

See pages 2-3  
to catch up  
with  
Craig Virgin,  
Lebanon (IL)  
native,  
SLTC legend  
and  
three-time  
Olympic qualifier!



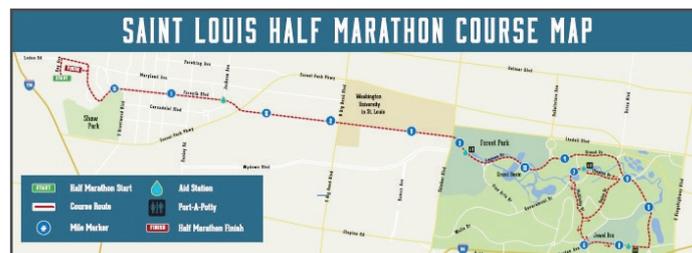
Newsletter No. 5  
May 27, 2016

# 37th Annual St. Louis Half Marathon & Clayton Police 5K

Nov. 6, 2016

**Register by Monday, May 30,  
to beat the price increase**

The half marathon is just \$55, the 5K just \$25  
through Memorial Day (we added an extra day of savings!)  
and SLTC members save even more!



[stlouistrackclub.com](http://stlouistrackclub.com)

# Runner Profile: CRAIG VIRGIN

We recently had an opportunity to talk to and email with legendary American runner Craig Virgin. Craig lives in his hometown of Lebanon, IL, a mere 23 miles from the St. Louis Arch. Craig lives on one of the two Virgin family farms and in the home that his paternal grandmother was born (and died) in. Craig's mother and father only recently retired from farming. One of the many things farming taught Craig was that weather impacts everything ... especially running. Craig spoke at length of how he loved and appreciated training through the four Midwestern seasons, and all that each one taught him. He even left Nike's Athletics West in Oregon to come back to his hometown to train in 1978. Craig went on to make three U.S. Olympic Teams with his training mainly based out of Illinois.

## **Q. Tell us about your relationship with the St. Louis Track Club (SLTC)?**

I had a significant relationship with the SLTC back in the '70s when both the club and I started to grow and my racing career took off. I was always proud of my "home region," which is not just SW Illinois but includes the greater St. Louis area ... as I trained and raced in both. Then, there was the official SLTC uniform wearing year of 1978-1979, with adidas as my sponsor and SLTC as my home running club that I represented in competition.

I believed in a schedule that had a mixture of local/regional races as well as national/international races ... and I used some of the local races that I did for specific training purposes. We raced more back then than the "big dogs" do now. But I also wanted to promote the sport within my home area as well ... to put it on a more visible and respected footing when compared to some of the other major sports. I did go around to races nationally and internationally and was paid to promote and perform ... that was how I made much of my income ... but I also did other local/regional races for a discounted price and maybe even for free if the cause/host organization was special to me for some reason. I felt it was important to stay connected to the largest running club in my home area ... and I counted many friends/fans amongst SLTC membership.

A great example of mixing local/regional races with national/international races is the weekend I raced Thursday night in the 10,000 meters at the Penn Relays, winning with a time of 27:59. Then at the request of adidas and the New York Road Runners Club, I ran in the Trevira Twosome 10-mile race organized by the late Fred Lebow in Central Park. I beat the then-unbeaten Bill Rodgers with a pending American record of 46:30.7 ... Then after the NYC race, I flew home so I could race Sunday morning in the Famous Barr Gateway Arch 10K organized by the SLTC ... I won in 30:28. It was the craziest high-quality three races in four days that I ever attempted!

I was happy and proud to be first a regular and then honorary member of the SLTC. I want to say that Jerry Kokesh provided very

(below) Craig Virgin (43) at the 1979 AAU National Track & Field Championship in Walnut, CA. Craig won the 10,000 meters in 27:39, breaking Steve Prefontaine's American Record for 10K.



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*Continued from page 2*

important leadership in the first 10 years of the club and then Tom Eckleman and his wife, Gwen, did a heckuva job after that for a couple of decades, along with a core leadership group of about 20-30 serious runners. I have worked with the SLTC on assorted projects since ... as special cases come up, and I will always entertain any possibilities that come up in the future. The club and I got started about the same time and grew up in the sport at the same time. The SLTC will always have a special place in my heart as a result.

**Q. Tell us your impressions of the St. Louis Half Marathon and what it means to the St. Louis running community.**

I came and ran the half marathon course as a workout and helped give out awards. When Rich (Anderson) was president, he brought me back to help promote the race and I might have even run the 5K. The Half Marathon has always been one of the primary events that allows the Track Club to fulfill its nonprofit mission in the St. Louis region. The programming and work the club is able to do as a result of the Half Marathon & 5K benefits both the running community and community at large. Truly something to be proud of!

The St. Louis Half Marathon has always been more of a serious running event and less of a mass participant spectacle - the people finishing the half marathon really train for it and take it seriously. When I was watching people finish the half back when I helped out, I was very impressed by that. I appreciated the training and effort the participants had clearly put into their race and the respect the distance was given. I may be "old school," but I still feel that this is the right way to conduct a running program or race.

