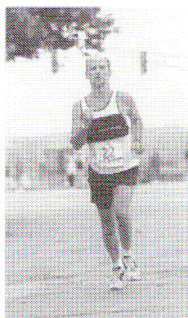


How They Train New England Style

by Michael A. Musca mmusca@maine.rr.com

In our latest edition of How They Train, we discover that a lifetime romance with our sport needn't begin at an early age. Ken Cotton of Bristol, ME ran his first race in 1994 at the youthful age of 45. Since entering the senior athlete category, Ken has seen nothing but improvement in his times. When will the improvement peak? Ken hopes it never ends – at least until he cracks the 3:00 hour barrier for the marathon. He came oh-so-close at the 1999 Maine Marathon with a 3:01:42 PR. Ken is a marathon machine, describing his favorite race as "almost any marathon". He's certainly not intimidated by the distance and has completed a few out-of-state marathons as training runs. Let's wish him the best of luck for a continued meteoric rise in his running.



Ken Cotton, MTC

Name: Ken Cotton **Age:** 50
Affiliation: Maine Track Club

Best Marks:

Time:	Distance: (miles)
0:17:50	3.10
0:30:52	5.00
0:38:05	6.20
1:05:10	10.00
1:25:27	13.10
3:01:42	1999 Maine Marathon

Birth date: 6/28/49

Birth place: Quantanamo Naval Base, Cuba

Height: 5' 7" **Weight:** 147 lbs

Started running: (on a treadmill) early 1994.

First Race: 7/9/94

Family: Wife Judy, daughters Laura (22) & Sarah (20) and we all run.

Pre-Training Warm-up:

I start out with 10-20 min. of easy running

Stretching:

Not much after running and occasionally during the day. Instead - Yoga class 1-2 times/week

Logbook:

The Athlete's Diary (computer program)

Date - Distance - Time - Route or Workout - Comments

Daily workouts:

Mon. - Weights, cross training (elliptical trainer, bike), yoga class

Tuesday - Intervals 1 hour+

Wed. - EZ run 45 - 1:15 min.

Thurs. - Tempo run 1 hour+, weights, yoga?

Friday - day off or bike ride

Saturday - 1 hour run, some intervals

Sunday - long run or race

Mileage and/or intensity increases when training for a key race.

Judy and I ride our tandem for fun.

Favorite/best race:

Boston Marathon
Bar Harbor 1/2
Alvin Sproul Samoset 10K (OK - I'm prejudiced)
Marathon Des Deux Rives (Quebec City marathon)
Vermont City marathon
Almost any marathon

Favorite race course:

Boston - Boston is THE marathon not because of qualifying times, but because of it's history, the incredible community support, the crowds throughout, and it was so important to Al.

Vermont City marathon - nice course and the entire town of Burlington seems to love it.

Marathon Des Deux Rives - wonderful setting, nice way to end the summer (end of August), and I've ran all of them (OK - there has only been two)

Favorite workout: Sunday long run.

Favorite running route: Any long run with good company.

Running Hero(es): Al Sproul - my mentor. The perfect running partner, a little bit faster with infinite patience. Loved introducing people to our sport, loved improving his race. After eighty marathons and who knows how many races he had lots of interesting stories.

Who inspired you to run?

I started on my own (a long story). Ran 4 races in 1994. Got hooked and meet Al Sproul early in 95. Ran 26 races (including 3 marathons) in 95. Thought all runners did this. Found out later most runners didn't run like Al.

Three marathons so far this year (24 total). Second fastest marathon and 5M so far this year. Still having lots of fun.

Why do I run?

Started out to lose weight. Lost 30 pounds. Gained a new life. Runners are great, most really seem to enjoy life. I love going to new places a getting to know the area by running 26.2 miles. I run to help maximize my joy on this earth.

We Need Your Input

NEWS•RUN features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Mike Doyle at 871-0051, sending e-mail to midoyle@mainecul.org, or by mail to:

Maine Track Club
Newsletter
P.O. Box 8008
Portland, Maine 04104

Notice About Race Fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must provide 500 fliers and a payment of \$40. Fliers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if the race fee is already being paid to the club, there is no charge for race fliers. Please call or e-mail Mike Doyle to arrange for flier inclusion.

NEWS • RUN 7