



# OMAHA RUNNING CLUB NEWSLETTER

*For the members of the Omaha Running Club \* Vol. 52\* Summer 2023*



**CREATED BY RUNNERS, FOR RUNNERS**

Choose the Marathon, Half Marathon,  
10K or Marathon Relay

**Sept. 24, 2023**

**#RunTheHeartland**

HeartlandMarathon.org

## **Heartland Marathon map inside**

The ninth annual Heartland Marathon takes runners into Council Bluffs. **Page 2.**

## **68-year-old Omahan in tip-top shape**

When he's not out running, Mark Adamson of Omaha enjoys the challenge of tower climbing. **Page 3.**





# Adamson still going strong at 68

**M**ark Adamson was a successful entrepreneur who ran with Omaha legends like Gary Julin, Alan Higley and Bob Garcia. But not many people know he, along with Frank Perrone, came up with the idea of starting Nebraska's largest road race, the Omaha Corporate Cup Run.

A native of South Omaha, Adamson graduated from Omaha Gross High School in 1974. He took up running in the late 1970s and has logged pretty much every mile he's run since then.

"I'm old school," he said. "I grew up during the days of Jim Fixx. I was never a great runner. In my era, you had Mike Boone, Wade Thompson, people like that. They were far and away much better athletes. Those were people who were great runners."

Adamson ran more than 100 10K races in under 40 minutes. He has also completed 31 marathons, including those in Boston, Los Angeles and New York.

Along the way, he had the good fortune to hook up for training runs with some of the biggest names in American racing — Bill Rodgers, Frank Shorter and Jim Ryun.

"I was never the caliber of athlete that any of these people were," Adamson said. "I was just persistent to stay at it."

In 1981, the Corporate Cup 10K was born, thanks to the work by Adamson and Perrone. The original course began and finished next to the Civic Auditorium. It was basically flat, which helped produce some outstanding finishing times. Rodgers was enticed to run it, and he broke the state record for a 10K in just over 29 minutes.

"The reason the course was set up downtown was we had gone to great lengths to find a flat, 10K course," Adamson said. "That course was built for Bill Rodgers. I ran the course with him on a training run. When we got about 20 yards from where the finish line was marked, he stopped. I said to him, 'Why did you stop?' He said, 'I'm going to let you beat Bill Rodgers today.'"

In 1984, Adamson was on the team that captured first place.

"That event has a lot of meaning for me, a lot of history for me," he said. "I put my heart and soul into that thing. It was my baby."

In addition to running, Adamson took up tower racing in the 1980s. He's participated in Omaha's Trek Up the Tower and



**At age 68, Mark Adamson can still hike up Omaha's Trek Up the Tower with the best of them.**

others all across the country — including his biggest challenge, Chicago's Sears Tower (now known as Willis Tower). That event drew around 10,000 participants.

Last February, Adamson ran the 45-story Trek Up the Tower 18 times. He did it 19 times the year before, and was hoping to do it 20 times this year.

After reaching the top, he would take an elevator back to the first floor, which took less than two minutes, then take off again. Imagine doing that 19 times.

"In tower climbing, there is no impact," he said, "but it's a grueling sport."

Adamson has been blessed by above-average health his entire life. He attributes that to the way he works out each day.

"I've had no surgeries, no swelling, no aches and pains," he said. "My normal routine is that I average about a little over an hour and 15 minutes of hard-core aerobics every day. For me, it's like brushing your teeth. I do it every day."

Adamson and his wife, Julie, moved into a villa in west Omaha, and he turned their basement into a workout room, complete with a stair master machine and weights.

"I've learned over time how to remain very, very fit," he said. "At 68 years old, I actually weigh a couple pounds less than when I was in ninth grade."



**Bill Rodgers, left, and Mark Adamson from a Polaroid photo taken in 1981.**

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# President's Message

The lazy, crazy days of summer are upon us with the season fully underway. Toward the end of spring, 90-degree days occurred. It's a good time to send out a safety reminder for running this time of year. Please check out the warm weather running tips listed elsewhere in this edition of the newsletter.

The ORC is busy planning our races for the year and are grateful that we will continue to have the opportunity this year to do what we do best, putting on safe and rewarding events. Marathon training and the women's training programs are off to a great start and are providing opportunities to enjoy some dedicated and talented guidance and coaching for a variety of participants.



**Tom Whitaker**

Hilary Catron and Jeremy Kaliff are working their special brands of magic in supporting and training all levels of ability. And the many races throughout the summer give great chances to apply lessons learned, enjoy the company of other runners and maybe even go home with a little hardware as well.

Our plans include Lake Wehrspann Run on Aug. 6 as well as Peak to Peak on Sept. 2 and Go Girl Run on Sept. 4. Our premier event, Omaha's Heartland Marathon, along with the Marathon Relay, Half Marathon and 10K will be held on Sept. 24. Our Heartland charities this year are the Omaha Police Foundation and the Council Bluffs Police Department.

The Omaha Police are an integral part of the Omaha running scene, so we want to provide as much support as we can in recognition of all they do, much like the Omaha Running Club, to support the local running community. And the Council Bluffs Police Department has been particularly helpful and flexible in planning routes in Iowa. We are planning on holding the best marathon in Omaha and look forward to

welcoming as many of you as possible to participate and support your club.

