A photograph of a man lying on his back on a green grassy field, possibly a soccer or football pitch. He is wearing a blue and white athletic top and blue shorts. Two other men are standing behind him: one on the left wearing a maroon and white shirt and black shorts, and one on the right shirtless wearing black shorts. In the background, there are trees, a red building, and a city skyline with several buildings under a clear sky.

BECOMING A MASTER

A UTTC holiday party presentation by
Adam Hammond

I.

GETTING INTO RUNNING

NATIONAL BESTSELLER

WHAT I TALK ABOUT WHEN I TALK ABOUT RUNNING

"Provides a fascinating portrait of Murakami's working mind and how he works his magic on the page." —*The Plain Dealer*

A MEMOIR

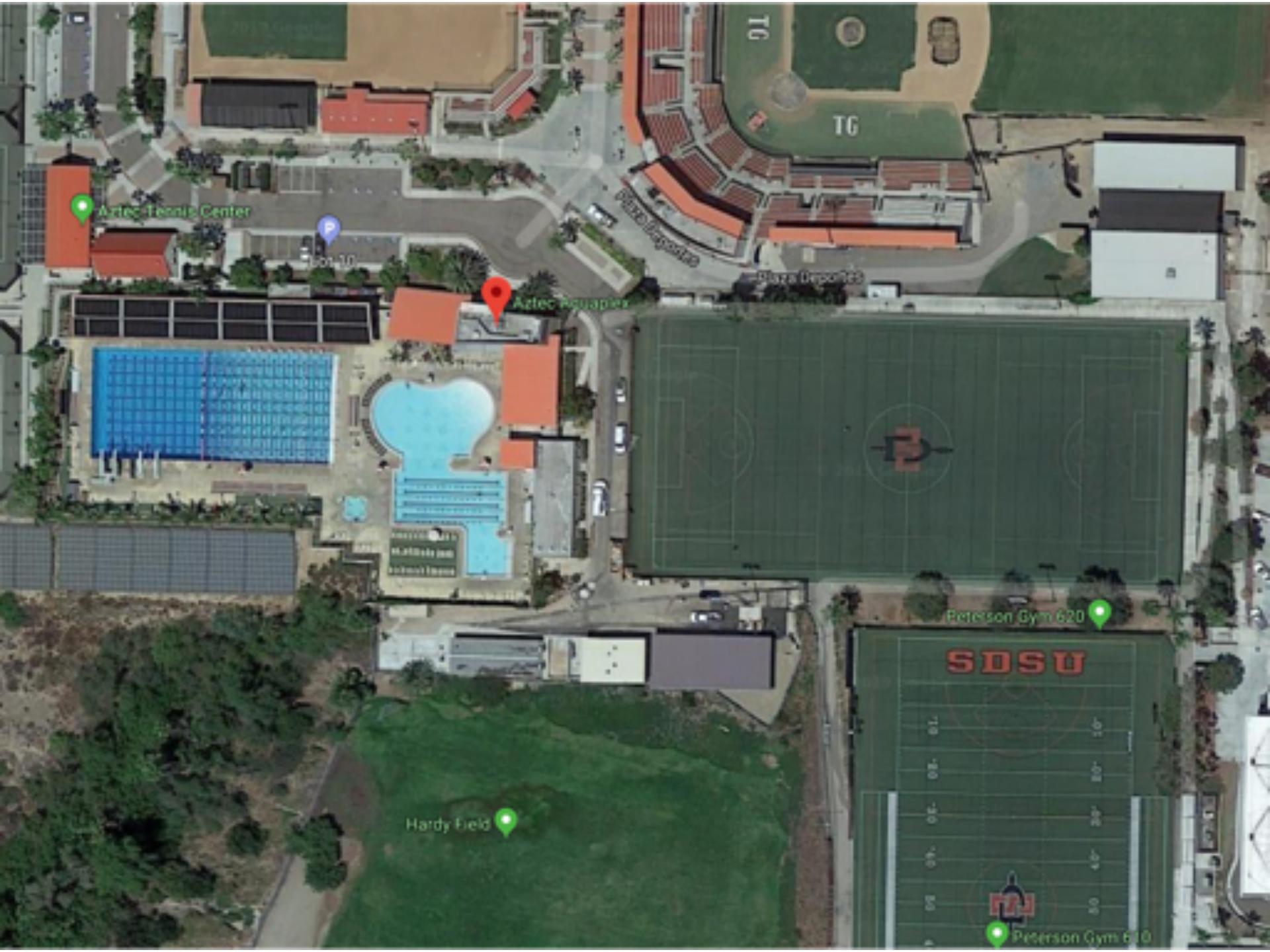


HARUKI
MURAKAMI

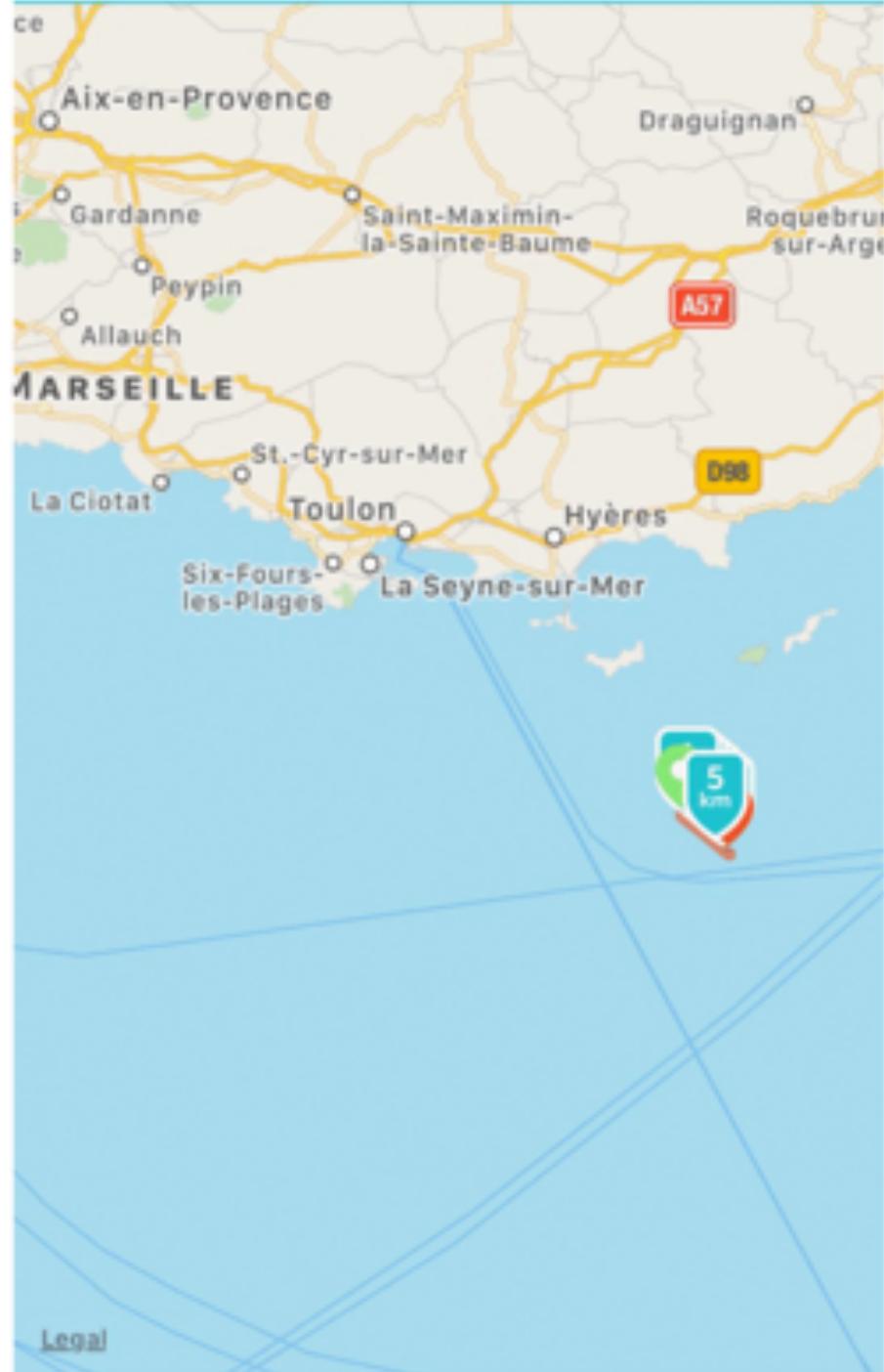
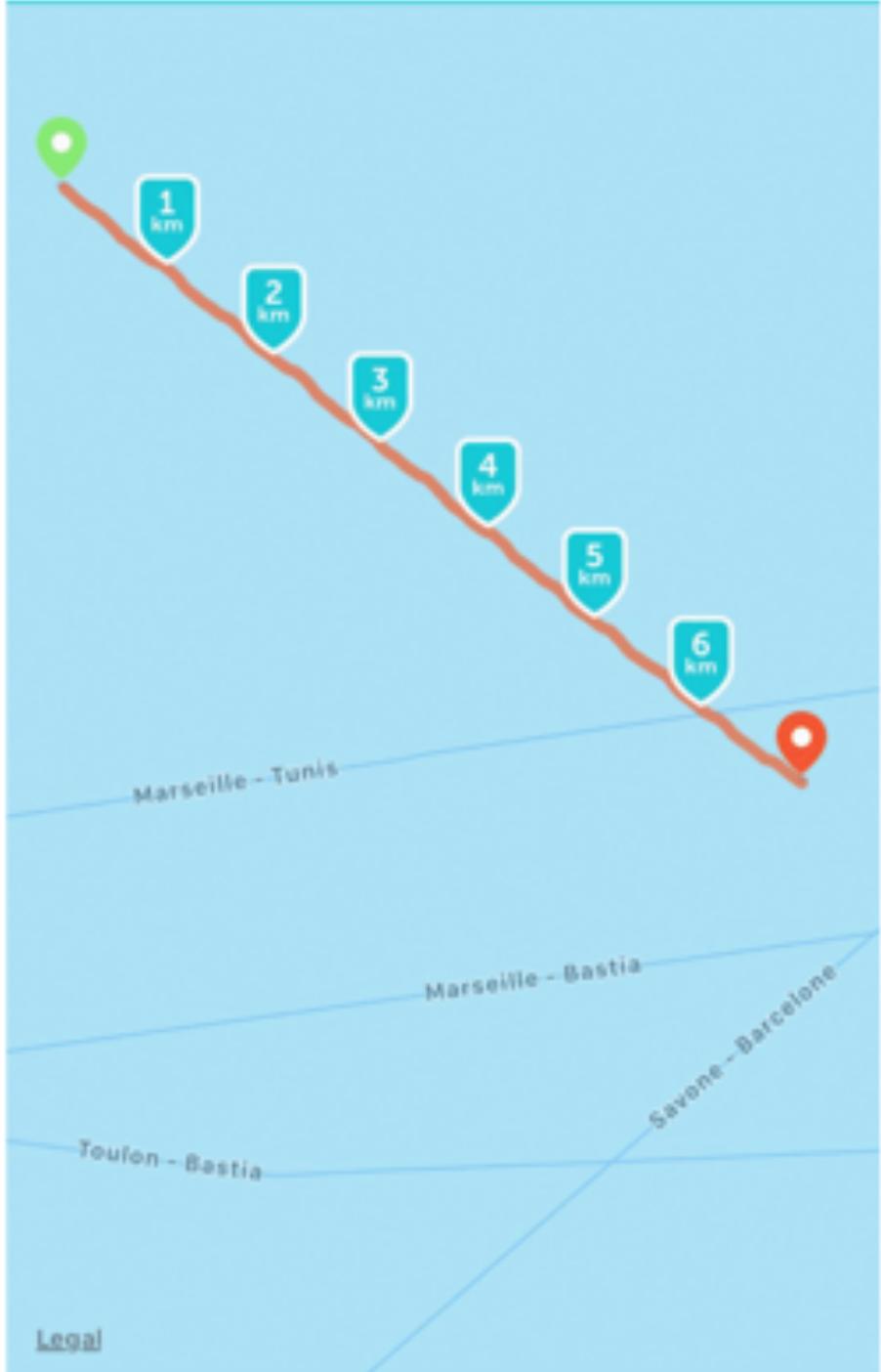
Author of *The Wind-Up Bird Chronicle*

