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INTERVALS

Merrimack Valley Striders Newsletter

Welcome to the March issue of Intervals.

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In Other News

MVS General Meeting
Wednesday March 30th at Salvatore's Restaurant 7:30 p.m.
354 Merrimack Street,
South Lawrence, MA

[MVS Hosted Runs](#)
8:30 a.m.
Sun March 27 Al & Cathy Pappalardo 15 Settlers Ridge Rd, Windham NH

Sun April 3 John & Rosa Delmonte 2 Boornazian Rd,

IN MEMORIAM by Al Pappalardo

Sam Denopoulos

I met Sam, and we started running together in 1997. That same year, he became a proud member of MVS. Sam loved the club, and many close friendships evolved. Running memories included Feaster Fives, Lobster Dashes, and Stowe Vt. weekends Sam was most proud of his 2002 Chicago Marathon.

Sam only stayed 14 years in my life. We had so many memories outside of running. He was one of the most knowledgeable people I have ever known, and could speak on any topic. He became part of our family, coming to dinner every Monday night with my Dad.

[Click here to see the photo enlarged.](#)

Sam enjoyed all sports, and was an outstanding skier. He loved a great party, playing cards with his pals, and drinking his Jack Daniels.

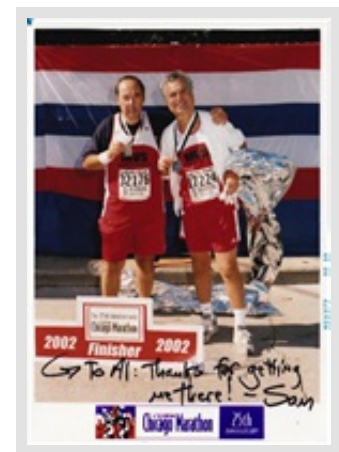
Sam's life, the years I knew him, had its share of challenges. I know our friendship, and the close friendship he developed with others in the club, helped comfort him greatly. Sam was there through the thick and thin of the past fourteen years of my life, so I'm thankful I was able to be there for him during his illness. He was a dear friend to my family. He will be missed.

"Some people come into our lives and quickly go- Some stay for a while and leave footprints on our hearts, and we are never, ever, the same." (Flavia)

Boston Marathon Opportunity

We have a unique opportunity to work at the start of the Boston Marathon. A team of sixty MVSers will be official volunteers, and experience the excitement of being part of the legendary Boston Marathon.

There are still a few volunteer slots available in our group, called "Human Chains", but they are going fast. If you, or family members (eighteen or over), would like to spend a fantastic day, right in the thick of things, send me an email at lynlicc@verizon.net. You will have a wonderful time and [receive an official Boston Marathon jacket and hat](#). Our full day of Marathon



Methuen MA

Sun April 10 Lana
Papova 27 Smithshire
Estates, Andover MA

Pass it on

Know anyone who might be interested in our newsletter? [Click here](#) to forward this email to up to 5 friends at once.

activities culminates in a rockin' celebration at Salvatore's!

Join in the fun!

Cheers!
Lyn Licciardello

MVS Spotlight on Doreen Rizzo!

10 Questions with ...Doreen, Merrimack Valley Strider

Hometown: Merrimac, MA

Role(s) as a club volunteer: Boston Marathon Human Chain 2010, Feaster Five 2009 & 2010, 3rd of July Race 2010

Interviewed by Amy Dalton

[Click here to see the photos enlarged.](#)

1) How long have you been running and what made you start?

I have been running for approximately 7 years. I went back to work full time in 2005 and started partaking in a strength training class that was offered. Part of the training was a warm up run of approximately 1/4 of a mile. I struggled with that in the beginning, but eventually as I grew stronger I was able to complete a mile. I was very proud of my accomplishment and shared this with a friend. She invited me to join her and a few other women signing up for the Disney World 1/2 marathon in January 2006. I said yes, and still do not know why! The Disney Half marathon was the 2nd race I had ever run.

2) How long have you been running with MVS?

I have been running with MVS since October 2009.

3) What is your running sneaker of choice?

Nike Pegasus.

4) What race if any are you currently training for?

The 2011 Boston Marathon. (I have butterflies in my stomach typing that.)

5) What is your proudest running moment?

Completing 8 of the 14 MVS Iron Runner Series Races in 2010.

6) What keeps you motivated?

What really keeps me going is to be able to see my MVS friends. If I miss track for a few weeks I feel like I am out of touch. The wonderful friends that I have made through MVS really keep me going. Long runs are not too fun without someone to talk to. Sounds corny, but that is the way it is!

7) If you're not running, what are you most likely doing?

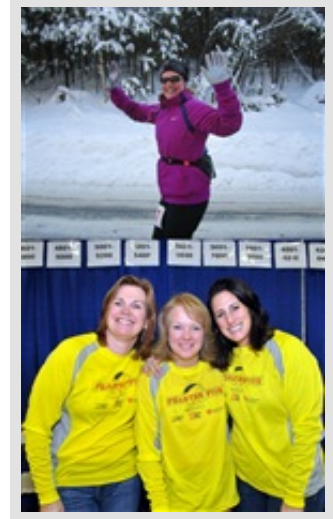
Cheering on my 2 children at their sporting events.

8) Running with headphones - definitely or no way?

Definitely. When I was training for my first 1/2 marathon, I only allowed myself to listen to my music if I was running.

9) Favorite pre-run meal?

Oatmeal with nuts, cranberries, and honey.



10) Why do you run?

I started to run years ago, for me. My children were not babies anymore, so they did not need me as much, so I had a little time for me. I decided to use that found time to take care of me. Now I run to be a good role model for my children and to keep in shape.

BONKING by Steve Seide

The term "bonk" is presumably derived from the original meaning "to hit" and dates back at least half a century. Its origin appears to be from cycling. The term is used colloquially both as a noun ("hitting the bonk") and a verb ("to bonk halfway through the race.") The condition is also known to marathon runners as "**hitting the wall.**"

There are almost an endless number of articles written on nutrition and endurance sports. An entire industry has emerged as many of us are looking for the secret sauce to keep us going – to achieve our goals. If you have never experienced bonking consider yourself fortunate. It is a helpless and demoralizing feeling to have your energy depleted, but know you still have a ways to go to finish your event – to watch others passing you and know there is nothing you can do about it.

I was intrigued with an article written by Benjamin Isaac Rapoport. A 29 year old M.D. student at Harvard Medical School as well as a PhD student in electrical engineering at MIT. He plans to be neurosurgeon who implants electric circuits in damaged brains. As an athlete, he has done 10 consecutive Boston Marathons with his best last year finishing in 2:55:11. His credentials and athletic prowess motivated me enough to read what he had to say.

He is using his academic training and athletic endeavors to create more of a science to energy/calories used and needed to complete a marathon. His experience of hitting the wall at the New York City Marathon in 2005 was bad enough and his curiosity strong enough to understand and eliminate the "wall."

His paper is titled "Metabolic Factors Limiting Performance in Marathon Runners." He does feel carbohydrate loading can make a difference. He gives the example of a 154 pound man with no carbohydrate loading will find his glycogen supply at about 20 calories in the blood, 350 in the liver, and 1250 in the leg muscles for a total of ~1620 calories. While he will need ~ 2900 calories for the 26.2 miles. Do you see the problem?

Mr. Rapoport feels that this same individual with loading can increase his calorie stores to 2940 with the majority of the change occurring with calories stored in the legs. That's a change of 1320 calories or 45%. The number of calories stored is relative to how hard you run – the harder you run the faster you deplete your carbohydrates. He suggests that in addition to loading, slow a little to allow your body to burn some fat.

