

Tues 2/7/2017 10.5 miles

I walked and ran 10.5 miles on slightly hilly roads averaging about 11:50/mile. During the workout I walked 21 times with each walk about 0.15 miles long.

Thur 2/9/2017 10 miles

I ran on slightly hilly roads. It was windy and about 37 degrees. I wore 2 sweat shirts and sweat pants.

I ran 8 miles in 1:14:40 or 9:20/mile.

Splits: 10:07, 9:46, 9:44, 9:43, 9:00, 8:51, 8:57, 8:32

I felt a lot better after about 4 miles.

rested 3 minutes

I walked and ran 2 miles averaging about 12:00/mile. I walked about 0.16 miles at the beginning of each ½ mile.

Tues 2/14/2017 10 miles

I ran 9 miles on hilly roads in 1:29:59. I kept most miles very close to 10 minutes. I warmed down with a mile walk and run in 11:53. I walked 2 x 0.16 miles during the mile.

Tues 2/21/2017 16.5 miles

I ran 3 x 5 miles on a slightly hilly course with no rest between the 3 loops. The total ascent along the 5 miles is 252 feet (measured using Google Earth) or about 760 feet for the 15 miles. I drank a little water on this cool day and ate 2 gels.

Time for 15 miles: 2:34:12 or 10:17/mile

Times for each 5 miles:

54:53 or 10:58/mile

53:10 or 10:38/mile

46:09 or 9:13/mile

Splits for the last 5 miles: 10:42, 9:35, 9:16, 8:31, 8:04.

I warmed down by walking and running 1.5 miles at about 12:00/mile.

Tues 3/21/2017 10.5 miles

I ran 2 x 5 mile loop. The loop is a slightly hilly course with a total ascent of 256 feet (as measured with Google Earth) spread out over the 5 miles. I ran the 10 miles in 1:31:01 or 9:06/mile. The last mile was in 7:55.

The first five miles averaged 9:27/mile and the second five averaged 8:45/mile.

I rested 6 minutes and jogged ½ mile.

Sat 3/25/2017 15 miles

I walked and ran 15 miles on hilly roads at an average pace of 12:00/mile. I walked about 0.18 miles at the beginning of each half mile. The total ascent was about 850 feet. I drank 7 ounces of water at 5 miles and again at 10 miles. I also ate a gel at 10 miles.

Mon 5/15/2017 10.5 miles

I ran 10 miles on the high school track and averaged 9:26/mile.

I ran wide on the curves so every 4 laps equaled 1 mile.

The first 5 miles averaged 9:57/mile.

Miles 6 through 8 averaged 9:11/mile. I ran these 3 miles with John Ziegler.

Miles 9 and 10 were in 8:42 and 8:17.

I warmed down with a ½ mile jog.

Sat 5/20/2017 11 miles

On the Ernst Trail:

I ran 1 mile and then I rested a few minutes.

Then I ran and walked 10 miles with Jim Fitch and averaged 12:30/mile. We walked about as much as we ran.

Sat 6/3/2017 10.5 miles

I ran a slightly hilly 5 mile loop twice with a 2 minute rest between the two loops. The first mile on the loop is mainly uphill, miles 2, 3 and 4 are rolling, and the last mile is mainly down. I averaged 9:40/mile the first time I ran the loop and 8:52/mile the second time.

First 5 mile splits: 10:03, 9:41, 9:39, 9:30, 9:30

Second 5 mile splits: 9:37, 9:23, 8:56, 8:22, 8:04

I warmed down with a ½ mile jog.

In the afternoon Mary Jane and I kayaked for 2 hours down French Creek. It was great exercise and we both had fun.

Sun 7/09/2017 11 miles

I warmed up with 1.4 miles before I ran the Trail Blazer 15K on the Ernst Trail in Meadville. My GPS said the course was 9.36 miles, my time was 1:16:12 and I averaged

8:08/mile. Mile Splits: 8:05, 8:05, 7:57, 8:11, 8:03, 8:22, 8:22, 8:19, 8:04, and 2:44 for the last 0.36 miles which corresponds to a pace of 7:38/mile. I warmed down with a ¼ mile jog.

Sun 7/16/2017 **14.2 miles**

I ran the Presque Isle Half Marathon

I warmed up with a mile at various paces. My GPS recorded the race distance as 13.21 miles, my time as 47:58 and my average pace as 8:10/mile.

Splits: 8:08, 8:20, 8:19, 8:18, 8:13, 8:07, 8:09, 8:11, 8:10, 8:07, 8:15, 8:07, 7:59 and the last 0.21 miles in 1:35 which corresponds to a pace of 7:29/mi. The even pace running allowed me to have a good finish.

Tues 8/8/2017 **10.25 miles**

I ran ½ mile to the Allegheny Wise Center and rested a few minutes.

