



## The Long and Short of It — Dale Peterson

### 800 Meter World Record

Did you see that David Rudisha broke Wilson Kipketer's thirteen year old world record? Rudisha actually broke the record with a 1:41.09 and then followed up with a 1:41.01 a week later. Will we see a sub 1:40 in our lifetime? When you consider that the record has gone down less than  $\frac{3}{4}$  of a second since Sebastian Coe's 1:41.73 in 1981 it seems unlikely – but that is what makes it exciting!

### American Record 5000M

Molly Huddle broke the American Record for 5000M running 14:44.76 to break Shalane Flanagan's old mark of 14:44.80. If you have not noticed there is a bit of a renaissance in American running going on right now both for the men and women. It is inspiring stuff. Makes you want to go to the track and do some hard intervals!

### ER Masters Men Setting the Pace

The Empire Runners Master Men's team has a six point lead over West Valley after six head to head matchups this year, beating their rivals four times so far. Don Steward, Kenny Brown and Carlos Castelo are among the top five overall individual standings for masters. Andy Howard, Greg Jennings and Chris Webb are also running very well. The guys have put together a consistent and very competitive team. That is what it takes to have a successful season. Good job guys and keep it up!

### More Barefoot News

Well, not really *news*... more like stuff! I am continuing my slow progress in strengthening and toughening my feet. Lately I have taken to doing bare-foot strides along the sidelines of the Montgomery High football field after my Saturday track workouts. To my surprise it has not made my sore the next day. I still haven't taken the plunge into any other bare-foot or near bare-foot running. I have worn orthotics for ten or twelve years and I am still a little concerned about making too much of a change all at once. I continue to go bare-footed when I walk the dogs and I am going to do a few short runs in my regular running shoes minus the orthotics and see how that goes. I understand that by the spring there should be a number of minimalist running shoe options available as everyone tries to jump on the Five-Fingers band-wagon. My thinking is to take it slow and mix it up, doing some running in minimalist shoes and but most in standard shoes. I say, don't be the first person on your block to get a stress fracture!

### Newsletter Changes

Do you like the new format? Hate the new format? Do you even read the newsletter? Let the editors know! A lot of effort has gone into the changes and we would love to hear your opinion.