

THE PACER



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Stiffler and Smith at the Howl

By Greg Smith

Greetings to all of you Walkers, Runners, and the mildly curious. I had heard about the Howl at the Moon race at Kennekuk Co Park in Illinois from a number of people. The idea of how far a person can go in 8 hours has intrigued me. Bud "Mr. Distance" Stiffler asked me to print him an entry form, and so I made several. I had just done the Indy Mini and knew I could at least do 13 miles if I really had to. I filled out an entry and had eight weeks to prepare. I signed up for 15 miles and wondered just how hot it would be on August 9th. I didn't know what the course consisted of, but I figured it wasn't going to be a repeat of the Lake Mingo mud bog.

I normally train a lot of extra hill filled miles to get ready for races and like to do the distance ahead of time. There always seemed to be something else that I ended up doing and not doing the animal training that I prefer. Week 5 and week 6 of my training were the only weeks above 15 miles for the week. I did a 13 mile walk at Shadyside and the river trail at the end of week 6. It made my legs so sore I didn't feel like walking at all. The knees were fine. My calf muscles and thighs seemed to be on fire. I did only 8 miles week 7 and 5 miles week 8. I was severely disappointed with my training and was prepared for a dismal "pay me now" race. And, I had signed up for 15 miles!!!

I got up at 4:00A the morning of the race and headed to Danville, Illinois. Bud had made the trip the day before and set up a table of supplies at a prime spot next to the starting line. I got my packet and parked near Bud and brought out my supplies. Surveying the scenery, there were 279 runners and walkers ready to take the challenge. I did a Gu and some water, stretched, wished Bud (35 miles) good luck and checked in with my scorer. This race is a series of 3.29 mile laps. You must check in with your appointed scorer at the beginning and end of each lap to get credit. Scorers are always right. You wear your bib on the left side so your scorer can easily read it. For August 9th, the sky was overcast, and the temperature 59. Unbelievably great for a long distance race in August. The gun went off, and we all took off. The course was a combination of grass, dirt, gravel, and pavement. We separated quickly, and it was then a matter of working on speed and form. I wanted an all day pace of 15 minute miles or slightly less. There was a water and supply stop at the half way point through the course lap. It had a little bit of everything. No, I didn't do a margarita on the first lap. There is a hill at the 2.5 mile point in the course. It doesn't bother you much to start with. But as the race goes on it becomes a focal or fecal point of the racers. As you get more tired it becomes a real pain to navigate up.

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I did a GU and a bottle of water every two laps. Gary Lee and Bud walked with me at different points in the race when they caught up with me. It was nice to see a familiar face once in a while. The lead walker passed me at least three times on the course. He was smooth and definitely legal. He had done some 50 milers before. I did my 15 miles in an elapsed time of 3 hrs 40 minutes. Things were going smooth and I felt great. I decided to see if I could go for a marathon and if I was really greedy, a 50K (31 miles). I was on pace through 6 laps and started feeling tired at the end of 7 laps. I was so hungry and so tired of GU that I ate a potato during lap 7. I struggled through lap 8 at the 6hr 30 minute point and as I passed the scorer started heaving. 8 laps was just past the marathon distance. I had an hour and a half to do another lap and a half mile to get 31 miles. My stomach was so upset that I couldn't stand upright and quit heaving. I know better than to try something I haven't done in practice (eat the potato); but I was so hungry I did it anyway. It took me an hour to get my stomach settled. Near the finish of the 8 hour race time limit, a quarter mile out and back loop is available to add miles. Only the laps fully completed before the time limit runs out are counted. I managed four short loops to add another two miles to my distance. 28.32 miles with my crappy training was truly a miracle to behold. I was excited, happy, and dead tired. My knees were okay; but my leg muscles were killing me. I wasn't sure I could bend my legs to get in my car.

