

I am modifying our first workout on Saturday July 25 so that we can use it to prepare for a handicapped time trial on Saturday August 1 and possibly a handicapped relay on a third weekend.

First, I want to give you an overview of what I am proposing for July 25 and August 1.

Saturday July 25 7:00 AM:

There will be no relay on July 25. The main objective of our workout will be to determine approximately how fast each of our runners can run a 5.4 mile course the following weekend. On July 25th runners will run 3 x 1.8 miles and record their own times. (Do you have a watch for timing your runs?) Each runner should email me their times for their 3 runs. I will use these times to predict the approximate time for each runner to run 5.4 miles. This is the distance that we will run on August 1 in a handicapped time trial.

Saturday August 1: 7:00 AM:

We will run a handicapped 5.4 mile time trial. I will handicap each runner so that all runners will finish at about the same time. To achieve the handicaps I will use the predicted times mentioned above. Each runner will be handicapped as follows. The runner with the slowest predicted time will start first. The runner with the fastest predicted time will start last. The starting time for each runner will be determined by me in such a way that all runners will finish at approximately the same time after covering 5.4 miles.

More details about the first workout involving the 3 x 1.8 miles:

1. On Saturday July 25 we will run on the same 1.8 mile course I described in my last email. We will meet at 7:00 AM and start running after a warm up. We will run 3 x 1.8 miles and times will be used to establish predicted times for running 5.4 miles on August 1. We will use masks and follow social distancing as described in my last email.
2. At the start of the workout only one runner will start running. One minute later another runner will start followed by other runners with staggered starts one minute apart. So if there are 10 runners the last one will start 9 minutes after the first runner starts. The reason for the staggered starts is to make it easy to observe social distancing. When runners are within 15 feet of each other they should put their masks in place. I will be wearing my mask under my chin so I can easily position it over my nose.
3. At the end of the first 1.8 miles, each runner will rest for about 5 minutes and then run another loop.
4. At the end of the second 1.8 miles, each runner will rest for about 5 minutes and then run the third and final loop.
5. Every runner should wear a watch and time each of their three runs. These times could be saved on their watch or recorded by the runner before starting their next run. Also be sure to keep track of your rest times so that they are about 5 minutes.
6. Email the three times to me so that I can establish handicaps that will be used for our second workout when we will have a handicapped time trial.

Please note: If you cannot attend the workout on Saturday July 25, you can run and time the three 1.8 mile runs on your own on another day or at another time or even on another course. Be sure to take a 5 minute rest between each run and send the times to me. If you take this option please note that the course you use doesn't need to be exactly the same length or terrain as the one we will be running on July 25. But then to be fair you should use the same course for your handicapped time trial on August 1. If there are any questions about this option please tell me.