



AUGUST RUN DOWN 2020

NOTE FROM THE OFFICERS:

Hey CRC,

The heat and humidity seems like it's here to stay, we hope you have been able to get out there and still enjoy our favorite sport. Our race committee has been keeping us engaged with a great virtual race series as well! Finally, we want to thank Coach Scott for his informative and entertaining Zoom talks, they have certainly helped keep our mind on training. We hope to be able to see some of you in person soon, but in the meantime if you have any ideas for virtual events or opportunities please feel free to send them our way!

-Run Hard

Brian, Jason, Tyler, and Lisa

Check out CRC on [Facebook](#), [Strava](#), [Twitter](#), and [Instagram](#)!

RACE COMMITTEE

Upcoming Events

August Virtual Race

Virtual "Dual Meet" with Brighton Bangers!

Details and sign-ups [here](#).

VOLUNTEER COMMITTEE

COVID-19 Volunteering Opportunities

List [Here](#)!

SOCIAL COMMITTEE

Questions for the Social Committee? Contact

[Erik](#), [Jon](#), and [Alex](#)

COMMUNICATIONS COMMITTEE

If you have any feedback about CRC communications please email [Sarah](#).

TRAIL COMMITTEE

Email [David](#) to join the trail running email list and find out about events!

APPAREL COMMITTEE

Want to represent CRC? Make your purchase [here](#) or let [Matt](#) know if you have any apparel related questions.

CRC BOOK CLUB

Interested in joining the CRC Book Club?

Add yourself to the mailing list by sending an [email](#) to this list-serve.

Q+A WITH COACH SCOTT

Q. Some of the bigger marathons like Boston and Chicago are doing virtual races this fall. Do you have any tips for how to plan out the best route/location for these races? Any suggestions for routes in the area?

A. The best way to design a course to simulate these courses is to pull up the topography of the two courses. For Chicago I would use the Charles River or Fresh Pond because they are flat. I like the loop in Watertown because it is roughly 5k, flat and you can set up a water stop. For Boston, running out Concord Ave from Belmont is perfect because it has long uphill and downhill, as well as flat stretches. However, if the races don't care about the topography of your course, I would stick to the river.

Q. Similarly, most of us are probably used to running marathons or longer races with spectators cheering for at least part of the route. How should we mentally prepare before and during the race to stay motivated without crowd support?

A. A nice playlist perhaps! I do suggest having a few friends or CRCers be present for your effort. They could spread out and be there for it when you need it. If not, prepare yourself for the loneliness of it and thrive off of it. I have always felt extra motivation to fight when I was alone. A lot of positive self-talk can go a long way.

I like this quote by John Wooden, "Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are...the true test of a man's (or woman) character is what he/she does when no one is watching."

Q. For those of us who have cut back on running over the past few months, how do you recommend we get back into it and increase mileage? Any specific workouts we should focus on?

A. Build a base. Be patient. We have the luxury of being patient. As I have been saying, this is a good time to try things. Start with a few weeks of easy mileage, increasing by about 10 miles each week. I would incorporate strides 2-3x/week first. After 3 weeks, I would add in a tempo run and a moderate hill workout. At that point I would assess where I am and based on your goals start to incorporate more goal orientated workouts.

You also want to map out a plan. For a lot of motivation has been the biggest hurdle, so you need to have a plan and some goals to get you out the door each day. It has not been easy but if you can start getting out there again, it might provide you with some normalcy and keep you going.

If you have a question for Coach Scott, please email the [communications committee](#) to have it included in next month's Run Down!

NEW MEMBERS

Chris Parker



Chris Parker returns from merry old England. I joined CRC in 2014, after running Boston for charity in 2013 and deciding that I wanted a proper BQ. With CRC's help, I was able to make that happen, and now aiming for sub-3 (fastest time just under 3:02 - almost there!) I moved to England in 2018, where I have been spending more time on trails, including a few 50K races. Also hoping to do some longer trail runs - anyone up for a 100K? 100 miler? I work with Cambridge Associates, advising endowments, foundations, and pensions on investment portfolios. My wife Sarah and I have two boys, Henry (10) and Charlie (7), and when not in Cambridge we can often be found at her family's apple farm in Deerfield, Clarkdale Fruit Farms. I put on a 12K race there for a few years, called the Clarkdale Cider Run. Will get that started up again, officially or not.

CRC MEMBER SPOTLIGHT

Zach Chapasko

Zach ran a post-high school PR (a lightning fast 4:55) in June's 26x1, helping lead one of CRC's teams to a 6th place finish in the virtual meet. Zach followed that up with a morning beer mile, clocking in at 34:33 and unseating Jessie Shor (~32 min) for not-CRC-official slowest recorded beer mile. Cheers to more successful races this summer!

Congratulations Zach!

If you know of a CRC member we can highlight for a great race or effort, nominate them for the Run Down Spotlight by sending an email to the [communications committee](#).



RECIPE OF THE MONTH

This is a new feature by popular demand! We will feature recipes from CRC members for post-long run food. If you have a favorite post-long run dish that you want to share, please email the [CRC communication committee](#) and it will be featured in a future month's Run Down! Feel free to share smaller "quarantine cuisine" types of dishes as well during this pandemic season. All CRC runners need to eat even in challenging times!

Chopped Vegetable, Watermelon, and Feta Salad

Ingredients

- 1 pound Campari or plum tomatoes, diced, drained
- 1 1/2 cups diced seeded watermelon
- 1 large green bell pepper, seeded, cut into 1/3-inch cubes
- 1/2 large English hothouse cucumber, seeded, cut into 1/3-inch cubes
- 1/2 cup very thinly sliced radishes
- 3 tablespoons olive oil, divided
- 10 ounces feta cheese, cut into small cubes (about 2 1/2 cups),
- 2 divided green onions, chopped, divided
- 1/4 cup thinly sliced fresh mint leaves, divided
- 1/2 cup plain Greek-style yogurt
- 1 teaspoon dried oregano

Instructions

1. Toss first five ingredients and two tablespoons of oil in a large bowl.
2. Add half each of cheese, green onions, and mint.
3. Mix remaining cheese, green onions, mint, and oil in a food processor; add yogurt and oregano. Process just to blend (do not over-mix or dressing will get thin). Season dressing with salt and pepper; mix into salad.

Thanks to Lauren Watkins for this month's recipe!