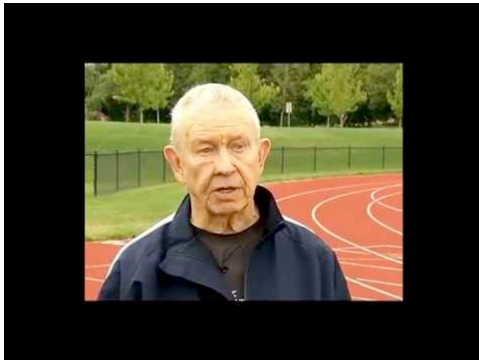




# The Footprint October 2011

## Contents

### SFR Interviewed by OutGames



SFR 86 year old Len Tritsch talks about his running event at the 2011 Outgames and how it felt to light the cauldron at the Outgames opening ceremonies. 00:02:55

To watch this inspirational video click here:  
<http://www.youtube.com/watch?v=SLjQsd8IYAI>

Cheers to all the SFRs who helped make RWWP 2011 a huge success!

\$6,486 was raised for our beneficiary, Three Dollar Bill Cinema.



SFR Tim Murphy presents Three Dollar Bill Cinema with a BIG check from SFRs at the Sat morning run.

**See P. 17 for more information**

- P. 1: Front Page News
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## SFR Board and Elections

First a big *"thank you"* to our 2011 Board for all their hard work to make SFR one of the top LGBT running clubs worldwide.

stepping off the board is Joseph Hill  
coming on for 2011 is Owen Wagenhals

### 2012 SFR Board

Tim Murphy - Vice-President (acting president until we can fill this position)

John Simmons - Treasurer

David Hsieh - Secretary

General Members: Vince Healy, Jon Nicholson, Nicholas Honner, Robin Williams, Spencer Caldwell, Len Tritsch, Tyler Ross, Tony Quang, Linda Baker, Jeremy Katz & Owen Wagenhals

# Kelly Stevens - Hood to Coast Notes and Photos



**Front row**, left to right... Jack Nicolai, Shilpen Patel, Gianna Hughes, Trace Parker, Nellie Waddell, Jeff Dixon. **Back row**, left to right... Paul Kazemersky, James Bushlong, Reese Witherspoon, Tim Murphy, Nicholas Honer, John Simmons



Thank you John (Simmons) for volunteering this year. It is quite a bit of work and you did it via text, email, and interpreters. Good job.

Kelly wrote about the runners in his van (editor's note)

**Nellie:** I am so pleased Nellie ran with us and she was in our van. She loved to drive us and she ran the longest leg in HTC. Nellie has a great sense of humor. Nellie became really dehydrated on her first leg and was sick, until she ran her 2nd leg. She said endorphins kicked in and her head felt better. She handled her 3rd leg over (8 miles) in mostly sun with no problems.

**Shilpen:** Shilpen surprised many of us with his HipHop/Rap music on his Ipad. He was bored with Satellite radio top 40 and



the Dark Horse

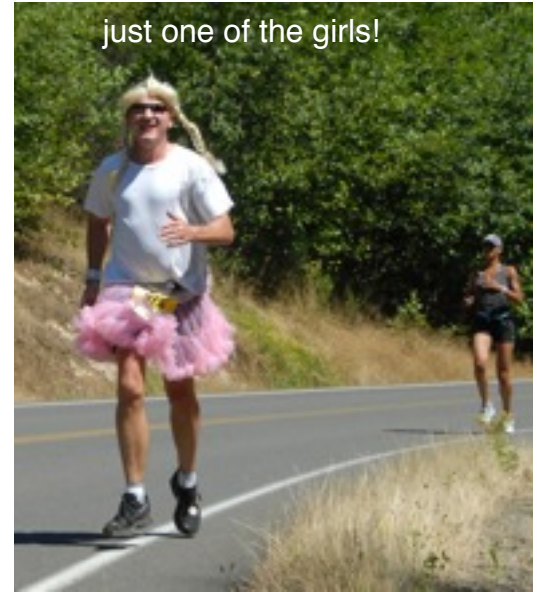
whipped out the Ipad. Shilpen was always smiling at each of us and never complained about anything.

**Paul:** Paul turned out to be way sassier than every expected. On SFR Wednesday runs, Paul is all smiles and sweetness. HTC, 200 miles, and no sleep sassed him up. He even tried to get arrested in protest of bad traffic in Seaside, Oregon! We stopped him.

**Jeff:** Jeff was the trouper. He accepted the worst route after joining van 2, and managed each of his runs like they were easy. He even added 1/2 mile to one leg, after one wrong turn out the gate. Jeff looks good in a bandanna mask!

