

# La Chute

## Road Runners

May, 2010

### Plattsburgh Half Marathon

#### an Experiment in Flow

by Jim Cunningham

First of all, is there an "h" or not at the end of the word "Plattsburgh?" In the old air force base "rec" center, I saw both. Older spellings deleted the "h" and more contemporary spellings add it. Whatever!

Wow! Five hundred runners; two hundred volunteers! First race! Nice race! Runners were spoiled!

I have finally gotten to it; Julie gave me a book on "flow" for Christmas.

For me, the "half" was an experiment in "flow."

So, what is flow? Flow is the mental state of operation in which the person is fully immersed in what he or she is doing by a feeling of energized focus, full involvement, and success in the process of the activity. Straight-forward enough!

When Julie was at RSC, she researched the experience of "flow" as it pertained to the runners who just completed the Peru Turkey trot. I was there and I was interested.

Flow is measured in terms of "dimensions." One dimension is to have clear goals. Easy enough, but the goal has to be aligned with one's abilities. I ran a 8:55 pace at a half

in Birmingham 6 weeks before. For this half marathon, 8:55 is a clear goal, and the challenge level still remains high.

There must also be a sense of control with continual feedback during the event. Easy enough! GPS! My GPS gives me my current speed in minutes per mile and my average speed in MPM. At race start, around mile 2, the average pace was 8:57. Good! Conservative! I expected it drop later, and it did. Leaving the lake and heading west there was a long, gradual hill. As expected the pace slowed, but, of course, there was the downhill, and the pace began to pick up! Control! So, why not just run faster? No way! I don't have the skills! Matching skills to goals is imperative. If the goal is to low, boredom, not flow results; if the goal is set to high, anxiety, not flow, results. Of course, the skill level can be improved.

Another dimensions of flow is the personal control over the situation. Got it covered, because another component is to have adequate skills to compete the challenge. Definitely I've got it covered! In preparation, I had run 10 long runs!

When these dimensions are met the runners gets absorbed into the activity and the focus is narrowed to the activity itself. Time becomes distorted and discomfort is subordinated. In the later stages of the race, I was surprised to see that not just minutes were ticking by every time I looked, but miles!

One of the interesting aspects of flow is that it restructures your consciousness; flow leads to growth and discovery. One can not enjoy doing the same thing at the same level for long. We grow bored or frustrated; then the desire to reconnect with the flow pushes us to stretch our skills. In a few weeks I will run the Mountain Goat Run, a 10 mile, hilly race in Syracuse, giving me another opportunity to reconnect.

### Flow

### Plattsburgh Half Marathon Results



*"I realize you love to run, but can you limit the distance?  
You've been gone for over three days."*

### From the HMRRRC Pacesetter

Ed Whitlock of Ontario, Canada holds over 20 age-group world records including the first person 70 years or older to break 3 hours in the marathon. Ed has also set several age-group records at the Gazette Stockadeathon. Recently Ed revealed his training secrets. Ed runs a half mile loop at a nearby cemetery for almost 3 hours a day. That's 40 repeat loops at an 8 minute pace. 140 miles per week. He never varies his routine. He runs only to race. If he didn't race he would not run. "All people are strange in different ways," according to Ed.

### Myrtle Beach Marathon Follow-up

*(Dave Burrows was there!)*

The City of Myrtle Beach city fathers freaked out when a forecast for snow was issued the day before the scheduled Myrtle Beach Marathon. "Our city is just not equipped to handle snowfall!" They cancelled the marathon at 10:30 p.m. Friday. The marathon was scheduled to begin at 7 a.m. the next morning. Many of the 6600 pre-registered runners, arrived at the starting line not knowing the race had been cancelled.

Around 3 inches of snow had fallen and the streets were already snow-free but wet at race time. Race organizers have refused to refund the \$85 entry fee to runners but have offered reduced entry fee (50%) to next year's marathon.

### Treasury Report

Club Account:

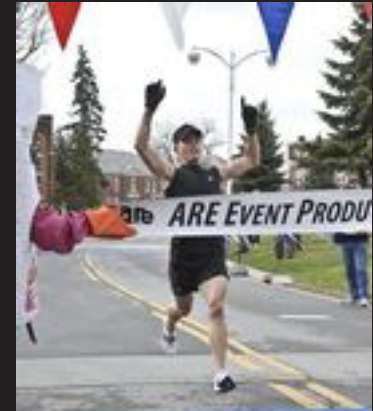
\$1,628.50

Scholarship Fund:

\$10,538.33

### Charles Pratt Memorial Road Race

May 8th



# La Chute Road Runners



## Running Clubs

La Chute Road Runners  
Adirondack Runners  
Albany Running Exchange  
Hudson Mohawk Runners  
Northern Lights  
Saratoga Stryders

## Links

gmap.com  
Results ARE  
Cool Running  
Membership PDF



## La Chute Road Runners

### Goals

Encourage the youth of the community to get involved in a beneficial activity.  
Provide competitive opportunities for its membership.  
Provide membership with educational and social opportunities.

### Activities

Sponsor the Montcalm Mile, Resolution Run, Heritage Day 10K, Footrace at Fort Ticonderoga  
Support a LCRRC Point Championship Series  
Hold an annual Awards Banquet  
Provide a newsletter  
Provide organized training opportunities  
Membership in Road Runner's Club of America

### Club Membership/Application Waiver

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to sagely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing there facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the La Chute Road Runners, and all sponsors from all claims or liabilities of any kind arising out of my participation in there club activities, even though that liability may arrive out of negligence or carelessness on the part of the person named in this waver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

First: \_\_\_\_\_ Mi: \_\_\_\_\_ Last: \_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: M F Email: \_\_\_\_\_

# La Chute Road Runners

### Membership type

Family \$10.00 ( )  
Individual \$5.00 ( )  
Student \$2.00 ( )

### Mail to:

Dave Rutkowski  
253 Corduroy Road  
Ticonderoga, NY 12883

### Checks:

La Chute Road Runners  
Newsletters will be emailed

Family Members: