

All American Spotlight

By Becky Kraemer

M50 Thomas H. Case

Tom is our October man of the hour. All his friends, but forever "Thomas" to his father, call him "Tom".

All American 2008 events and times: One Mile Run: 5:10.00

How long have you been competing?

I competed in high school and college where I graduated in 1980. I took about 18 years off, and then began competing again in 1998.

I attended Orchard Park High School, a suburb of Buffalo, NY, and competed in the 400-meter and the mile. I also ran cross-country and swam the 100 and the 50 on the swim team. I attended Yale University (class of 1979) and rowed lightweight crew for four years. I was on the Yale swimming team for one year. After that, it was law school at USC, class of 1984. I exercised more lightly during law school and then came down with chronic fatigue in 1985, following a serious intestinal infection. For the next 10 years, I would get extremely weak and dizzy whenever I tried to exercise or I did not get at least 8 to 9 hours sleep per night. In late 1994, I came upon an article in a European newspaper about a marathon bicyclist from England whose chronic fatigue onset and symptoms were remarkably similar to mine. His doctor, Vijay Kakkar, was originally from India, which has a long history of taking ice baths to promote health. Dr. Kakkar was doing research at the time to determine if ice bath therapy would help asthmatics. Dr. Kakkar suggested the marathon bicyclist try ice baths, and it worked. In less than a month, he was riding again for the first time in years. Therefore, I looked up ice bath therapy and followed the instructions. You have to acclimate your body temperature slowly to be able to fully submerge in 60 degree F. water for 20 minutes. Within a month, I was running for the first time in 10 years. I religiously took 20-minute ice baths every morning for 2 years, then graduated to cold showers. Then I started training more seriously and competing in master's events. I'm pretty much cured now, though I still take some

cold showers and maybe one or two ice baths a year. Ice bath therapy was a miracle cure for me, but it's painful. It takes about 30 pounds of ice to get the water down to 60 degrees and you shiver for a good 30 minutes or more afterward.

What motivates you to train?

The challenge of seeing how far I can push myself and how much I can improve with effort is what motivates me the most. I am fascinated that, with proper training at age 50, I can run about as fast as I did in college.

Who motivates you to train?

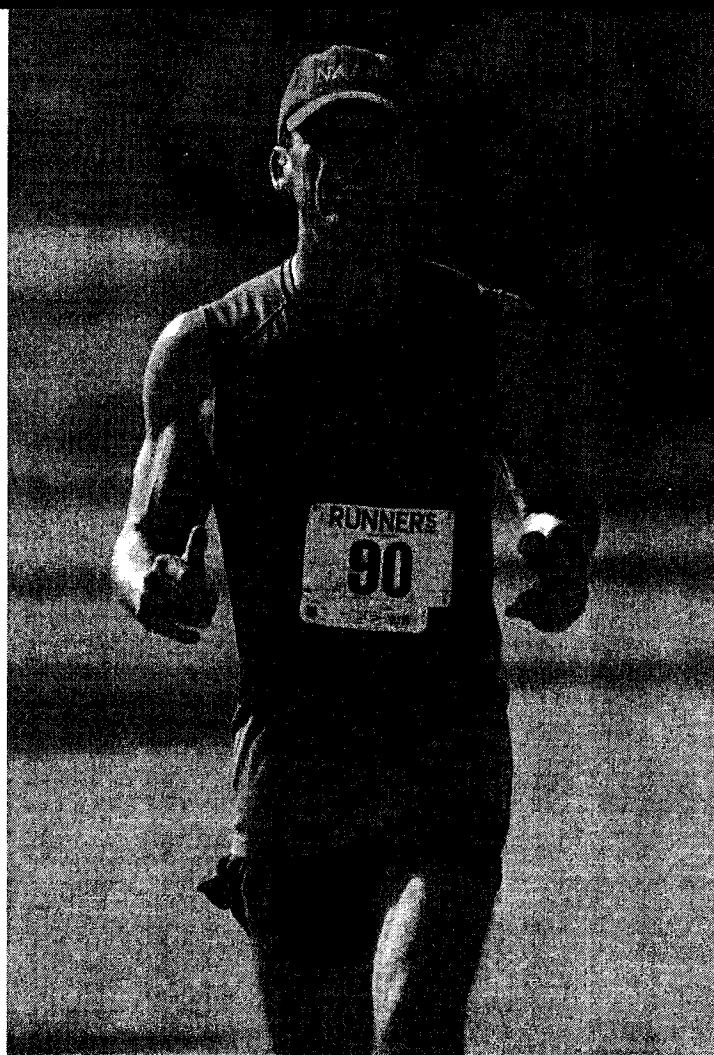
Coach Eric Barron from Track Club LA motivates me, as do all my track club buddies who cheer me on and/or try to beat me. The same encouragement happens with the coaches and teammates in my master's swim club. It is an extremely friendly and healthy competition.