The third element is to consume some carbs during the marathon which will allow you to modestly extend your range. For example, sports drinks and gels which most everyone is already doing.

To reduce Mr. Rapoport's work to a layman's level, he has created a calculator that with a few inputs will provide you with your marathon calorie consumption as well as incremental calories required over and above your current stores. I found myself now understanding why finishing a marathon is never easy, assuming you have pushed yourself. Not only are your muscles fatigued, but they are running on fumes at best.

To learn more or use the calculator: <http://endurancecalculator.com/>

IT'S BACK TO THE FUTURE FOR THE BOSTON MARATHON **by Tom Licciardello**

In 1968 the BAA Boston Marathon was facing a crisis. The number of entrants was swelling and, for the first time, there were over 1,000 entrants - 1,014 to be specific. By 1969 the field was 1,342, and Will Cloney, the race's guardian was beginning to panic. So in 1970, the BAA Boston Marathon became the only marathon other than the Olympic Trials to require a qualifying standard...well sort of.

The 1970 standard was a demand that each entrant must provide a declaration that he (there were only "he's" at the time) was capable of running the distance in 4 hours. Not surprisingly, that approach didn't work, and 1,174 men ran.

In 1971 actual time standards were instituted. A modest 3:30 marathon time was required, or a 65 minute 10 miler, 1:45 for a half marathon, or 2:30 for a 20 miler as there simply weren't many marathons around then that could be used for qualification. Those standards reduced the field size to 1,067.

By 1976, the race grew to 2,188 and marathon fever was beginning. 2,188 ran the race despite ninety degree temperatures. Something had to be done, so a huge leap in qualifying standards was taken just in time for me to run my first Boston in 1977.

With a qualifying requirement for men in the open division down to 3:00, 3,040 runners crossed the finish line. Clearly the Boston Marathon had established itself as the Holy Grail for runners. It was where the best in the world came to race, and guys like Jack Fultz and Billy Rodgers were our local heroes. By 1979, there was a record crowd of 7,927!

I was preparing for my 4th Boston Marathon when the announcement came that qualifying standards would be graded by age, but for young guys in the open division like me, the qualifying time dropped to 2:50. In 1980, the field size was trimmed to 5,417 and it didn't break the size record again until 1990 when 9,412 runners competed.

The world of running and the interest in marathoning has changed a lot in the past century. The venerable BAA Boston Marathon is still where the fastest in the world meet on Patriots Day, but it has also become the place to be for the less fleet of foot. With improved organization, the ability to safely conduct the event with higher numbers has opened the floodgates to many more runners. Qualifying times were significantly relaxed, and charity programs that raise millions of dollars became an important part of the event. It is estimated that \$10,000,000 will be raised for charities this year alone.

In 2009, there were 23,869 runners. In 2010 there was also an ominous first - the marathon sold out in 62 days leaving, for the first time, runners who ran qualifying times out of the race. Then came the 2011 registration crisis.

Despite numerous warnings of the likely sell-out repeating, thousands of qualified runners found themselves out of luck as the field size limit was reached in 8 hours, and it was only because of a system crash that took the website off line for a few hours that it took that long. The heartache of the shut out runners turned to anger, and it wasn't the best time to be a member of the BAA Boston Marathon Organizing Committee.

The good news for runners who cherish this event is that those into whose hands are entrusted the care and custody of its future are incredibly talented and caring professionals who truly understood the importance of never having a repeat of 2011.

Headed by race Director, Dave McGillivray, and Executive Directors, Tom Grilk and Guy Morse, the search for an equitable solution was undertaken.

The obvious solution - increase the field size - was not an option as the permitting authorities in the host towns made it clear that the race could not grow to the size necessary to let everyone in. So creativity was needed, and the team developed, in my opinion, a brilliant strategy.