**Tim:** Tim was the dark horse. He ran his first hot leg with a very poor speed compared to his training runs in

Seattle. He decided to make up for it on his night run in the 2nd leg and shocking us by arriving very early to finish.



just one of the girls!

**Kelly:** Kelly ran the entire last leg (5.2 miles) into Seaside, OR, wearing a blonde Heidi wig and a pink tutu. He lived our theme of "Illegally Blonde". Kelly also climbed on top of the van at each major exchange to blow up the mascot doll that was leaking air. He even climbed up and added LED lights to the mascot at midnight for the night legs. Kelly knows how to secure a folding chair to the roof of any mini-van with a roof rack. Kelly brings a hydraulic car jack to HTC every year! Kelly was trained by lesbians after he "came out".

We had 3 women this year! Gianna (Jenna) and Trace (Tracy)

Kelly

*Unofficially, we came 576 / 1268 overall, and 155 / 275 in the Mens Open category, which given that our ages were skewed more towards sub masters or masters, and that we were actually a mixed team (just not sufficiently mixed to be classified as one by their rules) I have to be pretty happy about that. Way to go, team! - Nicholas*

See additional group photo on page 8



Blondes have more fun!

# RAGNAR - by Chao Tsung Yang



Chao Tsung Yang

I didn't get my "running bite" until late in my twenties. My excuse was that I liked playing volleyball and softball too much during my school years. I enjoyed the adrenaline pumped up by the competition, the skill of the games and teamwork of these sports. Running seemed too solitary and almost self-indulgent for me. Well, this view of running didn't last too long when my life began to be dictated by the practical aspects of building a career. The time and energy that I had to

invest in team sports quickly began to evaporate. A natural evolution occurred to simplify my sports and fitness program. I began to see running in a



new light where I could just put on my Asics and go whenever I had some time. While I enjoyed the gift of endorphins from my running, I missed the competitive rush of adrenaline at times. It was not too long before I discovered the Ragnar Relays.



Ragnar Relays are a series of continuous day and night relay races held all around the country. The Northwest Passage 2011 starts from The Peace Arch Park in Blaine WA at the Canadian border and finishes at Langley WA on Whidbey Island, a total 190 miles offering some beautiful scenery along the way. Each team of competitors has twelve runners with each running three segments or legs, each with distances ranging from 3 to

8.5 miles over terrain of varying difficulty. The twelve runners are divided between two vans and the runners in the first van cover the first six legs. As the each runner begins, the rest of runners in the van drive ahead, cheer their runner on, and pick she or he up at the exchange point and drop off the next runner. After the first six legs, the runners from the second van pick up the baton and continue the same race format allowing the runners in the first van several

hours to rest before they start to race again. The race goes on throughout day, night and dawn. Without a doubt, these relays are the "Amazing Race" for me.

This was my second time running the Ragnar Northwest Passage race. There were roughly three hundreds teams comprising over three thousand runners this year. Some teams had elaborate themes with very creative van decoration and costumes, such as "The Lord of The Ragnar" team, whose runners dressed as Frodo, Gandalf and Gollum in full costumes running alongside runners with more conventional gear.



Our van was first to go and consisted of six runners with a

wide range of abilities. I fell in the middle. To prepare, I had run three to four miles per day for four days to prepare in the week prior to the race. Although our van captain placed me only in the fourth longest combined distance comprising 14.9 miles, I was challenged with the longest single leg of 8.5 miles with a "very hard" rating. We started out at Friday noon, under partly cloudy skies and moderate temperatures. We were fueled with high energy and anticipation like every other team.

Our first runner went out strong and after watching the other teams, I started questioning myself since I had never run such an 8.5 mile distance previously. So I took off on my leg and carefully paced myself with my GPS watch. The excitement and adrenalin rush of the competition made me cruise easily through the first mile beginning a steady 300 foot climb stretching over four miles. However, I started to feel my pace drag on the ascent during the next 2.5 miles. I kept telling myself that I couldn't let my teammates down and stayed focused on passing a competing runner, affectionately called "road kill", one at a time. This approach of setting a small achievable goal one at a time helped me to overcome my mental uncertainty and kept me running at a steady pace one hill after another for the rest of my course. I finished my 8.5 miles at a strong eight minute four second pace. It was the longest run I have ever done in my entire life.