As you know, the Omaha Running Club is a volunteer organization with a mission to support the Omaha running and walking community. We do our best to try to sup-

port that mission to the extent that everyone's available personal resources permit. There are a number of national events these days that serve a purpose by putting on challenging and unique events, but they are not owned locally. I would urge everyone to keep in mind that although these may be worthy events, they come to town, utilize local resources and leave town with the proceeds.

Other than providing an event in which to participate, they do little to support our local community. Please keep our local events in mind as you plan your fall racing season.

We especially hope you will go to heartlandmarathon.org as soon as you can after you read this message and sign up for one of Omaha's Heartland Marathon events. Not ready for a marathon or the half? Then get a team together and do the relay or sign up for the 10K. Not ready to run at all? You can still be a valuable part of this event by volunteering. We always need A LOT of volunteers to make this a success. We will have volunteer opportunities listed soon, so check out omaharun.org/volunteering and sign up. You will be providing a very important service to our local running community.

In spite of all the ORC and runners in general have been through the past three years, running is still running and fortunately can be done even during trying times. I am reminded of the quote below from John Bingham, better known as The Penguin, who had a very popular series of humorous, in-

*See message, Page 5*

# Summer hydration is important

In his message this month Club president Tom Whitaker mentions the importance of being careful when running during the summer months. It brought flashbacks to my first marathon in 1983, the Lincoln Marathon.



You have to remember that training back then was much different than in today's ultra-modern running world. Google wasn't available for finding training programs. As I recall, Runner's World magazine published a training plan aimed at helping first-time marathoners, and I believe that's what I relied on.

On the following page, you'll see tips on how to handle running in warm weather. The big one that jumps out — to me, at least — are the two paragraphs about hydration.

Many years ago, I was asked to speak at the ORC's distance training clinic, and during my remarks I made sure to address the importance of proper hydration. I shared the story of my 1983 Lincoln Marathon. Here's what happened that Sunday morning:

I began the race running with a co-worker, Steve Amen, a taller, slimmer fellow. The temperature at the start of the race was chilly, but it quickly warmed up into the 50s. I don't recall how many water stops I passed, but I do remember not stopping for a drink until we were 10 miles into the race.

I knew my pace was much too fast for 26.2 miles, so I told Steve I was going to back off, and as he pulled away, he said, "Make sure you finish!" At that point, I was quite confident that I'd be able to complete my first marathon.

Well, that changed a few miles later. All of a sudden, I felt the affects of dehydration. The race back then took runners around the Lincoln airport, and no spectators were allowed on that part of the course. I felt like I was hallucinating as I was talking to myself. I can't imagine what the runners who passed by were thinking.

Shortly after finishing the first half of the race, I was forced into

walk-run mode. Near the 20-mile mark, I began to think I was going to fail as I was cramping all over. But, amazingly, I got a second burst of energy and finished on the NU outdoor track in 3:29:27.

Long before that first marathon, I heard people say that completing one is a major accomplishment. The euphoria that hit me at the finish line is something I'll never forget.

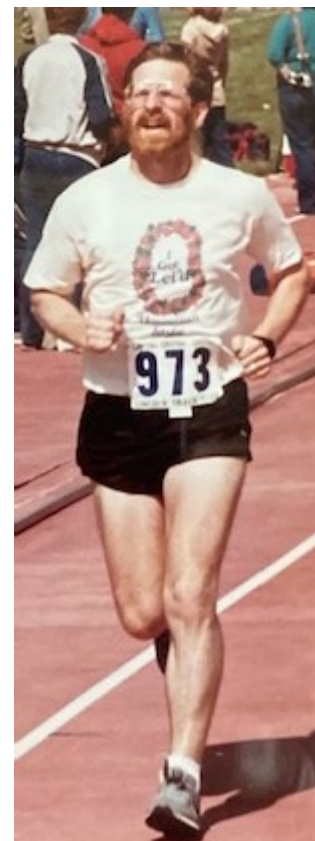
A flag football knee injury suffered in 1975 eventually led to the end of my running days, but I was happy to have completed the other three marathons (Lincoln and Omaha, both in 1984, and the Baltimore Marathon in 2002). I'd love to have been able to enter the Heartland Marathon, because the course is much more runner-friendly than my four marathons.

If you're a marathoner who has not participated in the Club's premiere event, I urge you to register. We've added more runners with each passing year, and there's a strong possibility that we could outgrow the current course.

We've been blessed by ideal weather the past two years. Let's hope for more come Sept. 24.

Finally, let me second Tom's suggestion that if you're not ready for a 10K, half or full marathon, consider volunteering. Help is needed for everything from working at the start/finish to manning water stations. You won't regret it, and you'll be able say you helped make it a success.

The runners certainly will appreciate it.



**Here I am nearing the Lincoln finish in 1983.**

## Message: Marathon volunteers help event succeed

*Continued from Page 4*

teresting and motivational articles in Runner's World magazine several years ago:

"If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been

running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run."