If you live in Boston, Samuel Adams draft beer (Summer Ale) and Dunkin' Donuts are essentials of life. But I discovered to my delight that even these indulgences can be offset by persistent exercise.

**—HARUKI MURAKAMI,
WHAT I TALK ABOUT WHEN
I TALK ABOUT RUNNING**











AIDS WALK & RUN SAN DIEGO

San Diego, CA Sep 24, 2016 7:00AM

[Leaders](#)[Results](#)[Athlete](#)[search](#)

5K Walk

Overall



Rank	Athlete	Bib	Time
1	hunter bliss	163	00:21:30
2	Adam Hammond	135	00:23:39
3	Bryze Tomecek	288	00:25:26
4	Juan Hines	281	00:26:00
5	Ivan Ortiz	126	00:26:04

Results Questions? Contact Infinity Timing at
info@infinitytiming.com

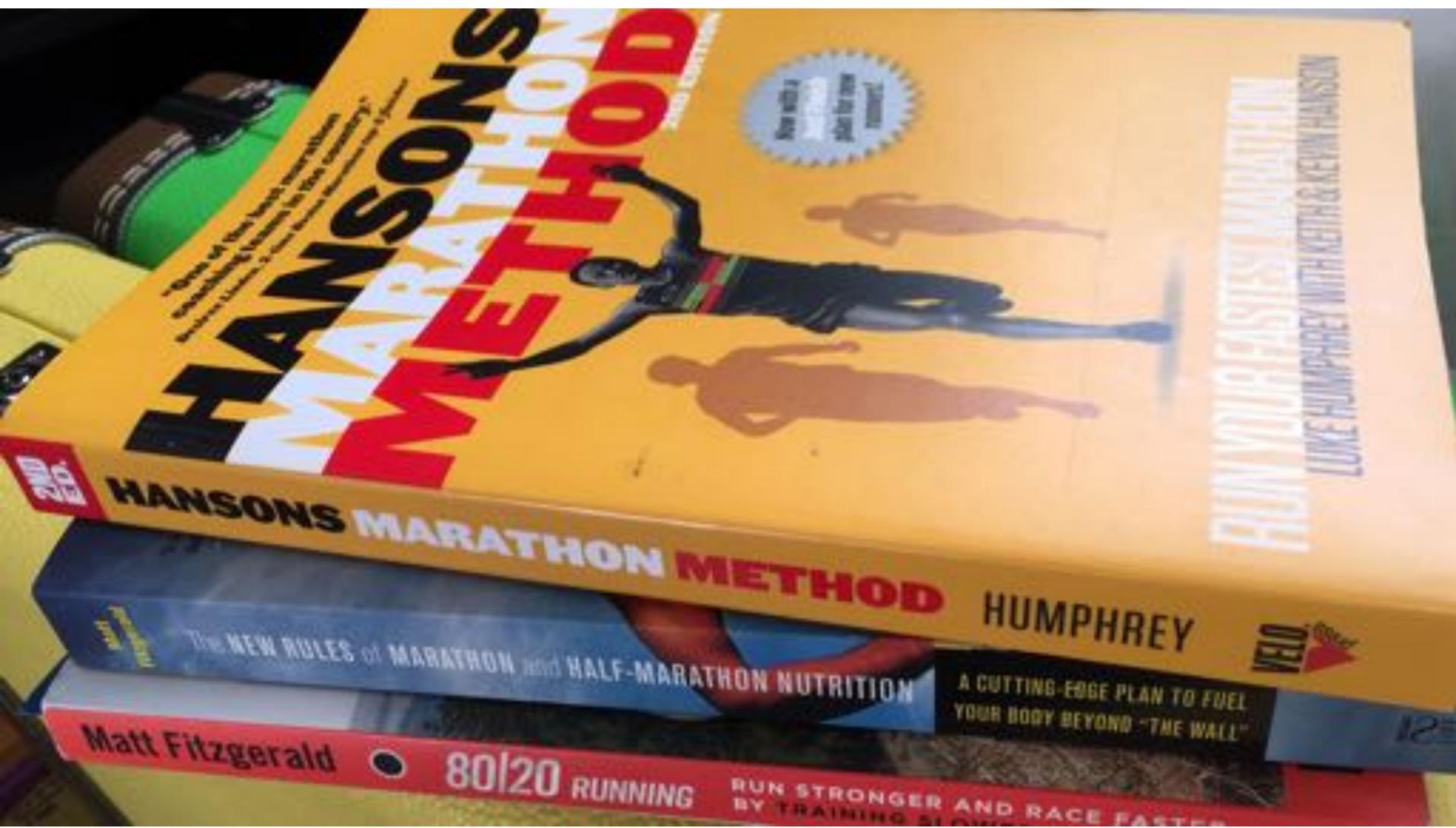


CHRONOTRACK





Rank	Name	Division	Time	Bib#
► 1	Daniel Kipkoech	M25-29	2:20:33	M1
► 2	Bryan Andrews	M30-34	2:29:00	M3
► 3	James Desalvo	M40-44	2:35:05	M5
► 4	Brett Bernacchi	M40-44	2:40:05	M9
► 5	Steve Vesbach	M25-29	2:44:47	M7
► 6	Sabrina Wilkie	F30-34	2:45:54	F3
► 7	Paul Young	M25-29	2:45:58	100
► 8	Simon Stewart	M40-44	2:46:21	M4
► 9	Eva Vail	F30-34	2:47:31	F2
► 10	Adam Buzinsky	M25-29	2:48:18	1284
► 11	Hugh Trenchard	M45-49	2:48:24	41
► 12	Paul Lyon	M35-39	2:49:48	51
► 13	Sean Marsh	M20-24	2:49:51	48
► 14	Yoshinori Fukuchi	M45-49	2:50:22	43
► 15	Jordan Brietzke	M25-29	2:51:23	37
► 16	Joel Bryan	M50-54	2:51:34	50
► 17	Felipe Edora	M45-49	2:51:56	47
► 18	Ben Hanke	M35-39	2:53:27	67
► 19	Kanta Matsuura	M45-49	2:54:06	42
► 20	Ken Ginnan	M35-39	2:55:19	40
► 21	Simon Lapointe	M40-44	2:55:45	59
► 22	Vicar Li	M35-39	2:56:25	45
► 23	Christopher Linstead	M30-34	2:56:36	86
► 24	Andrea Lee	F25-29	2:56:54	F6
► 25	Adam Hammond	M35-39	2:56:58	520