After all six runners in our van finished our first legs, we drove to the exchange point and rested for a few hours. Our van hit the road again when the setting sun painted the sky



bright orange. It was getting cooler and darker as our runners set out on the second legs. I started my second leg around ten PM and had the most amazing run along a winding country road. The smell of fresh hay filled the chilled air and the figures of crouching cows outlined by the starlight along the road occasionally turned their heads toward me as I ran by, an outsider in their territory. The 3.5 mile run was smooth and utterly relaxing, as though I had been carried on a warm jet stream through the cool night air. It was pitch dark when we

had all finished and arrived at the next rest point.

It was dawn when the last runner from Van Two approached our rest point. We rolled up our sleeping bags, put on our running shoes and continued on our last legs on Whidbey Island along Crescent Bay and Penn Cove. The rising sun was shining through the fog lingering over the bay and lit up the islands in Puget Sound as though with an artist's brush. My last leg was marked "easy" and I decided I would go all out to complete my race. I flew down the first mile and one half and then steadily climbed over my last half mile hill rising 200 feet, even as I could feel the loud protest of my calf muscles after the 11 miles of the day before.



I thought I was doing pretty well until I began to hear a steady footstep behind me getting closer and closer. I turned my head in time to see a teenage girl begin to pass me with a strong and steady pace. I felt an instinctive rush of adrenaline and sped up. I moved ahead trying very hard to shake her off. We continued in an intense duel trying to pass each other for almost a mile. In the end, she passed me, I blamed that I had started my running career too late, but I tailed her a few steps behind and collected another four "road kills" in the process. I finished my last 2.9 miles run in seven minute nineteen second pace, pretty darn fast for a casual runner like myself. I was satisfied with my strong effort that left nothing in the tank.

It took us about 25 hours to finish the entire relay, not a fast enough time to win a competitive medal but good enough to make some lasting friends in that small van: Jeff, Vince, Gary, John and Spencer. I enjoyed the combination of endorphins and adrenaline greatly and will do it again next year. Now I understand what a Ragnar junkie is - because I am one!

# My Journey to Minimalist Shoes.

By Jon Nicholson

There has been a growing conversation in the past couple of years about going minimalist when it comes to running shoes. We have all seen the Vibram 5 Fingers, Nike Free and an assortment of others that look like nothing more than a racing flat. Should the casual runner make the jump? I questioned the wisdom of running in something that basically covered your feet and did nothing more. After all running shoes are supposed to cushion your feet and lessen the chance of injuring oneself.

After completing the Vancouver Marathon I was given a copy of *Born to Run*, the NY Times best seller about the Indians in Central Mexico who run barefoot or just in sandals. It was at the same time I was experiencing shin splints for the first time in my life so I was open to a new way of running as I don't take to be injured well. In addition being someone who would always prefer to eat or experience things that are as close to nature as possible, my interest was peaked.

I talked to Andrew Williams who knows shoes as well as Imelda Marcos must have. Often having 4 or 5 different types in use at the same time. After pride in June of last year he took me to Nike town and had me try on the Nike Free. I was dubious but they felt comfortable so got a pair. As I was just recovering from my shin splints and was running Ragnar in late July I did not want to try anything new.

After completing Ragnar in my Asiac Kayano's I felt it was the time. I laced up my Nike Free's and went for a 2 mile run. The first ½ mile was a very different experience. The shoes were making me run on my mid/forefoot, which was not how I had ever run. I pushed through and it felt more natural. After finishing my first run I reserved judgment. The next day my calves and feet felt they had run much further than 2 miles, obviously I used muscles that had not been used in a very long time if at all.

I gradually increased my distance with the Nike Free and within three weeks had stopped running in my Kayano's and did my first 12 mile run with the Nikes. My body felt good and my legs once over my initial soreness and fatigue were feeling great. I felt lighter on my feet and I was slowly changing my running form. I visited my regular massage therapist after about a month of running in the free's and he asked if I had stopped running as my legs were the least tight he had ever felt since I started seeing him two years ago.

While growing my distance I was researching as much as I could about natural running and found very quickly that in addition to having shoes that your biomechanics are extremely important. Your footwear impacts your form but you also need to be aware of your body and how you are moving forward. Efficient form combined with striking mid foot will make running easier and you will run faster.

Traditional running shoes due to the "build up" of the heel in the name of cushioning cause runners to strike your heel which is not what we humans were designed to do. To confirm that take off your shoes and run a short distance barefooted. It is because of this unnatural "strike" on your heel that many injuries occur. I always believed that more cushioning was good but having experienced the difference I will say that cushioning increases the chance of injuries such as shin splints, plantar fasciitis and IT band due to the fact the foot strike is very unnatural. For example I used to pronate a lot when wearing Kayano's but now realized it was of the way my foot landed and rolled. This movement then increased the chance for injury.