So, go for a run. You'll feel better about yourself and life in general. And plan to come out for our events. We will do everything possible to keep you safe while providing an opportunity to keep the competitive fires burning.



## **PREPARING FOR POTENTIAL WARM WEATHER CONDITIONS**

### **A) KNOW YOUR LIMITS**

Heat and humidity increase the physical challenge of running, and health problems can occur when you push beyond what your body can handle. Do not aim for a personal best on a warm, sticky day, particularly if you are not used to such conditions. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature. Check the weather forecast to determine heat and humidity levels. Understand the faster you run, the higher your body core temperature rises.

### **B) KNOW THE SIGNS OF HEART PROBLEMS**

If you feel faint, dizzy, disoriented, or your skin is clammy and abnormally hot or cold, slow down or stop running. If symptoms continue, sit or lie down in the shade and seek medical help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.

### **C) PREEXISTING MEDICAL CONCERNS**

If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. If you are feeling ill on race day and experiencing medical problems, you are strongly urged to withdraw from the race. In some cases it may be in your best interests to run another day. If you have a history of heatstroke/illness, run with extreme caution - your risk of experiencing another bout of heat illness increases.

### **D) DRINK ENOUGH FLUIDS**

Drink throughout the day, so that your urine remains plentiful and pale yellow. Even mild dehydration (scant, dark-yellow urine) will make you feel sluggish and tire early during exercise, and can increase the risk of heat-related problems during exercise. In the heat, sports drinks are even better than water because the sugar and salt they contain form an "active pump" that transports fluid to cells more quickly than water alone. Before workouts or races lasting longer than one hour in the heat, drink 16 ounces of fluid several hours in advance, another 16 ounces in the hour before, and more just before the start if your urine isn't pale.

### **E) BUT DON'T DRINK TOO MUCH**

Overhydrating before and during exercise can cause a dangerous condition known as hyponatremia (water intoxication). This drop in the body's sodium levels can cause nausea, fatigue, vomiting, weakness, and in the most severe cases, seizures, coma, and death. To avoid hyponatremia, do not overdrink, include pretzels or a salted bagel in your pre-run meal, and use a sports drink that contains sodium. During exercise, drink no more than a cup of fluid every 15 to 20 minutes.

### **F) EAT A GOOD PRE-RACE MEAL A FEW HOURS BEFORE THE RACE**

Try a bagel with peanut butter and a banana—the protein and carbs will fuel your effort and aid in recovery.

### **G) CONSUME A SMALL AMOUNT OF SALT**

Eat salted foods like a salt bagel, salted pretzels, or salted nuts. On race day, consume one fast-food salt packet at the start line. Have another salt packet halfway through the race.

### **H) PROTECT YOURSELF FROM THE SUN**

When you are going to be exposed to the intense summer rays of the sun, apply at least 15 SPF sunscreen and wear protective eye-wear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.

### **I) CHECK YOUR MEDICATION**

Do not consume products like cold medicines, ephedrine, pseudoephedrine, or anti-diarrhea medicines with dehydrating agents in them. They may increase your risk for heat illness. Caffeine products are only OK in doses you are used to taking on training day. Do not start taking a caffeine product on race day.

### **J) WEAR LIGHT COLORED SYNTHETIC FABRICS**

Unlike cotton, synthetics wick moisture from your skin so cooling evaporation can occur. Synthetics also decrease chafing and don't cling and cause a chill. Look for loose-fitting garments with mesh inserts under the arms, on the sides of the torso, down the arms, and on the outer thighs. Acrylic socks keep feet dry and cool.

# Step Into Running gears up for Go Girl 5K



The 2023 Step Into Running training program began June 6 with an amazing group of women. Jeremy Kaliff, Step Into Running director, is excited to be a part of the group's journey and can't wait to watch them accomplish their goals. It climaxes with the Sept. 4 Go Girl Run, directed by Jill Banaszak. The race starts at the Keystone Trail near 78th and Cass Streets. (Photo by Jeremy Kaliff.)

## Omahan runs Boston

Omahan Derek Loseke's eighth marathon was one for the books. He ran the Boston Marathon in a personal-best 2:53:38. It was his second Boston, his first coming in 2022.

This year's Boston Marathon marked the 10th anniversary of the tragic bombing that took three lives and injured hundreds.



**Derek Loseke at the finish line.**

"We all had a blast," he wrote on his Facebook page. "We walked away knowing that we will do anything we can to get back next year. To top it all off, I got to eat lobster rolls in Portland, Maine."

Loseke said it was on his mind when he lined up for the start of the race.

"To be honest, the atmosphere never felt somber," he said. "It felt much more like a commemoration due to the incredible support that the community of Boston shows for the race."

Loseke had company as 11 friends also ran the marathon.



## Having fun at Rove the Grove

ORC vice president Daren Konda appears to be enjoying himself during the Club's Rove the Grove Cross Country 5K, which took place June 24 at Millard's Walnut Grove Park. Daren finished in 23:02, good for ninth place. Omahan Andy Vazquez came in first (17:24) among the 36 finishers.

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# OMAHA RUNNING CLUB

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