Bud signed up for 35 miles and completed 37. What an amazing accomplishment for a young man in the seventy range!!!!!! He has my undying respect for his numerous distance accomplishments and especially for his kind advice and encouragement during this race. I highly prize his sage advice and enjoy his company.

I ate some Lee's chicken once my stomach returned more to normal; but just could not swallow any of the fabulous free beer. I placed fifteenth overall in the walk and felt fortunate to get a plaque. I will do this race again and hope to properly train for the next one. I hope to see some more of you do this race. It is well worth the effort and I truly appreciate the great job that the Kennekuk Road Runners do in putting this event on. Take care and hope to see you out at Mounds!!!

RRCA Cross training: the perfect spice for winter workouts

By Kimberly Bowes Westhoff

Does the drop in temperature put the "big freeze" on your running regimen? Warm up that workout by introducing cross training during the winter months.

Old Man Winter has a way of slowing us down during the colder months. Flowers become dormant, bears take to their caves, and many running regimens fly south for the winter. However, cold weather should not mean a freeze in your workout. The winter months are a great time to introduce cross training to your routine.

Patrick Avon, president of the Sergeant's Program* and an Ironman triathlete, says cross training is a must for any endurance athlete. "You use all your muscles to run," explains Avon. "And comprehensive basic conditioning is necessary to be an efficient runner. Just be sure to alternate your workouts. You should reduce your running routine to accommodate other activities."

Whether you opt for the comfort of the indoors or pull on the mittens and cap for a brisk outdoor workout, there is a wide range of training options to complement and enhance your exercise routine.

If you welcome the colder temperatures, you have a variety of outdoor cross training options. Those of you in more temperate climates can include rowing, swimming and biking among your outdoor activities. Rowing and swimming are particularly great alternatives. Both provide an all-over body workout, conditioning the quads, butt, abs, lower back and upper body. Biking works the leg muscles, particularly the quads, while providing needed relief from the pounding on knees and ankles. According to kicksports.com, "While running exercises the muscles in the back of your legs, biking does the exact opposite, and can keep your legs from getting out of whack."

If the forecast calls for snow, your outdoor routine calls for cross-country skiing and snowshoeing. Cross-country skiing most closely mirrors running in terms of range of motion and muscle groups used, while snowshoeing primarily works the quads. Both activities offer an enjoyable and challenging way to take advantage of winter conditions.

For those of us who prefer central heat, bringing your workout indoors doesn't have to mean monotonous hours spent on a treadmill. Cross training options are virtually unlimited. Stair climbing is a good substitute for running. Like cross-country skiing, climbing stairs utilizes the same range of motion and muscle groups as running. Elliptical trainers provide a great low impact workout, while stationary bikes and rowing machines allow you to reap the benefits while staying warm. Enjoy the company of others by taking part in an aerobics class, work off your aggression through kickboxing, or see why everyone is raving about Pilates. However, you don't have to drive to the gym to cross-train indoors. Run the stairs in your house or apartment, jump rope, pop in an aerobics tape or join the millions of people on the tae-bo bandwagon.

If you do choose to continue running outdoors, take care to do so safely. If your schedule allows, take advantage of the sunlight and warmer temperatures and run in the middle of the day. Avon suggests switching to a trail running shoe for better traction in snowy or slushy conditions. "Or better yet," advises Avon, "move your workout to an outdoor track, especially when the roads are covered with ice and snow."

H. David Bowes, an avid marathoner living in the Snow Belt, knows firsthand the dangers of running on the ice. Having completed more than 20 marathons across the United States and Ireland, Bowes often trained in the snow in Erie, Pennsylvania. "I have logged more than 30,000 miles in my years of training," explains Bowes. "I've also logged two major injuries due to ice and slippery conditions." The first came in 1983 when he slipped on a patch of ice, dislocating his left shoulder and sustaining a tendon tear that required surgery. The second slip came two years later when he was training for the Boston Marathon. This time black ice caused him to crack his ankle and left him in a cast for months. "The doctors at the hospital said they'd admit me through mental health if I came in with one more injury from running on ice," laughs Bowes. "I still run outside during the winter, but now I am more careful about gauging the weather."