So the big question for me as the New Year arrived was do I stick to the Nike Free and train and run the Boston Marathon in them. This would be a total test of natural running.

I trained for 3 months growing my distance with no negative effects. I ran the Boston Marathon and while my legs were very tired at the end I felt better than when I had finished Vancouver. This was the final test for me and now I will stick with minimalist shoes.

Should you do it??? My only suggestion is try it and listen to your body, but also realize it is a bigger picture than just your shoes. You need to be more aware your form and hopefully you will have the same success I have had. The benefits are however huge, easier more efficient running and an added bonus are shoes that are more reasonable and when you are not running are some of the most comfortable I have worn

There are a number of Frontrunners who are now using minimalist shoes so talk to them. And if you want more technical information there is a great book called *Natural Running* by Danny Abshire. I think if you put a little effort and research into your transition you will be richly rewarded.



Hood to Coast ....Anyone recognize these hot blondes?

Are you missing out on SFR fun? Don't let the gloomy days of Autumn and winter get you down ... come out for a brisk Saturday morning walk/run. In fact there is no better time than now, with the holidays fast approaching, to exercise and enjoy the warmth of SFR friends!

# SFR TrackTeam Scores BIG at the North American OutGames

photos and text courtesy of Mature Friends

A group of 32 Seattle Frontrunners, traveled to the North American Outgames contested in Vancouver, B.C., July 25 – July 31. Of those, 23 participated in track and field and 5 in the 10K road run. We dominated the track and field events as a result of our conditioning and training program and the willingness to compete in multiple events, even though some were not 100 percent healthy. Our team spirit was reflected in our winning of 117 medals; 81 gold, 28 silver and 8 bronze, which was the largest total for any team. New York City Frontrunners fielded the biggest team and was our strongest competitor.



Attending the 2011 North American Out Games in Vancouver, B.C., at the end of July was an amazing experience. Cliff and I enjoyed watching various track and field events throughout the day in which many of our Mature Friends who are Frontrunners participated. The games were played on the campus of the University of British Columbia, called UBC by the Vancouverites. The track was at Dhillon Field, situated in a sprawling new sports complex.



Cliff Harsant and Brian Wade

There were many outstanding performances, but two Mature Friends warrant special recognition. Dean Koga was awarded 6 gold for winning the 200, 400, 800 meter races and ran on the gold winning 4 X 400, 4 X 200 and 4 X 100 meter relays. Len Tritsch won the 100 meter for the 86 age group with a time of 20.2 seconds, which was .8 faster than the All American Standard for Excellence. He also ran on a gold winning 4 X 100 meter relay.



Dean Koga and coach Len Tritsch



Representing Mature Friends in the 10K road run were Ted Knapp and Curt Johnson. Although neither of them won a medal, they were pleased with their times. Curt was especially happy with finishing in 62 minutes because he was making a comeback after a foot injury sustained by experimenting with barefoot running. That'll teach him!



We marched in the Parade, it was lively and colorful. Jeff Graham and John Longres were our carriers of the flags.



After the parade, we walked through the booths at the big Pride Fest in Stanley Park. But before we descended the hill into the maze of booths, Dean posed with Len and John overlooking the site.

On Sunday evening at the closing ceremonies, the Seattle Frontrunners paraded onto the stage to receive special recognition for our performances in track and field

## OUTSTANDING PERFORMANCES



We had many outstanding performances, but four Frontrunners warrant special recognition. Rusty Lamar earned 10 gold for winning the: javlin, 110m hurdles, high jump, shot put, 200m, 400m, 100m, 4 x 100m, 4 x 200m, 4 x 400m relays. Karla Fazio won gold in six events the: 100m, 200m, 400m, 4 x 400m, 4 x 200m, and 4 x 100m relays. What makes her performances so remarkable is that her times in the 100, 200 and 400m races were all better than the U.S. Masters All American Standards for Excellence by 1.7, 3.5 and 3.7 seconds respectful. **Len Tritsch (SFR coach and longtime board member) earned a gold for winning the 100m dash in the**

**85-89 age group in a time of 20.2 seconds which bettered the U.S. Masters All American Standard for Excellence time of 23 seconds by 1.8 seconds**

# *Palm Springs Pride Weekend Invite*

Hi Vince - Good chatting with you last night. As I mentioned we would love to see some Seattle Frontrunners come to Palm Springs for Pride Weekend and participate in our 5K Pride Run and Walk on Saturday, November 5th. In addition to the 5K Pride Run and Walk, we will be hosting a mixer on Saturday evening for visiting Frontrunners. We usually get a good turnout from LA, Long Beach, San Diego, San Francisco, Phoenix, and a few other cities. Plus, with all the other Palm Springs Pride activities, it should be a fun weekend.

