

PHOENIX FREE SOLES

Footsteps

***Official Cub Newsletter Vol. 6
January 2015'ish***

Presidents Footsteps



HAPPY NEW YEAR FREE SOLES!

I hope your holidays were fantastic and that this coming year starts out of the blocks well for you and finishes even better. I took it easy this last month which was needed and now I look forward to getting back on the roads and trails.

PFS ended 2014 with 51 current members and a positive bank balance of \$1,335.53. You can view a summary of the 2014 budget activity in this newsletter along with a budget plan for 2015 (details are available as well so we'll get a file posted).

As coach John noted in the last newsletter, PFS is officially presenting the [Mountain To Fountain 15K and 5K](#) races on 3/8 (can you believe this is the 5th year of this great race?). PFS will account and support this race as a club and we all share in the effort to host a successful event as well as share in any proceeds. There are many volunteer needs so hopefully something aligns with your schedule and desire even if you are racing. At this moment I am sure there is room available in the U-Haul with me setting up the course and then taking it back down ☺ (I have fun, really you can apply on the volunteer website). I enjoy watching, cheering, and feeling a part of a great event. Thank you all for what you have done and will do to support and make successful this fantastic race which is put on by runners for runners.

It's your club. Wear your colors proudly and let's have a great 2015! I hope to see you all soon!

Gotta run!

~ Todd

Southwest Spine and Sports Mountain to Fountain (M2F) 15K and 5K



Mountain to Fountain Races and How You Can Help

The Southwest Spine and Sports Mountain to Fountain 15K will be run for the 5th time Sunday, March 8th. The Southwest Spine and Sports Mountain to Fountain 5K will be run for the first time on Sunday, March 8th. Both races are being put on by the Phoenix Free Soles, and their success depends on the support of the entire club. Their success also helps the club, because 1/3 of race profit will go to the club to support 2015 activities. The other 2/3 will support elite running in Arizona and the Southwest Spine and Sports Foundation.

Here is what you can do to help make both races a success in 2015:

-Go to www.M2F15k.com and register to run or volunteer for the race

-If you are running create a team and fill it with friends and / or family.

-Invite five people to run the race. Keep in mind the 5K broadens who might participate, and that finishers of both races get a Four Peaks beer at the post race party. If we all get 5 people to register that's 300 participants, and that will help a lot.

If you have any questions about the race please feel free to contact me at racedirector@m2f15k.com.

~ John

***Coach's Corner:
Train for a New Distance to Improve at
your Favorite Distance***



If you usually run the marathon when was the last time you trained for a 10K? If you usually run the 5K when was the last time you trained for an 8K or a mile? Most of us like what we like, and tend to settle into a rut of trying to PR at the same distance time and time again. Sometimes this is because we think the distance is the best for us, and sometimes we are just stuck in a rut.

All runners benefit from a varied training schedule. Mixing in different workouts when training for your primary distance is helpful, but even more helpful is spending 8-12 weeks training for an entirely new distance or one you have

never focused on. This change gives you a new mental and physical focus, and a chance to re-examine your running.

In Phoenix summer is a great time to go down in distance because of the hot weather. Spring is a great chance to run a few community college track races where you can run an 800, 1500, 3000 or 5,000 on the track. Fall and winter are of course packed with longer races.

To get maximum benefit from training for a new distance you need to go all in. Don't just make superficial changes instead retool your whole plan. Long runs will change, speed work will change and strength training will change. What makes this so beneficial is your body will be getting lots of new stimulus, which can be a step toward big improvement when you return to your primary race distance.

If you decide to try a totally new distance and need some help planning things out let me know, and I'll be glad to help you.

~ John

Looking to Order an additional PFS T-Shirt?

Note: Reposting how you can order PFS shirts – saw a few of them when Kristi was passing a few out – they look pretty cool.

Hi Phoenix Free Soles!

Many of you have voiced a desire to have similar t-shirts to our sister group SDP. Now you can! Please take a look at the below product and payment options. If you have any questions please don't hesitate to email me at Kristi.Mendenhall3@Gmail.com or call 520-235-4164.

PFS Logo Options:



Option #1



Option #2

Men's T-Shirt \$18 ea (including shipping)

These soft vintage feel t-shirts come pre-washed and pre-shrunk, making sure that your size and color will hold up with time.



100% ringspun cotton
Pre-washed
Double-stitched neckline

- Concrete
- Heather Grey
- Silver
- Black
- White




	S	M	L	XL	2XL
Length	27½	28½	29½	30½	31½
Width	19	20½	22	23½	25

Women's T-Shirt \$18 ea (including shipping)

These soft vintage feel t-shirts come pre-washed and pre-shrunk, making sure that your size and color will hold up with time.



- 100% ringspun cotton
- Pre-washed
- Double-stitched neckline
- Feminine silhouette

	Persimmon
	Asphalt
	Heather Grey
	Silver
	Black
	White

	S	M	L	XL
Length	26	27	28	29
Width	15½	16½	17½	18½

And here are actual examples:



Ok. Know what you want? Great. Now, how do you pay?

The Club prefers payments be made through PayPal. Log into your PayPal account and provide payment to a friend/family with specific details in the notes with payment to: Phoenixfreesoles@hotmail.com

Along with the payment please include all ordering details and your name as well (use notes in PayPal to confirm all information).

