**Enduring Times August 2015**

**This month’s features include:**

* **Interview with Katie Samuelson aka ‘Ultra Katie’**
* **What’s coming up this month:**
* **Kevin Henry, Ely Thursday 6th August**
* **Summer holiday’s & maybe time rest your limbs for a week or 2……**

**Club Member Interview**

**Hi Katie, please introduce yourself…….**

More usually known around here as 'Ultra Katie', I've been a member of C&C since 2007 and a runner since 2002. It took me a long time to join because I thought (quite wrongly) that you had to be quick to run for a club!

**What got you into running?**

A complete accident! One Saturday night in September 2002, I was happily tucking into my umpteenth pint of cider when a student from the flat upstairs rang me and asked if I could do a leg of Chariots of Fire the next morning. Someone had dropped out with illness at the last minute, and she needed a woman from the same college to take the place in her team. 'I don't care if you walk it as long as you get round!'. So I turned up in my cotton leggings and t-shirt having never run before, aerobics shoes on my feet, did my leg in just under 13 minutes, and immediately entered the Wildlife Trust Cambridge 10km in 6 weeks’ time, an event that started at the Wilberforce Road track. I ran my first ultra in 2007, after a friend suggested that if I enjoyed LSRs and marathons so much, why I didn’t try going a bit further...

**You recently represented England in the Anglo Celtic Cup and won! What was the race and how was it?**

The ACP is the home nations international for ultra-road running, where men's and women's teams from England, Scotland, Ireland and Wales compete for the Anglo Celtic Plate. The event also incorporates the British Athletics national championships, open to all affiliated runners, not just those selected to represent their country.

Each year a different athletics association hosts the event. In 2014 it was England's turn, so I entered as a club runner and achieved a qualifying time for this year's event hosted by Welsh Athletics. The race consisted of 31 laps of just under 2 miles each, all on pancake flat tarmac, with a feed station and support crew at the end of each lap. Physically it was tough of course, but mentally it was even harder – I spent most of the race running by myself, with no iPod for company due to the open roads, and the flat course gave no respite or variety. But I was in the lead in the women's race from about the 10th lap onwards, and the prospect of being crowned British Champion is a great incentive to keep putting one foot in front of the other even when your body is screaming for you to stop. It might be a cliché, but in ultra-running, it's the mental battle that you need to win. Your body can stand more than you might think.

**What was your last race?**

The Ultimate Trails 110km event at the end of June, starting and finishing in Ambleside in the Lake District and taking in several significant climbs and descents along the way.

**What is your next race?**

As I type this, I'm in the last days of my taper for the Ultra Tour of the Lake District 105 mile event (usually known as the UTLD100) on 24th July. I've had 3 DNFs at this event in the past so it's my nemesis event, and the dropout rate is as high as 50%, so by the time you read this I'll either be elated or despondent, but definitely broken...

**What distance do you like running?**

50 miles is my favourite distance, because it's long enough to really get into it, but not so long that it leaves me broken for ages. I like a distance where walking, or even stopping for a cup of tea and a piece of cake are perfectly acceptable strategies. I've even been known to call into a pub for a swift half to help with blister pain relief!

**What advice would you give to others?**

Long. Slow. Miles. I genuinely believe that the secret to a long, successful, injury-free running career is simply to run more miles at a slower pace. Once you have that base, you can of course refine it with targeted sessions for your chosen event, but too many people jump into intense speed work before they've built an adequate foundation, and I see so many people become injured from it.

And of course, targeted sessions can also include other ways of simulating race conditions too, not just pace – run up and down steps if you are doing a hilly race, train with a pack if you are doing a race with a compulsory kit list, and run around Wimpole in the dark if you are doing an overnight event.

**What are your other targets for 2015?**

Now that the London Marathon and the Anglo Celtic Plate are out of the way, and once I've attempted the UTLD100, the rest of 2015 is about recovering. I'd like to have a good crack at Snowdonia Marathon if I am feeling fit, but otherwise my aim for the rest of the year is just to enjoy my running and get off the roads and onto the trails as often as I can.

**When and what was your proudest running moment?**

Crossing the finish line in an England vest and winning the National title is something I will never forget.

**If you could go on a training run with anyone, who would it be and why?**

If it was a road run, it would have to be Kathrine Switzer. Without her historic entry into the 1967 Boston Marathon, women's distance running might still be years behind where it is now. Any woman who runs a marathon owes at least a little bit to this woman's audacity in entering what was at the time a men only event.

Off the roads, I'd love to run with Joss Naylor (now he's nearly 80 I might even be able to keep up!). A true legend of fell running, I'm sure I could pick up some tips from him on how to improve my technique. My strength may be on the roads but my heart is in the hills and I'd love to learn how to be truly competitive on the fells.

***Road Racers* – all races can be found @** <http://runcambridge.org.uk/myfixtures.cgi>

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| **August 2015** |
| Sat  | 1st  | http://runcambridge.org.uk/site/images/etyperoad.gif [Cambridge parkrun](http://runcambridge.org.uk/race.cgi?item1=2015-3554)    *(Milton Country Park, Cambridge, 5 km)* |  |  |  |
| Sun  | 2nd  | http://runcambridge.org.uk/site/images/etyperoad.gif [Riverside Runners 10k](http://runcambridge.org.uk/race.cgi?item1=2015-3545)    *(St Neots, 10 km)* |  |  |  |
| Wed  | 5th  | http://runcambridge.org.uk/site/images/etyperoad.gif [Peterborough 5K Grand Prix - Werrington](http://runcambridge.org.uk/race.cgi?item1=2015-3462)    *(Werrington, Peterborough, 5 km\*)* |  |  |  |
| Thu  | 6th  | http://runcambridge.org.uk/site/images/etyperoad.gif C&C team event [Kevin Henry Race 5 - Ely RC](http://runcambridge.org.uk/race.cgi?item1=2015-3448)    *(King's School, Ely, 5 km)* |  |  |  |
| Fri  | 14th  | http://runcambridge.org.uk/site/images/etyperoad.gif [Ipswich Twilight 5k and 10k](http://runcambridge.org.uk/race.cgi?item1=2015-3590)    *(Ipswich)**inc. 5k (5 km\*), 10k (10 km\*)* |  |  |  |
| Sat  | 15th  | http://runcambridge.org.uk/site/images/etypexc.gif C&C tour [Race The Train](http://runcambridge.org.uk/race.cgi?item1=2015-3302)    *(Tywyn, 14 miles)* |  |  |  |
| Wed  | 19th  | http://runcambridge.org.uk/site/images/etyperoad.gif [Barney Memorial 5K](http://runcambridge.org.uk/race.cgi?item1=2015-3463)    *(Ferry Meadows, Peterborough, 5 km\*)* |  |  |  |
| Sat  | 22nd  | http://runcambridge.org.uk/site/images/etyperoad.gif [Reykjavik Marathon](http://runcambridge.org.uk/race.cgi?item1=2015-3512)    *(Reykjavik, Iceland, 26.2 miles\*)* |  |  |  |

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***Kevin Henry 5k /Spring Summer Series: ONLY 2 LEFT!***

This is a series of 6 x 5K races across the Spring/Summer months for **ALL** club members. While getting the speediest to finish in the top 10, it is equally important to get as many club members out! Every member who finishes scores ONE point for the club. Besides they are great fun in a variety of locations across the county. They are always on THURSDAY evenings so book your diary:

**6 August – Ely Running Club - 7.30pm start**

**10 September – Cambridge & Coleridge** -7pm start

***Track & Field Season:***

Summer programme moves to Track & Field season. T&F events are open to **ALL** at the club and to find out how easy it is to take part click on the links below:

All T&F events can be found using the following links:

<http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/fixtures>

EVAC League – keep up and find out what’s going with the masters races Internationally, nationally and in our region: [http://evac.org.uk/newsletters/E%20Vac%20E%20News%20Issue%202(2).pdf](http://evac.org.uk/newsletters/E%20Vac%20E%20News%20Issue%202%282%29.pdf)

***Trail, Coastal and Fell Runs/Races:*** A MUST READ!

After our club hero’s completed the Bob Graham Round, Mont Blanc Races and Lakes 100m(iles)

There is a whole world of adventure going on out there to experience click on these links:

 <http://www.ultramarathonrunning.com/races/uk.html>

http://www.endurancelife.com/

<http://www.fellrunner.org.uk/index.php>

<https://www.sientries.co.uk/>

*At first these may seem daunting however once you’re given them a go you’ll think why I haven’t done them before! There are many C&C club members doing these events so please send me an email and will let you know how to take part………*endurance@cambridgeandcoleridge.org.uk

***Training***

Training sessions **start 6.45pm** at the **University Track, Wilberforce Road**

* **Monday -** Women’s Running Group, beginnings & +9 min milers
* **Tuesday –** Track & Road where all sessions are posted on runcambridge.com
* **Thursday –** An out & back tempo run minimum 9 min miles
* If you are new to the club just speak to someone wearing an ORANGE t shirt/vest

***How to keep in touch & up to date:***

**Facebook**

C&C Endurance Runners Group on Facebook keeps you informed about a lot of social events, who’s organising stuff, sorting out lift to races, post-race get together, etc…
<https://www.facebook.com/groups/candcendurance/>

**Run Cambridge Site**

This website is the alternative C&C website for Endurance Runners which is an excellent way to find out what races are going on, upload race info, race results & read race reports: <http://runcambridge.org.uk/myfixtures.cgi>

**Endurance member’s events in 2015:**

* August - Race the Train contact Claire Garvey
* September Round Norfolk Relay contact Kris Semple
* September - Chariots of Fire self-organised team of 6 event
* November – Hereward Relay Claire Somerton

***Endurance Committee -*** The Endurance Committee is here to represent you! We meet once a month so please let us know if you want to share an idea, see something that can be improved and give feedback by speaking to one of the committee at the track or send an email to: endurance@cambridgeandcoleridge.org.uk

***And finally……….***

*“And will you succeed? Yes you will indeed! (98 and 3/4 percent guaranteed.)”*