Here are the details of the 5K Pride Run and Walk:

- >> Saturday, November 5th at 8am
- >> Proceeds benefit the Boys & Girls Club of Palm Springs
- >> Loop course, flat and fast
- >> Awards 3 deep in all age categories
- >> T-shirt, goodie bag, raffle prizes
- >> \$25.00 thru 10/31, \$30.00 starting 11/1
- >> Register online at [www.psfr.org](http://www.psfr.org) or [www.active.com](http://www.active.com) (search for Palm Springs Front Runners)
- >> Download main-in registration at [www.psfr.org](http://www.psfr.org)
- >> Race day registration starts at 6:30am

For information about the 5K Pride Run and Walk, contact Michael Ambrose at [psfrontrunner@gmail.com](mailto:psfrontrunner@gmail.com) or 760-832-6814

For information on Pride Weekend activities, go to [www.pspride.org](http://www.pspride.org)

Thanks for helping to get the word out. Look forward to running with you again next time I'm in Seattle. Take care,

Michael Ambrose  
VP Palm Springs Front Runners and Walkers  
[psfrontrunner@gmail.com](mailto:psfrontrunner@gmail.com)  
760-832-6814



“In the good Ol’  
Summer time ....”

Another fabulous  
August swim potluck  
with SFRs and the  
Orcas!

If you missed it this  
time, make sure to  
come in 2012!







“Oh what a night .... what a garden of delight ... even now those sweet memories linger .....”

Fun and and games, good food and friends .....



**SFR Tim Murphy (the 2011 co-ordinator of RWWP) presents a very happy Rachael Brister of Three Dollar Cinema with a giant check from SFR.**

Congratulations to all the SFRs and friends who came out for Run Walk With Pride this year to make this \$6,486 dollar check possible!

\$3 Bill Cinema shows its appreciation to SFR by promoting our club at the 2011 LGBT Film Festival

**We need your help ....**

You can receive a free ticket to Out ForThe Long Run, co-sponsored by SFR & Team Seattle by just showing up early and being present to smile and talk to movie goers about SFRs ... its easy and fun! Please email Kelly Stevens if you are interested. [kel\\_stevens@yahoo.com](mailto:kel_stevens@yahoo.com)

**Out For the Long Run - Sunday October 23rd, 2:30PM - Pacific Place**

Filmmaker Scott Bloom (Call Me Troy) profiles a handful of courageous students and accomplished athletes whose stories reveal personal triumphs in and out of the competition, as well as oppressive homophobia that, in some cases, is too much to overcome. Winner of the Best Documentary Award at the 2011 St. Louis Qfest.

# Nicknamed “The Home Pregnancy Test” What is it? and how can you help

## iTest Study

Center for AIDS and STD, University of Washington  
Joanne D. Stekler, MD, MPH (PI)

### **TEXT TO BE DISTRIBUTED VIA LGBTQ-ORIENTED LISTSERVS FOR RECRUITMENT**

The iTest Study: Home Self-Testing for HIV

Researchers at the University of Washington are conducting research to learn what happens when men who have sex with men can test themselves for HIV at home.

The study involves 2-3 on-site study visits and internet surveys. Participants will be assigned by chance to either:

1) Have access to HIV tests kits they can use to test themselves at home

OR

2) HIV testing as usual

Participants will receive free HIV/STD testing and compensation for their time.

Are you a man who has sex with other men?

Are you HIV-negative?

Are you 18 or older?

You may be eligible for the iTest Study!

Please call David (the study coordinator) at 206-616-5578

or check out <http://itestuw.org/> to learn more.

Note: Please contact study staff directly if interested; do not respond to this listserv. Responding to the listserv may disclose private information about you.



## **SFR Water Station for the Seattle Half and Full Marathon**

Sunday, November 27, 2011

contact Vince Healy: [vince@clearpointinc.com](mailto:vince@clearpointinc.com)

Every year SFRs hosts a water table for the marathon. Its a lot of fun and a great way to get involved with your club and to cheer on the runners! Come join us!

and if you dream of giving orders and having people carry them out, then you may just be the organizer we are looking for! Email Vince at: [vince@clearpointinc.com](mailto:vince@clearpointinc.com)