feature 7 different route locations for our Saturday group training runs. We hope that these continue to be safe and enjoyable locations that offer you a wonderful running tour of some of the most beautiful areas in Central Virginia.

Riverview Park
302 Riverside Ave, Charlottesville, VA 22902
June 30, August 11, September 2, September 29, October 27

Located downtown in the famous Woolen Mills district along the Rivanna River, this very flat paved path was part of the original section of Charlottesville's urban greenbelt (RTF). We will be using this scenic park for our pace workouts.

FROM I-64: Take Route 20 North to Monticello Avenue to right on Avon Street to right on Market Street to left on Riverside Avenue to Riverview Park.
FROM 250 BYPASS: Take East High Street to left on Meade Avenue to left on East Market Street to left on Riverside Avenue to Riverview Park.

PARKING: Park at Riverview Park lot or on one of the nearby side streets if the lot is full.
WATER STOPS: (1) Near trail start; (2) Two-mile turn around

Keene
Christ Church, 900 Glendower Road, Scottsville, VA 24590
July 7, August 25

One of our most popular routes because of its kinder and gentler terrain, Keene is located off Route 20 south between Charlottesville and Scottsville. The course features a nice blend of paved and gravel services. Parking is available thanks to our friends at Christ Church Glendower.

DIRECTIONS: Keene is located about halfway between Charlottesville and Scottsville. Take 20 South (past Piedmont Community College) until you reach the Keene post office (located at 715 on your right as you enter Keene). Take a LEFT off Route 20 onto Coles Rolling Road (Route 712)... please note that Coles Rollin Road is located ACROSS the street from the post office. Follow Coles Rolling Road to Glendowner Road (Route 713 on your RIGHT). Turn right and follow until you see Christ Church on your RIGHT. This is where you will be parking.

PARKING: Park at Christ Church.
WATER STOPS: (1) At Church entrance (parking area); (2) Intersection of Coles Rolling Road and Glendowner Road

Ridge Road (Decca/Tilman)
3166-3198 Garth Rd, Charlottesville, VA 22901
July 14

One of our most popular routes, featuring some of the most beautiful scenery in the county as it undulates along a four mile gravel road, which is located about 8 miles out Garth Road west of town. Starts with a very steep uphill, so please go out extra easy! As always, we are most grateful to the Castella family for allowing us to park along their property.

DIRECTIONS: Take Barracks Road out Garth Road past Foxfield. Go about another 2.5 miles and you will see Ridge Road (Rt. 678) on your right (Decca is on the left). Turn off of Garth Road and park (out of the way) along the gravel road. Please park on the right side of the road if possible.

PARKING: Park along the gravel of Ridge Road (out of the way) on the right side (if possible).
WATER STOPS: (1) Corner of Ridge and Free Union Road; (2) Two miles from Garth Road; (3) Garth and Ridge Road
White Hall Vineyards  
July 21, August 18, September 22, October 20
5282 Sugar Ridge Road, Crozet, Virginia 22932

This beautiful course is located west of town, about 14 miles out Garth Road (just outside the village of White Hall). We are especially grateful to our friends at the White Hall Vineyards for their generosity in allowing us to use their wonderful property for parking. Like chardonnay? Then drink White Hall!

DIRECTIONS: From Route 29 in Charlottesville: Drive west on Barracks/Garth Road to the village of White Hall. Veer right on Route 810 North (Brown's Gap Turnpike). Turn left on Route 674 (Break Heart Road). Continue straight when the road becomes Sugar Ridge Road. White Hall Vineyards is 1.5 miles on right.

From I-64: Take exit 107 to Route 250 East. Turn left on Route 240, which becomes Route 810 in Crozet. Continue on 810 through Crozet towards White Hall and follow signs for 810 through the center of White Hall. Turn left on Route 674 (Break Heart Rd). White Hall Vineyards is 1.5 miles on right.