Then I ran 1.5 miles on a treadmill at various paces and averaged 9:30/mile with some parts as fast as 7:30/mile. Then I rested about 7 minutes.

I ran 10 x ½ mile with a ¼ mile jog before each run and a ¼ mile jog after the last run. The ¼ mile jogs were all about 3 minutes.

The first 7 ½ miles were all in 4:00.

The 8th, 9th and 10th ½ miles were in 3:57, 3:54 and 3:45.

My pulse before I started running each ½ mile increased from 115 up to about 128 bpm.

My pulse at the end of each ½ mile increased from 145 up to 164 bpm.

I warmed down with a ½ mile jog home.

Tues 8/15/2017 **18 miles**

I ran 3 times a 6 mile slightly hilly course with a 40 second stop at my house at the end of 6 miles and again at the end of 12 miles. The miles splits were:

1st 6 miles: 10:16, 9:38, 9:51, 9:46, 9:33, 9:15 Average = 9:43

2nd 6 miles: 10:11, 9:52, 9:27, 9:19, 9:07, 8:55 Average = 9:28

3rd 6 miles: 10:00, 9:50, 9:54, 10:07, 9:55, 9:27 Average = 9:52

The temperature at the end of the run was 80 degrees which was a good deal hotter than I thought it was going to be. As a result I did not drink as much as I should have. This made the last 4 miles somewhat difficult. Before running I weighed 127.5 pounds and after I weighed 124 pounds, losing 3.5 pounds. I know from experience that I can lose about 2 pounds during a long run without any problems. So today I should have had about an additional 1.5 pounds (24 ounces) of liquid to make up the deficit. I had 6 ounces of kefir and milk with my breakfast cereal, and 36 ounces of Gatorade and 24 ounces of water, totaling 66 ounces before and during the run. These 66 ounces plus the 24 ounces I should have drunk yields 90 ounces (or 5 ounces/mile) as the minimum required to efficiently run 18 miles on a hot day. If in a marathon the water stops are every 3 miles then on a hot day I should be drinking about 2 full sized cups of liquid at every stop. On a cool day I

know that I only need about 3 ounces per mile. In this case I would need about 9 ounces (about one full sized cup) at every 3 mile water stop.

What about calories? A formula that works for me is $\text{calories} = 300(\text{hours} - 1.3)$, where “calories” is the number of calories I will need to consume before and during the run and “hours” is the amount of time I think I will be running. I found the number 300 in the formula from experience. I weigh roughly 130 pounds. For someone weighing 50% more than me I think the number might be 50% larger or 450. The 1.3 corresponds to 1 hour and 18 min. Notice the formula indicates I can run for 1 hour and 18 minutes and calories required will be zero. I have written the formula in this way because I know I can get up in the morning and not eat. As long as I drink enough water I can run for a little over an hour using just the energy stored in my body. This is about right for me. It might not be okay for everyone.

I ran for approximately 3 hours today. So $\text{calories} = 300(3 - 1.3) = 510$ calories. How many calories did I actually eat? Breakfast \rightarrow 200 calories, Gatorade \rightarrow 200 calories, 2 energy gels \rightarrow 200 calories for a total of 600 calories. So I was fine with the caloric intake because it exceeded the calculated 510 calories. It is interesting to note the number of calories goes up fairly quickly as the time for the run increases. If I run for 4 hours my formula yields 810 calories and for 10 hours it yields 2610 calories. I always calculate the number of calories required for me to run for long times and carefully plan how I will meet the requirement.

Tues 8/29/2017 20.5 miles - a training run for the marathon

I ran 3 times a 6 mile slightly hilly course with a 45 second stop at my house at the end of 6 miles and again at the end of 12 miles. Then I added on 2 miles to make the run 2 miles longer than what I ran on Tues 8/15/2017. The miles splits were:

1st 6 miles: 10:35, 9:59, 9:57, 9:58, 9:47, 9:30 Average = 9:57

2nd 6 miles: 10:37, 9:57, 9:57, 9:53, 9:45, 8:29 Average = 9:56

3rd 6 miles: 10:27, 9:41, 9:33, 9:15, 8:57, 8:50 Average = 9:27

The last 2 miles: 8:59, 9:18

The temperature at the end of the run was 74 degrees. Today I had less fluids than I had for the 18 miler 2 weeks ago. Today I had 54 ounces, 2 weeks ago I had 66 ounces. Today I lost about 3 pounds while running which is less than 2 weeks ago because it was cooler today. But I did feel the effects of slight dehydration in the last 2 miles. I should have had at least an additional 16 ounces of fluid during the run today or a total of $54 + 16 = 70$ ounces or 3.5 ounces per mile. With 16 additional ounces I would have lost about 2 pounds which I know from experience does not affect my running. I walked and jogged $\frac{1}{4}$ miles to warm down.

