



Official Club Newsletter Volume 1 July 2014

## Presidents' Footsteps: July 2014



Hello Free Soles!

We are making tracks! The club foundation continues to shape and be set up. We are now approved by the Arizona Corporation Commission and our bank account is now open. We are working on some good things including this newsletter and will be getting more content into the website and members only section soon. Anyone can contribute to this newsletter with photos, tips, & stories. We have a good turnout at the group runs and we all get to enjoy the water/Gatorade stop. Track access is organized, the clothing order is now open with more items, we have some partner discounts to share, coach John provides information and is open to your questions, and we continue social events planned. Thank you all for your help, support, desire, input, time, faith, & friendship. Together we can and will continue to enjoy the journey and accomplishments as a team. Thank you to the launch team, the initial officers, and to all of you for the passion and backing of this club as we go on this journey together. Continue to reach out to any officers with your ideas, feedback, and on anything you would like to help with as well. Stay cool if you can and consider an ice bath after that long run!

Good Running,  
*Todd Barnes*

## PFS Sparks

- Uniform ordering window closes July 15th! Get your order in to be ready for the fall racing season!
- Hope to see PFS members at the July 9 club Happy Hour organized by ONE Multisport. They are providing food....drinks are on you. It is being held at

Tilted Kilt  
4731 E Cactus Rd  
Phoenix, Arizona 85032  
5:30 pm

- **Don't be shy!** We need your race results/upcoming race plans for our August Newsletter! ARR Summer Series, AFC Half Marathon or 5k? Let your fellow PFS members be your cheering squad! Feel free to use the club email to send those in by August 1. Thanks! Pictures too!
- Newsletter naming contest! Get those creative juices flowing and send us your idea for a good name for our PFS Newsletter! Winner will be decided by the board and will receive not only the honor of being the brainchild of our Newsletter name, but also a \$25 gift card to Sole Sports! Send your ideas to our club email by July 26. Winner will be revealed in the August issue.

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## PFS Partners

**Dan Klausner massage services-** Reduced rate of only \$55/hr and \$75/90 minutes (101 on Raintree) [danklausner1mt@gmail.com](mailto:danklausner1mt@gmail.com)

**Runner's Den:** 10% discount for club members (just tell them you are with PFS)

**Sole Sports:** 15% discount for club members excludes Garmin. Officers and Committee Leaders will get 25% off.

## Strength Tip

Looking for a great warm-up? Try the Lunge Matrix from Coach Jay Johnson out of Boulder Colorado and Gary Gray. Many of the Phoenix Free Soles complete this before each run. Have fun!

<http://www.coachjayjohnson.com/2010/04/lunge-matrix-as-warm-up/>

## Coaches' Corner



### Give Your Garmin a Month Off!

Summer in Arizona is a challenging time to train. Two ways to train smart in the heat are using heart rate or perceived exertion instead of pace which is why I am suggesting you shelve the Garmin and pull out the Timex. For either of these things to work you need to know what different race paces feel like or have a history of your heart rate at different race paces with good weather conditions. As a member of this club you are almost certainly a tad type A and having worked with many of you I know how much it hurts you to see your average pace decline despite what the desert is dishing out. By not knowing your average pace you will not be tempted to run the time you normally do on your favorite loop in February when the weather is ideal. Between heart rate and perceived exertion I prefer perceived exertion, because I think having a true feel for race effort is key to racing well. If you have to look at your Garmin to know how your race is going then you are neglecting a key component of your training.

When I write summer schedules I include the actual pace one would run in decent weather and ask the athlete to shoot for that effort and forget about the actual pace. Have a good summer and train smart. If you have questions about your training or heat modification, please send me an email.

*John Reich*

PFS Coach

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## Team Pics!



PFS Members Valerie Grosso and Branden Turley in Mallorca, Spain for 70.3 Ironman.



PFS Coach John Reich and members Jeff Turner, Ricardo Maldonado, and Brett Bernacchi tearing it up and looking sharp at Boston!



Pre- Boston PFS!

**Article of the month!**  
Fun prospective by Elite Runner  
*Nick Symmonds*  
on one of our favorite topics...**Beer!**

[Check it out here!](#)

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## PFS Member of the Month

*Let's get to know our PFS Club President!*



ott 2013 <http://miscottrunningphoto.shutterfly.com/>

**Name:** Todd Barnes

**Attached Glamour Photo:** Bend Oregon Cross Country Club National Championships with inaugural PFS (aka team cutter) jerseys! I am proud to wear that retro uniform.

**Any family information you would like to share:** Married to Lisa 17 years, no children, 3 ragdoll cats, 2 tortoises, I am close to my family yet none of them live in Arizona, I grew up in Iowa, moved to Arizona in 1982.

**Race result or run you are most proud of:** I don't yet have one item but my best memories are when we travel somewhere as a team and race and finish giving it what we have and supporting each other (XC Club Nationals, Boston, Hood To Coast).

**Other hobbies:** Traveling, bike riding, visiting family & friends, antique hunting and dealing (primarily old brewery and other advertising items), golf, hiking, trail running, downhill skiing, & craft beer tasting and brewery visits.

**Profession:** Busily retired post 24 years at Honeywell after roofing homes to get through college where I received BS degree in corporate finance at ASU. Numerous retirement activities include home management, cat caretaker, landlord, investment manager, bicycle maintenance, ebay seller, cook, shopper, yard worker, executive assistant, & mechanic.

**When did you begin running and why?** I started running when Lisa was running. We began to run consistently in 2009 after she had joined a group to fill in for someone injured in a relay run. I decided I better try to stay up with her and exercising together is always more fun.

**Best running advice or quote:** Keep it fun and listen to your body and energy level. Give yourself needed rest (even mental) or ice when needed. Run slower more often even if it means dropping off a group so that you can run fast when you should be running fast!

**Why did you decide to become a Phoenix Free Sole?** There is a shortage of formal running/racing clubs in Arizona. Given the need and good friends that wanted some of the same things in a club it was an opportunity and journey that I did not want to miss. I wanted to help and set up a foundation for this club and sport which is important to me so I am glad to be able to give some of my time and energy to PFS!

**Future goals/upcoming races:** Continue to enjoy running & adventure activities, stay healthy, have some good races including a few more PRs (or at least AG PRs), and to participate in some fun club activities. Find races to challenge and excite me to continue to train. Focus on some shorter distances and participate on some team events which provide opportunities to train and support each other. The rest of this year has me doing the Mt Hood to Coast team relay, the Bisbee 1000, the Ragnar Trail Team Relay, and the Masters National Championship Club Cross Country in Bethlehem Pennsylvania (hopefully a 50+ team!).