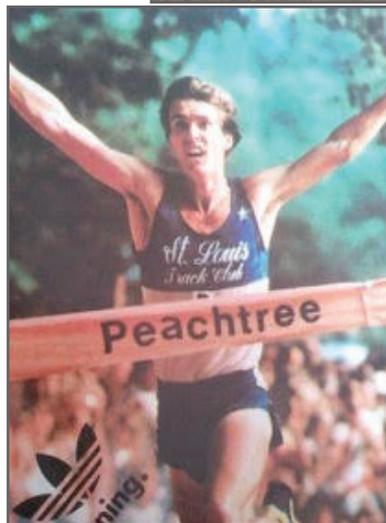
The course runs along Forsyth, through a beautiful neighborhood and past the Jewel Box - from that perspective it's a very scenic race. The Track Club can be proud of it, the city can be proud of it, and while some other races have been around for one to three years, many rarely stay. Thirty-seven years as a continuous running event is the equivalent of a Broadway hit - it may not be the flashiest, but it has the earmarks of a truly classic race. Less gimmick and more substance, it is really a throwback in a positive sense to the early days when the Club decided to put on a race that was technically proficient (safe, accurate, and with water stations where they are supposed to be) with a small, fun celebration at the end. The Track Club never lost its way on keeping those elements intact.

The St. Louis Half Marathon strikes a balance between being a local/regional race that welcomes runners of all abilities and experience levels, while also promoting and supporting competitive and elite runners. I wore the St. Louis Track Club singlet in local/regional races and I wore the singlet in world-class races - that's one of the things that makes running special. With the Track Club, we had running events where I could line up on the starting line ranked No. 2 in the world at the 10K wearing my SLTC singlet ... right next to a 10-minute miler! It is part of the magic of our sport. Running is generally very inclusive and democratic and gender fair in nature. We are the exact opposite of an exclusive or elite caste system. It's something we can all be proud of!

*Craig's authorized biography "Virgin Territory - The Story of Craig Virgin, America's Renaissance Runner" is due to be released later this year. To follow author Randy Sharer's progress, see his blog at [randysharer.wordpress.com](http://randysharer.wordpress.com).*



*(above) Craig heading to a record-breaking finish at 1979 Falmouth on Cape Cod, beating Bill Rodgers.*



*(right) The 1979 Peachtree Road Race. Craig won and set a course record. This photo went on to become an adidas magazine ad and poster.*

# Why Do I Keep Getting Injured?

Dr. Matthew Lytle, Precision Health Group

**W**hy do I keep getting injured? Most people expect to have some aches and pains with exercise, hence the expression: No pain, no gain.

But what happens when pain turns into injury and doesn't go away? Hip pain turns into knee pain, then into foot pain. Chronic injury and pain have an underlying cause called adhesion.



**Running → Overuse → Adhesion  
→ Injury → Less Running → 😞**

pain, which means decreased activity.

**What do I do?** Most people will try stretching, foam rolling and other ineffective home remedies. However, adhesion must be diagnosed and treated to fix injuries.

The good news is that the doctors at Precision Health Group specialize in finding and fixing adhesion.

Their state-of-the-art treatment methods have helped thousands

of patients recover from injury and happily return to normal activity.

**What is adhesion?** Adhesion is the most common problem in the human body. Adhesion acts like glue; it prevents healthy stretch and contraction. Weakness and tightness then leads to injury and

Dr. Matthew B. Lytle is the clinician director and owner of [Precision Health Group](#). He can be contacted at 314.739.8841.



## SLTC Anti-Doping Policy

Anti-doping policy to be in effect for elite runners at November's St Louis Half Marathon

To be eligible for elite entry or prize purse at the St. Louis Half Marathon, an athlete must:

- \* Not be currently serving a suspension for use of a banned substance
- \* Not have ever served a ban for use of performance enhancing drugs
- \* Not be represented by coaches and/or agents who have had 2 or more athletes receive such suspensions in the previous 4 years

- \* Not be represented by coaches and/or agents who ever served a ban for use of performance enhancing drugs during their own athletic career
- \* Provide proper documentation proving they are eligible for prize money in the form of a W-9, W-8ECI, or a W-8BEN
- \* Consent to random drug testing according to the standards and procedures of UTATF, ASADA, and WADA

### [Pace Series](#) kicks off 16-week run this Wednesday in Forest Park

Guess your pace, leave the watch behind and see how close you can finish to your predicted time! Each week is just \$1. No need to register. Just come to the Forest Park Visitor's Center a bit before 6 pm each Wednesday to check in.

[StL Track Club's Pace Series weekly distances](#)

### [Corps of Discovery Trail Race](#) is Aug. 28 in Weldon Spring

Join us at the Lewis and Clark Trails on the last Sunday in July. You can tackle the 5-mile Lewis Trail or take on both Lewis and the 8-mile Clark Trail. Event proceeds go toward the Weldon Spring Conservation Area.

[StL Track Club's COD Trail Race registration](#)