What are your favorite events?

My favorite events are the one-mile and 5K. I also enjoy the swim/run series of races here in Southern California where you swim about 1/2 mile and race a 5K. Then there is the Boston Marathon. Because of its iconic history, there is no other race where an entire metropolis celebrates and applauds the runner with such gusto like the Boston Marathon, so that race is special to me, too.

Give us some more background on these events.

Since reaching my 40's, I have run 5Ks, 10Ks, the Catalina half marathon, two marathons, and a few cross country races of various distances (4K, 8K). I have not tried sprints or hurdles since high school and would not dare now. In master's swimming meets, I have swum the 100 free, 400 free, 500 free, and relays. In ocean swims, I have swum the 2-mile race from Redondo Beach pier to Manhattan Beach pier three times, and the La Jolla cove 10-mile relay once (2 person team, each person swims alternating miles). I ran the San Diego Marathon in 2007 to celebrate my 50th birthday. I managed to qualify for the Boston



All American Miler, Tom Case, is also a top competitor on the road.

Photo courtesy of Tom Case

Marathon, so I ran that in 2008 and will run it again next year. I have run the Playa del Run series of ocean swims followed by 5K runs about 3 or 4 times. Last year I also ran the Stair Climb to the Top race up the 75 stories of the Bank One tower in downtown Los Angeles.

Swimming helps me cross train for running and vice versa. The biggest advantage of cross training for me is reducing the risk of injury.

What is your least favorite event and why?

I do not have a least favorite event per se. Rather, there are events I am poorly suited for so I do not race them. Hurdles are one event I avoid because I'm a lousy jumper. Long ocean swims I just don't do, because I get hypothermic very easily (though I might try one in tropical waters).

What is your favorite training session?

My favorite training sessions are sprint hill intervals (6 to 8, 30 to 60 second sprints), followed by a moderately hard run for 2 to 6 miles.

Thinking about your All American achievements, give us a brief summary of the event.

My one mile run began with a waterfall start and a race to the inside lane. The first lap I shook off adrenalin, coming in at 74. My second lap I purposely tried to slow down a bit, but went overboard coming in at 2:35, which was 5 seconds slower than planned. My third lap I ramped it up to make up the time, coming in at 3:49. My final lap I had to reach deep, pushing that last 200-meters with

All Americans

OCTOBER 2008

Long Distance Running

M55

Francis Mirabelle
5k Run, 22:22, 6/1/08

M60

Alan Stein
5k Run, 23:41, 5/18/08

Paul Spinner

10k Run, 49:31, 8/17/08

M65

Joe Wilcox
5k Run, 21:49, 6/6/08

Track And Field

W35

Cindy Latham
Hammer Throw, 32.75, 8/10/08

W50

Kori Frasier
3k Run, 13:32.81, 8/2/08
1 Mile Run, 6:15.52, 6/27/08

Jennifer Jo Hogan

Shot Put, 8.25, 7/26/08

Carol Stein

100m Dash, 15.01, 6/15/08
200m Dash, 31.39, 6/15/08

W55

Sherrie Gossert
1500m RaceWalk, 8:53.34, 6/20/08

W60

Laurie Rugenstein
5000m Run, 21:16.74, 8/7/08

W65

Margaret Kaufman
200m Dash, 37.62, 8/10/08

Alice Tym

Shot Put, 6.64, 5/24/08
Discus, 16.84, 5/24/08

M30

John Fitzgerald
Discus, 49.73, 7/26/08

M35

Jeffrey Naylor
1500m Run, 4:17.65, 6/7/08
1500m Run, 4:21.21, 12/29/07
1500m Run, 4:17.71, 8/2/07
1 Mile Run, 4:38.24, 3/28/08
800m Run, 2:01.94, 8/2/07