HANSON'S MARATHON METHOD

THE NEW RULES OF MARATHON AND HALF-MARATHON NUTRITION

Matt Fitzgerald

80/20 RUNNING

HUMPHREY

A CUTTING-EDGE PLAN TO FUEL
YOUR BODY BEYOND "THE WALL"

RUN STRONGER AND RACE FASTER
BY TRAINING SMARTER

TABLE B.2 CONTINUED

11	MON	TUES	WED	THURS
	DWU1 Easy 8 mi. (13 km) DWU1, LS/Flex		DWU1, RT, LS/Flex	DWU1, WU, DWU2, TEMPO 8 mi. (13 km), CD
12	DWU1 Easy 8 mi. (13 km) DWU1, LS/Flex		DWU1, RT, LS/Flex	DWU1, WU, DWU2, TEMPO 9 mi. (14 km), CD
13	DWU1 Easy 8 mi. (13 km) DWU1, LS/Flex		DWU1, RT, LS/Flex	DWU1, WU, DWU2, TEMPO 9 mi. (14 km), CD
14	DWU1 Easy 8 mi. (13 km) DWU1, LS/Flex		DWU1, RT, LS/Flex	DWU1, WU, DWU2, TEMPO 9 mi. (14 km), CD
15	DWU1 Easy 8 mi. (13 km) DWU1, LS/Flex		DWU1, RT, LS/Flex	DWU1, WU, DWU2, TEMPO 9 mi. (14 km), CD
16	DWU1 Easy 8 mi. (13 km) DWU1, LS/Flex		DWU1, RT, LS/Flex	DWU1, WU, DWU2, TEMPO 10 mi. (16 km), CD
17	DWU1 Easy 8 mi. (13 km) DWU1, LS/Flex		DWU1, RT, LS/Flex	DWU1, WU, DWU2, TEMPO 9 mi. (14 km), CD
18	DWU1 Easy 8 mi. (13 km) DWU1, LS/Flex		DWU1 Easy 6 mi. (10 km) OFF	DWU1 Easy 6 mi. (10 km) LS

WEEKLY TOTAL	
61 mi. (97 km)	
55 mi. (88 km)	
62 mi. (99 km)	
55 mi. (88 km)	
63 mi. (101 km)	
55 mi. (88 km)	
55 mi. (88 km)	
55 mi. (88 km)	
55 mi. (88 km)	RACE!



II.

WHY I WAITED SO LONG



École élémentaire
Métis-Butte









III.

JOINING UTC MASTERS

Adam Hammond

Assistant Professor, Department of English, University of Toronto

[Home](#)

[Publications](#) •

[Digital Projects](#) •

[Courses](#) •

[About](#)

ENG 455: Virginia Woolf (*Fall 2017*)

Course Information

Course Code: ENG455H1-F LEC0201

Class Time: Thursdays, 3–5pm

Class Location: UC 44

Instructor: Prof. Adam Hammond

Office Hours: Tuesdays and Thursdays, 11am–noon

Office Hours Location: JHB 624

Email: adam.hammond@utoronto.ca

Course Overview

This course provides an overview of Virginia Woolf's tremendously varied body of work (as novelist, short story writer, essayist, polemicist, and publisher) as well as an introduction to advanced research in the humanities. In exploring Woolf's writing, we will consider the social and



MARATHON PHOTOS



Now

Daily

Hourly

Morning

Afternoon

Evening

Overnight

Next 8 hours 

MONDAY

5am

6am

7am

8am

9am

10am

11am

12pm



Forecast

Rain

Rain

Cloudy

Rain

Rain

Rain

Rain

Rain

Temp (°C)

3°

3°

3°

4°

4°

5°

5°

6°

RealFeel®

-8°

-8°

-6°

-8°

-7°

-6°

-6°

-5°

Wind (km/h)

41 ENE

41 ENE

41 ENE

43 ENE

43 ENE

43 ENE

48 E

56 E



Adam Hammond

April 18, 2018 at 9:13 PM

UTTC Masters

To: Paul Osland



Hi Paul,

I'm a 36 year-old English professor at U of T and a relatively new runner. I think I might be a good fit for the UTTC Masters programme.

