

Andrei after finishing Spartathon 2013

tremendous stress you can put on it during training and racing such long distances. This can be compared, to a certain degree, to base training for a marathon. Second is the mental aspect of the training. This is perhaps as important as the physical training, because it is the mental strength that will carry you when your body wants to give in to the fatigue and pain. Andrei describes mental training even more in depth to include visualizing the actual race from start to finish and picturing the various hurdles and obstacles along the way and how to deal with them. In training for the Spartathlon, which took four months of running between 100-200 miles per week (or 3,000 miles over the four months!), Andrei would routinely watch YouTube videos of the famous course so that he would feel on somewhat familiar ground during the actual race. The goal in any race is to keep your heart rate as low as possible, and when you feel familiar with the course, it will help in keeping your heart rate down and keep you focusing on the task at hand. And third, “always prepare for success” Andrei preaches and confidently told me, “I never felt for a second that I wouldn’t finish.” In other words, he didn’t even allow the thought of not finishing into his head.

In way of actual training for the race, in addition to the high weekly mileage, Andrei developed specific training suited specifically for this race. Some would call it extreme, but it was necessary for him to know that he would be properly prepared for the conditions he would face. While most people were fighting to stay cool during the hot summer months, Andrei would pull a tire that was tied to his waist up and down the Key Biscayne Bridge, and even did so for a 24 hour period while wearing a winter thermal suit (raising his body temperature up to 20 degrees higher). In the actual race, the first day he experienced temperatures of about 88 degrees and on day 2 it was 93 degrees.


**Gold Coast Runners
CLUB MEMBER BENEFITS**

- Subscription to this premiere publication - the *South Florida Running Forum*
- Free pair of Thorlo Socks with every membership
- Free Smoothie King Gift Card with every membership
- Discounts from club sponsors: Accelerade, Runner’s Depot, and Alex’s Bicycle Pro Shop - Free Bike Tune-up when you join or renew your membership - \$50 Value, and 10% off all purchases
- Club running apparel available at very reduced prices
- Discounts on Club races
- Weekly group training runs
- Annual Club track meet or membership race
- Social events including sporting events, parties, family picnics, potluck dinners, themed races, road race trips
- Automatic membership into the RRCA
- The opportunity to meet, train with and build friendships with others in the running community


Additionally, he would work on getting his heart rate up by doing interval work, which many associate with preparation for shorter races. This combination of training allowed Andrei to obtain a 100 mile PR within the 153 mile race of a little over 17 hours, which he looked at as having time in the bank for some of the rougher terrain that lied ahead of him.

All of his hard work paid off because when Andrei was approaching the finish of the race, draped in an American flag with a police escort leading him in along with the children running and biking beside him to celebrate his finish, he had earned himself the distinction of being the second American finisher in a field that included Mike Morton (selected as the top ultra-runner in the United States for 2012) and several other American top ultra-runners. To cap it off, the race tries to incorporate music from the country each runner is running for as they finish, and they appropriately selected the Rocky theme song for Andrei as he crossed the finish line and the laurel wreath was placed on his head. As a side note, Andrei skipped a lunch with the Mayor the day after the race so that he could ask his now fiancée, Claire Dorotik, who is also an avid ultra-runner, to marry him in Sparta. She said yes.

Please feel free to send your feedback on this article or suggest future topics or alert me to athletes of interest in the local community by contacting me at sdwest1102@yahoo.com or messaging me on Facebook.



MARK YOUR CALENDARS
Vista View 360 Ultramarathon & Relay
Sunday, January 12, 2014
6AM – 12PM
A 6-Hour Timed Event at Vista View Park, Davie



Run Through Central Park 5K
Sunday, February 9, 2014
7AM at Central Park, Plantation

~~~ Join Us ~~~

Gold Coast Runners weekly training runs!
We are a beginner-friendly group!

Sunday Morning – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park.
7:00AM start. All paces, Runners & Walkers. Join us for refreshments & stretching after the run!

Tuesday Evening – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park.
7:00PM start. All paces, Runners & Walkers. Join us for refreshments & stretching after the run!

*** Our Wednesday Night fun runs have moved back to Robbins Lodge in Davie**

**Gold Coast Runners
Wed. Night Fun Run
Robbins Lodge**

**Wednesday Evenings
Robbins Lodge in Davie**
Just North of Orange Dr. on Hiatus Rd.
Meet at the first pavilion
6:15PM - 7:30PM
Stay after for the cool-down stretch
All paces 4-6 miles

**Thursday Evenings - 17th Street Causeway
Ft Lauderdale Run Club - Training Run**
6:30 PM - Starts at Runner's Depot - Ft. Lauderdale
1489 SE 17 St. Causeway, Southport Center (954) 712-9951
All paces, 4-6 miles. Stay after for the cool-down & drinks

Runners and walkers, all paces Welcome!
For more information call 954-474-4074