PARKING: Please park two wheels on the grass along the right side of the Sugar Ridge Road near White Hall Vineyards.

WATER STOPS: (1) Entrance to White Hall Vineyards; (2) Sugar Ridge and Sugar Hollow Road; (3) Pullover area on left side before road heads up to dam; (4) Mt. Olivet Church parking lot

Dick Woods  
July 28
Near 1000 Miller School Rd and 5944 Dick Woods Rd

This popular gravel road is located west of town just off Miller School Road, which runs south of 250 West. This course also starts with a very steep, much longer uphill, so it's to your advantage to begin extra slow for the first 8-10 minutes or so.

DIRECTIONS: Take 250 West for about 9 miles. Turn LEFT at the Miller School Road (Route 635) light (the last light before Henley Middle and Western Albemarle High School). Go about 2.5 miles and Dick Woods (Route 637) will be on your RIGHT. (Go too far and the other Dick Woods will be on your Left... this is NOT the correct location!)

PARKING: Parking is in the gravel area on the right just before the road.

WATER STOPS: (1) Dick Woods Road and Plank, on the right hand side; (2) Driveway on Ortman, to the left of where Dick Woods intersects Ortman; (3) Intersection of Dick Woods Road and Smith Road

Historic Green Springs  
August 4, October 6
Intersection of East Green Springs Road and East Jack Jouett Road, Route 15, Louisa, VA 23093

This run features a tour through history, as over 22 miles of soft surface roads take you past twenty different pre-Civil War farms. The historic district, only a quick and easy 15 minute drive east of Pantops, is buffered by 14,000 acres, which affords us a relaxing and scenic run. One important note: parking is only available at the chapel and NO other place in the district.

DIRECTIONS: Take 64 East to the Zions Crossroads exit (Route 15). Come off the ramp and take a left onto Route 15 (North). Follow 15 North for about 2.5 miles and look for East Green Springs Road on your right. Turn right and proceed for about 2 miles where you will see the historic St. John's Chapel on your left. This is our official designated parking area... it's the only place our friends, who own the farms throughout the district, have given us permission to park. We thank them for their hospitality.

(Both East Green Springs Road and East Jouett Road cross Route 15 south of the intersection of Routes 15 & 22 and north of the intersection of Route 15 and Interstate 64).

PARKING: St. John's Chapel (Do NOT park in any other place in the district.)

WATER STOPS: (1) Church (Parking area); (2) Corner of Route 15 and E Jack Jouett; (3) 1 Mile from Corner of Route 15 and E Jack Jouett; (4) 1/4-1/2 mile from Route 15, (5) Corner of E Jack Jouett and Poindexter
Free Union
5404 Wesley Chapel Road, Free Union, VA 22940

Many local runners claim that the most gorgeous runs in our already beautiful county are to be found along the roads of Free Union. Start at Wesley Chapel Road and head in any direction and you’re in for a visual treat (Ballards Mill, Catterton and Spring Chapel are among our favorite roads in this beautiful hamlet). Parking is made available for our convenience by our dear CTC friends Carol and Tom McIntosh.

DIRECTIONS: Take Barracks Road (Garth) west of town until you get to Foxfield. Just past Foxfield is the Hunt Country Store on the right side of the road. Take a right at the store on Free Union Road (601) and follow this road for about 4 miles until you reach the center of Free Union. Take a left and then another quick left on (665/Millington). Follow 665 for about a third of a mile and then take a right on Wesley Chapel Road. Follow that road for about 2.5 miles and the McIntosh’s field will be on the left (about 500 meters after the road becomes gravel).

PARKING: Park at the McIntosh’s field at 5404 Wesley Chapel Road. (Please do not park in the Chapel lot!)

WATER STOPS: (1) McIntosh Field Parking Area; (2) Last driveway on left before heading into the woods; (3) At corner of Wesley Chapel Road and Springwood Drive; (4) Dr. Campbell’s driveway (center of Free Union)