I'm a longtime cyclist and was ready for a new challenge in spring 2016, when a friend dared me to run the Victoria marathon with him. I bought some running shoes, found a training program, and surprised myself by finishing in 2:56. I then wanted to push myself a bit harder and finished the 2017 LA Marathon in 2:47 (I was living in San Diego at the time). I took a bit of time off from marathons after that, running some 5ks before giving the half-marathon a go. I finished the Waterfront Half last October in 1:17 (way faster than I imagined I would).

I'm just back from Boston, where I ran that crazy, wet, windy, cold marathon. My training goal was just to do a respectable time, and on race day I decided to just take it really easy and enjoy the run as much as possible. I ended up finishing in 2:52, which I was happy with given the conditions.

I'm now looking to see how fast I can run a marathon (maybe low 2:40s?) — or if perhaps my talents may lay in another distance (I do enjoy the marathon the most). I've been self-coaching (mostly based on books by Matt Fitzgerald and the Hanson brothers) and am curious to know what feedback an experienced coach might provide. I've been very pleasantly surprised to find I'm a better runner than cyclist — and really excited to discover a new talent relatively late in life. But now I'm eager to see what comes next.

As a professor, my schedule is very forgiving for running, but summer is especially great. I'm away from April 27-May 13th, but am eager to get going on a training programme (perhaps for some 10ks over the summer, then the Waterfront Marathon in October) when I return.

Let me know know where to go from here.

Thanks,

Adam

—
Adam Hammond

Assistant Professor

Department of English

University of Toronto

adam.hammond@utoronto.ca

<http://adamhammond.com/>

Paul Osland

April 18, 2018 at 10:23 PM

PO

Re: UTTC Masters

To: Adam Hammond

Hi Adam,

I think the UTTC Masters group would be a great fit for you.

I suggest that you come out and join us for a workout when you are back in town, you should take a little time off after your Boston race anyway.

Just send me a note when you are ready and I'll let you know where we will be training that day.

Cheers,
Paul

[See More from Adam Hammond](#)

Overview

Analysis

Pace Analysis

Pace Distribution

Heart Rate

Segments

Matched Runs



Adam Hammond – Run



19:12 on Monday, 28 May 2018

Evening Run

Add a description

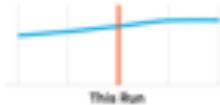


STRAVA LABS

View Flybys >

52 Runs on this Route >

This Run 3:18/km



1.04 km 3:28 3:18/km

Distance (1) Moving Time Pace

Elevation 4m Calories 97

Elapsed Time 3:28

TomTom Shoes --

TomTom Shoes --

Nice Work! You have completed this route 5 times. Keep it up!

View Matched Runs

This was easier than your usual effort.

Know when your training is on track and when to rest with heart rate-based metrics like Relative Effort.

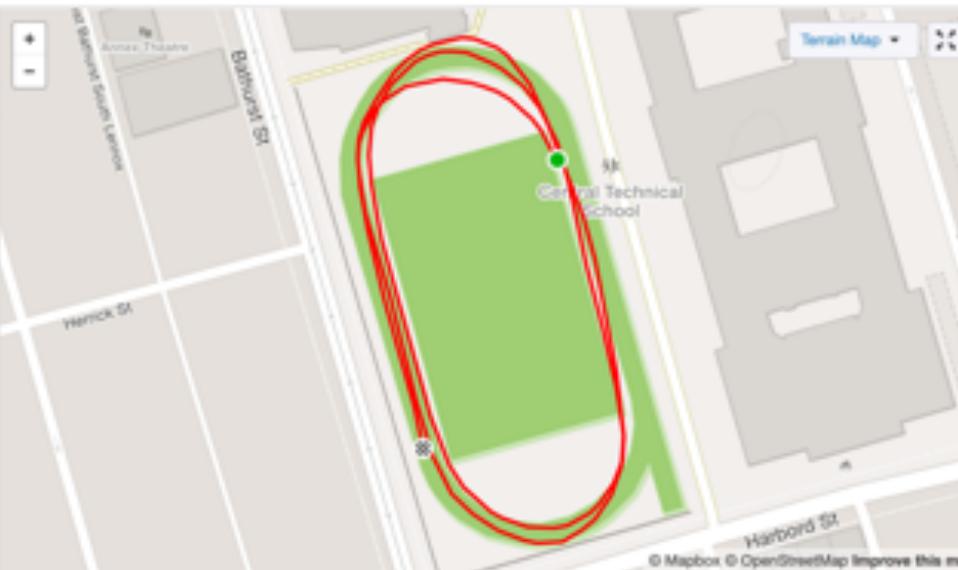
Join Summit



Splits

KM Pace GAP Elev

1 3:18/km 3:17/km 1m



I had to earn it.