Sun 9/10/2017 26.5 miles

I ran the Erie Marathon. It was cool at the start and got up to about 62 degrees by the end of the run. I had plenty of liquids and calories. During a marathon I usually take 3 or 4 Salt Sticks (saltstick.com) but forgot to bring them. At the end of the run I was dizzy. The dizziness went away after I ate a small bag of potato chips with water.

1st half time: 2:03:15

2nd half time: 2:05:18

Chip time: 4:08:33 or 9:29/mi

Sat 9/23/2017 21miles

I ran and walked 20 miles with Jim Fitch. We divided the run/walk into three slightly hilly loops each separated by a few minutes rest. The loops were 6 miles, 6 miles and 8 miles long. We started at 5:30 AM and it was cool for the first 12 miles. We had sufficient amounts of liquids and calories. The average paces for the loops were 12:51/mile, 12:45/mile and 12:26/mile. About 2 hours later I walked 1 mile on a hilly loop with Mary Jane.

Mon 10/2/2017 12.4 miles

I ran 8 miles and averaged 8:46/mile. The first mile was in 9:06 and the last in 8:17. Then I walked 0.4 miles. Later on in the day I walked twice for a total of about 4 miles.

Sun Oct 15, 2017 26.2 miles

I ran the Amsterdam Marathon. It was warm and very humid for the last 10 miles and I had to drink a lot. I think I was over trained for this run because I ran a good deal faster 5 weeks ago in the Erie Marathon. On the other hand, it was a very nice experience. There were about 16,000 runners in the marathon. I had 10 family members and friends out on the course and at the end cheering for me. Time: 4:26:12

Mon March 5, 2018 10.75 miles

I warmed up with a 0.75 mile jog. Then I ran 10 miles in 1:37:04, averaging 9:42/mile. The first 5 miles I averaged 9:56/mile and the second 5 miles 9:28/mile.

Mon March 5, 2018 10.75 miles

I ran on level walking and bike paths in Amsterdam. I warmed up with a 0.75 mile jog. Then I ran 10 miles in 1:37:04, averaging 9:42/mile. The first 5 miles I averaged 9:56/mile and the second 5 miles 9:28/mile.

Thur April 5, 2018 10.25 miles

I ran 10 miles on a treadmill in the Wise Center and averaged 9:56/mile.

The approximate mile splits were: 3 x (10:15, 10:00, 9:45) and the last mile was in 9:17. My pulse was 153 bpm at the end of the run. Warmed down: ¼ mile jog.

Sat April 14, 2018 18 miles

I ran a slightly hilly 6 mile loop 3 times with a 1 minute rest after the 1st and 2nd loops,

The average paces for the 3 loops were: 10:26, 10:26 and 9:47.

45 minutes before running I had a 300 calorie breakfast and 8 ounces to drink.

During the 2nd and 3rd loops I drank 40 ounces of Gatorade (260 calories) and 2 Salt Sticks.

Mon May 14, 2018 20 miles

I ran 4 x 5 miles with a 2 minute rest between each loop to eat and talk to Mary Jane etc. I think having run a fast 5 miles yesterday made today's effort equivalent to more than a 20 mile effort after tapering. The 5 mile course I used today is somewhat hilly. The workout lasted about 3.75 hours.

Average pace for each 5 miles: 11:18, 11:18, 11:00, 9:54

Average pace for the 20 miles of running: 10:53

I ate about 450 calories for breakfast about 40 minutes before running and drank 48 ounces of Gatorade (320 calories) while running. The total of 770 calories is what I need for a 3.75 hour workout.

This will be my last long run before the Green Jewel 50K in 19 days.

Sat June 2, 2018 31.5 miles

I ran the Green Jewel 50K from point to point on a paved path in the Cleveland Metroparks on a cool day. The course was somewhat hilly. I ran 5:54:36 which had the highest grade percentage among the men. Three woman had times with higher grade percentages. Mary Jane drove the course on a park road to meet me at the aid stations and give me food and support.

The next page contains the details about my nourishment for the Green Jewel 50K, the planned approximate schedule for times I would be reaching each aid station and what Mary Jane would be giving me at the stations.

Green Jewel 50K June 2, 2018

Calories needed for 5.7 hours = $300 \times (5.7 - 1.3) = 1320$ C

Breakfast

cereal with water = 150 C

Cliff Bar = 250 C

During the run

5 gels = 500 C

Gatorade mixed with some water = 80 ounces → 430 C

Total = $150 + 250 + 500 + 430 = 1330$ C This is enough.

Electrolyte = 5 Salt Sticks

Fluids

After the first aid station I will need about 5 ounces per mile or approximately $5 \times 25 = 125$ ounces.

From water I will have 45 ounces.