Shirt information should include:

PFS Logo (#1 orange or #2 black)

Qty

Size(s)

Type (men's/women's)

Color of shirt(s)

However, if you need to mail a payment please reply with all ordering details, a note that your check will be in the mail and then send payment to:

Phoenix Free Soles

P.O. Box15096

Scottsdale, AZ 85267

Thanks,
~ Kristi

Upcoming Stuff:

While there are always many races coming up and things to do here are a few:

[Runner's Den Pancake Run 2015](#) – I learned there are always folks within our group who are running and this year is no exception.

Social Gathering – Todd & JT had been bantering around a Social Hour/gathering in upcoming weeks in the Scottsdale area – a long time place – [Greasewood Flat](#) is closing in March of this year thus discussing getting together out there. More to come via email if comes together.

PFS Member of the Month

Name:

Jason Macevicius



Any family information you would like to share:

Married with 5 kids; 20, 16, 15, 13 and a 5 year old.

Profession:

I work in the Information Technology industry where we provide various services to financial institutions to help protect against fraud.

(Ted/Secretary comment: I am a proud techno-geek in my real life and Jason seemed to be way out there doing really cool stuff)

When did you begin running and why?

I started running about 9 years ago just to get back into shape and to see if I could complete a marathon as a bucket list item.

Race result or run you are most proud of:

I'm probably most proud of my 2:56 marathon. It took me several tries to break the 3:00 hour mark and the fact that I finished my first marathon at a 4:29.

Other hobbies:

I like to travel and hike with my family. My son and I have plans to hike Mt Rainer next year.

Best running advice or quote:

Sleep and recovery days and very important and that you should only run hard 2 to 3 times a week.

Future goals/upcoming races:

For 2015 I'd really like to PR my half-marathon and full marathon. I have a bunch of races planned for this year with some being in Mexico, California and New York City.

Secretary Random Ramblings...

Before a dorky article I wrote as I posted in our PFS Facebook Group page - while I was trying to look up someone's name for PF Chang's results and it degenerated into randomly looking up "who ran" at PF Chang's a few days ago results stalking I realized... we really had a lot of people running. And in addition to our yet (to my knowledge) to produce a birth-certificate (and does General Dynamics drug-test? They have to right?) 50+ (again supposedly) age group king Ricardo Maldonado, and Carrie CB Birth (a Sonoran Distance Project and PFS dual bad-ass) PR'ing in a smoking fast time, we had a ton of people out there laying down a ton of seriously ass-whipping times.

It made me think two things:

- (1) We have got a lot of really solid runners in our group
- (2) We have got to get together at the start of big races like these – like a designated meeting spot a bit before the start – marking it down as something will try to do.

Finally here is a dorky random running related blog-ish entry of my recent PFS escapades... If you have any story you ever want to add to this newsletter – let me know!

How to injure yourself like a boss!

So when I joined in the PFS group I was coming off a good 60k Aravaipa night run race and my fitness was rounding into shape. I had been introduced to John Reich through a running buddy and after a Sunday AM run with the group I was hooked and started getting into a groove of receiving a running schedule from John.

I got to see first hand how many determined and great runners there were in the club. From Wed AM track with Paul Kramer (how does he make it look so easy all of the time), Jason Macevicius, Carrie W from SDP, and Todd B, and getting routed on Sundays by just about everybody, I fell into a groove.

At first I struggled to keep/catch up to the schedule John was giving me, but slowly, week after week, I caught up to it and got comfortable with it, and then about 1.5 months in the cheating began.

- Only 60 miles on the schedule this week... ... I know Ricardo is running way more than that, I'll sneak in a few more this week, turn the Garmin off while I tack on, who's to know.
- Trail running buddies hooking up a smashfest trail run for 17 miles on Saturday (prior to Sunday's long run) even though the schedule says an easy 10, no problem.
- How about running hills instead of my easy run the day after track? Sounds like a good idea.

And so it went. I nailed a few PR's and my goal time (sub 3) in a full marathon (Tucson in early Dec) was a foregone conclusion. I was on top of the world. And about 2 weeks out from the full my right knee had a slight twinge, but I had a 10k Turkey Trot to hammer at – which I did with seemingly little damage, and then the following day – when I had a rest day on the schedule – a group of friends were going out for a long run. And with no work the day after Thanksgiving what else was I supposed to do? So I went out, the knee did not feel right, but hey, I am invincible right? I am in the best shape of my life I thought, and
... **Wham!** [Down goes Frazier](#) (Braun), [Down goes Frazier](#), [Down goes Frazier](#).

And that was pretty much it. I DNF'ed Tucson, watched our SDP sistren Carrie W. and Natalie C. lay down whip a** marathon times on the same day.

And so while limping down Oracle Road slightly North of Tucson somewhere around mile 17 of the race trying to hitch a ride I realized...

That Reich guy might know what he is talking about, I might want to start listening to him.

~ Ted

Random Pic's

Not posting any within here this time – but feel free to post them up to our PFS Facebook Group page at:

<https://www.facebook.com/groups/376206465875680/>

Only our PFS Group Members and the SDP Team has access to view pictures within the site as a default.