BANG & OLUFSEN
YORKVILLE **RUN**

AB CANADIAN 5K ROAD RACE
CHAMPIONSHIP

SEPTEMBER 8, 2018

CAMROST
FELCORP

AB
new balance

1 MARATHON 2018



Adam Hammond
Championship
Age 37



Certificate

CHIP TIME

16:23.9

GUN TIME

16:27

PACE

3:17

OVERALL

26 of 147

MALE 35 TO 39

2 of 11

ALL MALE

22 of 103

Questions About Results? Get in touch!





“Adam is looking fit”
—Coach Mike, April



**“Next thing you know,
Adam will be down to 15
minutes”**

—Coach Paul, May

VARSITY STADIUM
UNIVERSITY OF TORONTO



BLUB
\$1000

HOME OF VARSITY BLUES





5th Ave. MILE

NYRR NEW YORK ROAD RUNNERS

NYRR
NEW YORK ROAD RUNNERS



5th Ave.

MILE

NYRR RUN FOR LIFE



26:36.



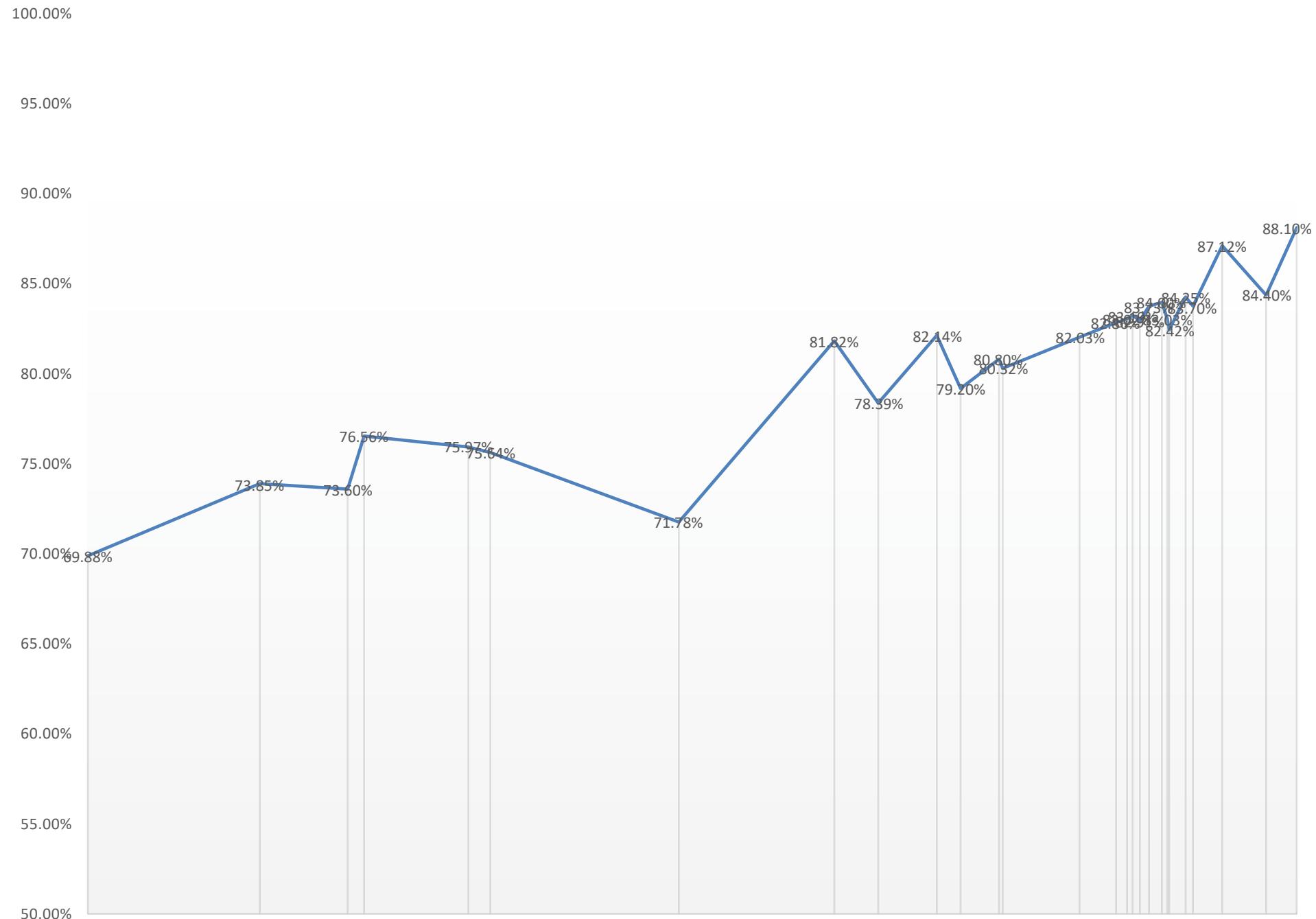
75



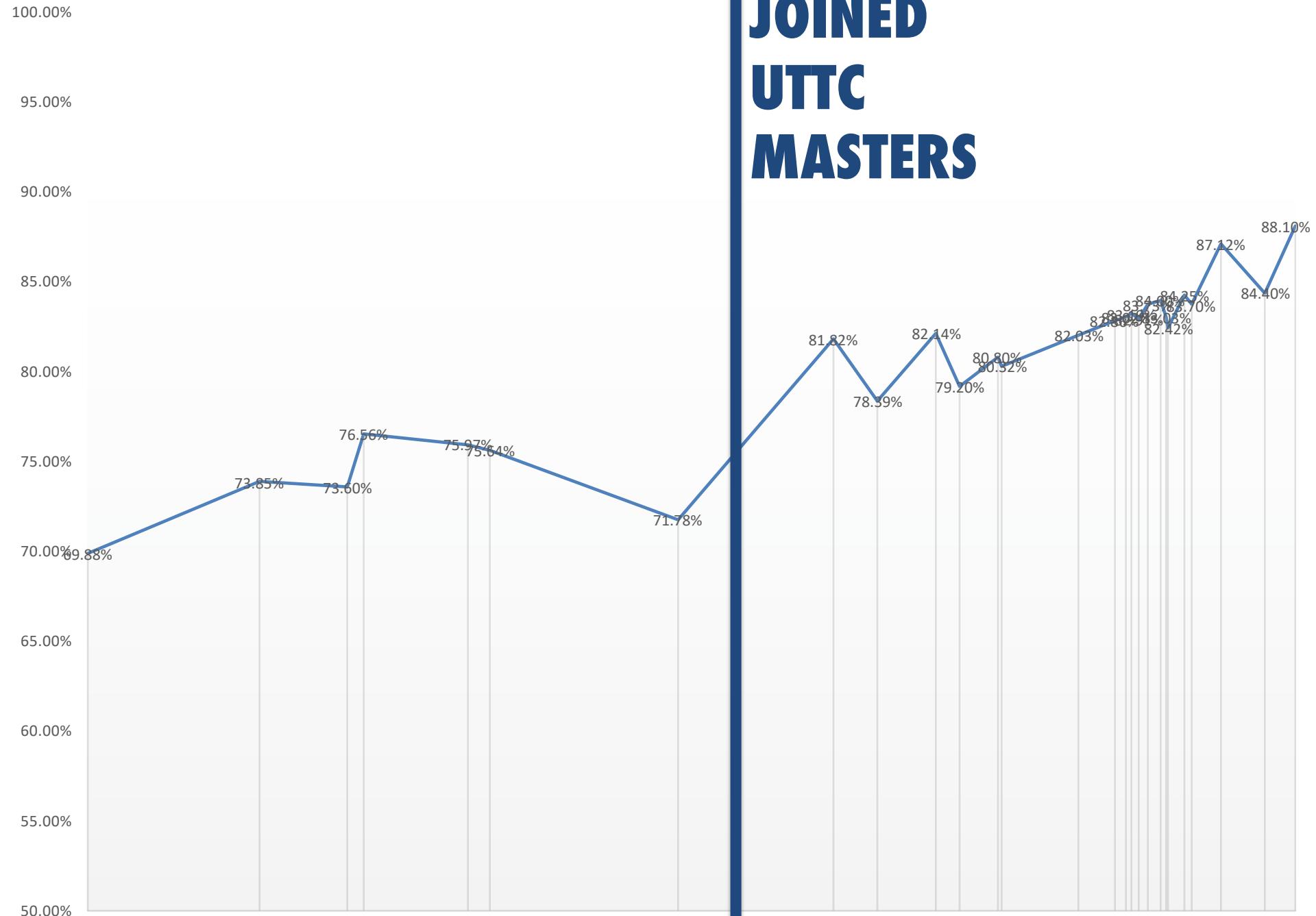


IV. MEASURING SUCCESS

Age Grading



JOINED UTTC MASTERS





Special thanks:

- Coaches Paul and Mike
- Jay
- Simon
- Phil
- Rita