From Gatorade I will have $4 \times 20 = 80$ ounces

Total fluids = $45 + 80 = 125$ ounces or 5 ounces/mi.

AS1 means Aid Station 1

	Difference (mi)	Miles	RaceTime	ClockTime	Food`
Start		0	0	7:00 AM	Nothing
AS1 Stuhr Woods Picnic Area	6.5	6.5	1:12	8:12 AM	water (32 oz bottle and 20 Oz bottle to carry)*
AS2 The Chalet	5.4	11.9	2:11	9:11 AM	27 Oz bottle of water and 20 Oz bottle of Gatorade**
AS3 Wallace Lake	4.1	16	2:56	9:56 AM	22 Oz bottle of water and 20 Oz bottle of Gatorade
AS4 Rocky River Nature Center	4	20	3:40	10:40 AM	17 Oz bottle of water and 20 Oz bottle of Gatorade
AS5 Lorain Overpass	6.1	26.1	4:47	11:47 AM	12 Oz bottle of water and 20 Oz bottle of Gatorade
Finish	5	31.1	5:42	12:42 AM	

*I will drink about 5 Oz from the 32 Oz bottle and carry the 20 Oz bottle of water.

** I will drink about 5 Oz from the 27 Oz bottle of water and carry the 20 Oz bottle of Gatorade.

I am carrying 5 gels and 5 salt sticks

Sun July 15, 2018 14.5 miles

I ran the Presque Isle Half Marathon in Erie PA and came in 206/1067. My GPS measured the course at 13.21 miles with a time of 1:50:47. It was a hot, humid day. I drank a lot at every water stop and ate a gel at 5 miles and another at 10 miles. Splits: 8:17, 8:15, 8:16, 8:17, 8:16, 8:23, 8:21, 8:17, 8:37, 8:28, 8:16, 8:24, 8:34 The last 0.21 mile was at 8:06/mile pace.

Sat July 28, 2018 16.3 miles

Run: 2 x 5 miles and 1 x 6 miles on a slightly hilly loop
After each of the 5 mile loops I rested for 1:15 while I ate a gel and drank water. It was a relatively cool day and I only drank a total of 16 ounces. I should have had more than twice this but surprisingly I did not feel the effects of dehydration. Paces on each of the loops: 9:25, 9:21, 9:00/mile
The last 2 miles were in 8:41 and 8:19.
Warm down: 0.3 mile jog

Sat Sept 1, 2018 14.5 miles

I ran the French Creek Half Marathon on the Ernst Trail in Meadville PA and came in 16/91. My GPS measured the course at 13.22 miles with a time of 1:50:49. It was a humid day. I drank at every water stop and ate a gel at 5 miles and another at 10 miles. Splits: 8:26, 8:24, 8:27, 8:27, 8:23 8:20, 8:05, 8:34, 8:05, 8:32, 8:20, 8:26, 8:33 The last 0.22 miles were at 7:44/mile pace.

Mon Sept 3, 2018 10 miles

I ran and walked 10 miles on hilly roads mainly on Limber Rd and averaged 11:53/mile. I am practicing a walking and running routine for the 50 miler I am doing in about 6 weeks. I ran the first 2 miles averaging 10:48/mile and I ran and walked the next 8 miles averaging about 12:10/mile. It was a hot day. The temperature reached 88 degrees and the feels like temperature 94 degrees. I drank water twice but I should have had at least 20 -30 more ounces of fluids.

Sat Sept 8, 2018 10.15 miles

I ran and walked 10.15 miles on hilly roads mainly on Limber Rd and averaged 10:53/mile. I walked for 2 minutes at the beginning of miles 3, 5, 7 and 9. This is a routine I may use for the first 10 miles of the 50 miler in 5 weeks.

Mon Sept 17, 2018 **25 miles - A long run in preparation for the Can 50 Mile Run.**
I ran and walked 5 x 5 mile loop. The 5 mile loop is somewhat hilly. I stopped about 2 minutes between the loops while I ate gels and Salt Sticks, drank water and picked up more water to take with me.

The total time including the 8 minutes while I was stopped was 4:56:20.

The times and average paces for each of the 5 mile loops were: 55:53 (11:11/mile), 58:31 (11:42/mile), 59:32 (11:54/mile), 59:18 (11:52/mile), and 54:35 (10:55/mile)

I had 580 calories for breakfast and ate 6 gels for a total of 1180 calories.

The formula I use to calculate the number of required calories gives:

$\text{calories} = 300 * (H - 1.3) = 300 * 3.7 = 1110$, where $H = 5$ the number of hours I ran.

So I had enough calories.

I also had 3 Salt Sticks and drank 80 ounces of water.

That is 3.2 ounces per mile which apparently was okay because I only lost a pound while running. The temperature felt cool for half the run and rose to 71 degrees.