The first task was to clarify the goals of the race. Identifying excellence and performance as the two most important criteria, the first change for 2012 is the "wave entry", not to be confused with the wave start (more about that later). Rewarding excellence will be achieved by moving the date of race registration back to September 12th. For two days, the swiftest runners will get first dibs as long as their qualifying time is 20 minutes under the requirement. Then on September 14, those who are 10 minutes under will have their shot, followed by runners 5 minutes under qualifying standard on September 16th. On the second week (September 19th) any qualified runner may apply.

After that, it's first come, first serve. But that's not all.

In 2013, in addition to the "rolling admission" qualifying times will be reduced by 5 minutes. But that's not all.

Recognizing and encouraging long time runners, those who have met qualifying times and finished the last ten consecutive Boston's can enter at any time during the registration process. But that's not all.

With an anticipated field size of 27,000 and a half million spectators along the course, getting the runners across the starting line in Hopkinton in an efficient manner that will allow the runners room to actually run is no easy task. The roads leading out of Hopkinton don't afford the luxury races marathons like New York or Chicago enjoy - no broad avenues or massive double deck bridges to spread out the field. So, the two wave start was implemented several years ago and was spectacularly successful. In 2011 the idea will be expanded to three waves of 9,000 runners.

The genius of the plan is in the loading and unloading time. Last year, there were two waves of +13,000 runners starting at 10:00 and 10:30. The last runners crossed the starting line at 10:47. The 2011 edition will have waves starting at 10:00, 10:20, and 10:40. Because the waves are smaller, they can be loaded faster, the runners will cross the start line sooner, the field will be spread out even more which will allow runners to reach their goal pace faster, and it is predicted that last runner will cross the start line at 10:50, a mere 3 minutes later than last year. Brilliant!

The BAA Boston Marathon will celebrate its 115th anniversary this year. The wisdom of those years has been handed down to those entrusted with its care. McGillivray, Grilk, and Morse have learned well. My guess is that Will Cloney would be proud of the way the race is being managed. Boston is still the place where excellence is the expectation, and fairness is the rule. Yes, it will be tougher for runners to get a number for future editions of this race, but it's always been the pursuit of a qualifying time that has made the Boston Marathon the race every marathoner strives to achieve. Will the race continue to evolve? You bet. My guess is that a year from now, I'll be again saying, "but that's not all..."

EAT TO RUN, RUN TO EAT by Amy Dalton

Paglia e Fieno

Straw and Hay (Yellow and Green Pasta)

Fettuccine Alfredo with ham and peas

Serves 4 as a first or side dish

[Click here to see the photo enlarged.](#)



1/2 pound each Yellow and Green Fettuccine Noodles

Sauce

2 tablespoons shallots, finely chopped

5-6 ounces shredded prosciutto (or cooked ham cut into bit size squares)

2 tablespoons butter

1 tablespoon olive oil

1 cup heavy cream

1 cup grated Parmesan cheese

salt

pepper

ground nutmeg

1 cup frozen peas, defrosted

1.) Using a saute pan about 10 inches in diameter, saute the shallots and the prosciutto or ham in the butter and olive oil over medium heat for 2 to 3 minutes.

2.) Add the cream to the pan and stir lightly. Add a generous pinch of ground nutmeg.

3.) Bring cream to a slow boil to thicken it slightly. Take the pan off the heat and set aside.

4.) Add yellow and green noodles to 4-5 quarts of boiling salted water. Cook according to the package. Drain thoroughly and toss with a dab of olive oil so they do not stick while you finish the sauce.

5.) Turn the heat to medium. Add the Parmesan cheese. Stir. As the cheese melts in and becomes creamy add the peas. Add salt and pepper to taste.

6.) Add the pasta to the sauce. Toss with 2 forks, stirring gently but thoroughly to coat the noodles with the cream mixture. Mix thoroughly so that the sauce coats all the pasta and serve.

***Do you love to cook? Do you have a recipe you would like to share?
Email Amy Dalton daltonkenamy@comcast.net and make your recipe***

famous in a future newsletter.

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