Lee Faulkner

Pentathlon, 2611, 8/28/08

M40

Chris Sarsony
Pentathlon, 2658, 8/7/08

M45

Steve Davis
100m Dash, 11.80, 7/20/08

Douglas Thompson

800m Run, 2:09.54, 2/10/07

James Watry

One Mile Run, 4:55.24, 2/23/08
800m Run, 2:10.15, 2/9/08

M50

Thomas H. Case
1 Mile Run, 5:10, 7/26/08

Mark Cwiek

Javelin, 47.19, 7/20/08

Tom Manning

10,000m Run, 38:53, 5/26/08

Richard B. Srnka

100m Dash, 12.27, 8/19/08

Steven T. Terry

3k Steeplechase, 12:55, 8/3/08

Jameson P. Wells

Pentathlon, 2655, 8/7/08

M55

Sergio Angulo
300 m Hurdles, 50.90, 3/29/08
100 m High Hurdles, 17.16, 8/8/08
400 m Hurdles, 68.76, 8/8/08

Randy Hixon

Pole Vault, 3.3, 1/4/08

Gary Schmidt

Shot Put, 12.40, 5/24/08
Hammer Throw, 38.44, 6/22/08
Weight Throw, 13.91, 7/18/08
Weight Throw, 9.90, 7/22/08
Super Weight Throw, 6.43, 7/13/08

M60

Tim Wigger
800m Run, 2:17.86, 8/9/08
1500m Run, 4:59.81, 8/10/08

M65

Gerard Malaczynski
1500m Run, 5:10.55, 8/9/08

Sherwood Sagedahl

Javelin, 36.90, 9/5/08
400 Meter Dash, 1:08.75, 9/5/08

Benjamin M. Salcido

Long Jump, 4.45, 4/19/08

Joe Wilcox

1500m Run, 5:43.58, 8/18/08
One Mile Run, 6:13.68, 8/2/08
3000m Run, 12:32.29, 3/28/08

M70

William Eisenhart, Jr.
Javelin, 33.68, 7/24/08

Jack McDonald

Weight Pentathlon, 3026, 5/1-2/08

Neil Saling

Discus Throw, 41.74, 7/19/08
Shot Put, 12.09, 7/19/08

Ronald Whittemore

Long Jump, 3.81, 8/17/08
Triple Jump, 7.81, 8/17/08

M75

Samuel D. Miller
400m Dash, 1:22.08, 8/8/08

Ernie Smith

Javelin, 25.22, 8/8/08
Shot Put, 9.75, 8/10/08

M80

Suat Akgun
Long Jump, 10.07, 6/1/08

M85

Roy T. Englert
1 Mile Run, 9:33.22, 3/28/08
3000m Run, 18:46.90, 3/28/08

All American Spotlight Continued from page 6

my lungs burning and my legs giving out. I successfully crossed the finish line, just barely making the All-American standard. Whew!

What is your next goal?

My next personal goal is a sub 5-minute mile. This is a very aggressive goal. It will require some very smart, very intense training. There is always a risk of injury when training at this level, so cross training and weight training will be important.

What specific cross training do you incorporate into your workout week?

Swimming is my major cross training, and I usually do a 1-hour master's work out with the Southern California Aquatic Masters (SCAQ), two to three times a week. Typical swim workouts are about 3,000 meters, with various intervals, stroke work, etc. In those months where I want to compete in swimming events, I will increase my swims to 6,000 meter workouts, four to five times a week and use running as my cross training. I have also used "boot camp" (through Sonki Fitness in

Santa Monica) which includes a lot of circuit training, stairs, sit-ups, push-ups, jumping, and sprinting in the sand.

Do you have any significant past injuries to overcome?

My past injuries include medial epicondylitis (surgery, 3/07), torn biceps (9/06), strained Achilles tendon, strained hamstrings, and nerve inflammation in my neck. Currently, I am injury-free, but the hamstring, Achilles tendon, and elbow are always at risk to flare up.

How has being an All American masters athlete helped you in other areas of your life?

It reinforces my general philosophy that reaching your life goals requires good strategy, confidence, and admitting weaknesses, overcoming obstacles, hard work, and never giving up.

If I take this question literally, I'd say the jury is still out because I just made the All American standard on July 26, 2008. I have not really lived with it long enough for anything to sink in. On a more general note, reaching the All

American standard confirms that I still have plenty of athletic potential in my 50's; it is all about making athletic achievements a priority. Applying this to other areas of life, I am convinced you can be in the ranks of the elites when it comes to your skills as a father, a husband, a musician, a lawyer, or a baker (all passions of mine) if you make honing these skills a priority. I am a far better husband and father than I was 10 years ago because I make this a priority. I make mistakes and have setbacks, I strive to understand them, and I learn and do better. Sometimes it is hard work, but it's worth it. My wife and my kids hardily agree.

Tom's words of wisdom for the month:

"Life is far more satisfying if you set challenging goals and strive to reach them. If you do not push your limits, you are not reaching your potential and you will never know what could have been. To show true courage, you have to risk disappointment."