Weather assessment also plays a large role in determining how to dress when running in cold temperatures. Bowes recommends layering to avoid overheating. "Gore-Tex is outstanding when the temperature gets below 25°," he maintains. "If the temperature is higher than 25°, I'll switch to polypropylene and my regular running attire." Added precautions against the elements should include gloves or mittens, extra socks, a hat that covers your ears, and using petroleum jelly on exposed areas such as the nose and cheeks. Avon also advises runners to wear reflective gear when running in the dark.

Finally, use strength training and stretching to round out your routine. "Running requires power," explains Avon. "It takes power to get up hills. Power is best achieved through strength training." Strength training has many benefits. It helps tone muscles, build muscle strength while burning fat, maintain bone density, and improve digestion. It also builds upper body strength and increases energy. Avon recommends weight training twice a week, with one day devoted to the upper body and one day to the lower body. Upper body exercises should focus on shoulders, biceps and triceps, while lower body work should target the quads and gluts. Dumbbells, resistance bands, ankle weights, handgrips, a pull-up bar and nautilus machines are all great options for strength training. However, any heavy object that can be held in the hand can serve as a weight.

No matter what kind of weights you choose, short, intense periods of activity are best-10-20 minutes-with many repetitions. "Be sure to strengthen your back as well, but don't overdo it," cautions Avon. "Your back is overworked every day. Once or twice a week is adequate." Complete your strength training with abdominal crunches three to four times a week.

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Race Calendar

Sat. Dec 6 TECUMSEH TRAIL MARATHON
Yellowwood State Forest Bloomington, Indiana
<http://www.dinoseries.com/marathon.html>

Sat December 20
2nd Annual 5k's of Christmas
<http://www.standingopromotions.com/html/5krunandwalk.html>

Wed December 24
Rudolph Run 5k
<http://www.energy2action.com/>

Sat. December 27
Huff 50k Trail Run
<http://huff50k.com/>

November & December Birthdays

Daniel Ballard
JB Dulworth
Robin Gerhart
Dave Hall
Carolyn McKinney
Marilyn Moor
Jerry Pierce
Wally Post
Brian Rayl
Jack Stepp
Mike Truman
Paige Truman
Edna West
George Wilson



Cont. Winter Workout

Last, but arguably most important, include basic stretching in your workout. Do not limit stretching to warming up and cooling down activities. Now is a great time to explore the benefits of yoga or learn the ancient art of tai chi. Not only will your muscles achieve a wider range of motion, many experts argue that stretching helps prevent cramps, stiffness and injury. Stretching is particularly important in cold weather.

So this year, when Old Man Winter comes knocking on your door, invite him in for a spin on the stair master or send him packing on a pair of skis. Because whether you are a koala bear or polar bear, the winter months are the best time to explore the benefits of cross training.

*The Sergeant's Program is an outdoor, boot camp style workout consisting of running, calisthenics, weight training and nutrition consultation. For more information see their Web site at www.sarge.com.

Cross Training Options

Indoors:

- Elliptical trainers
- Swimming
- Rowing machine
- Stair master
- Stationary bike
- Aerobics/tae-bo/pilates
- Jumping rope

Outdoors:

- Cross-country skiing
- Snowshoeing
- Rowing
- Biking
- Swimming (with a wet suit if necessary)

Upcoming ARRC ROAD SERIES

Sun. December 7
Kris Kringle 4 Mile Run 3 Mile Walk
New Castle

Additional Race Calendar

<http://www.tuxbro.com/2008%20Calendar.htm>

www.indyrunners.org/race-calendar.cfm

Race Results

September 7 Beyond The Badge

Sherry Robertson 21:16.8
Ann Morris 24:07.5

September 13 DINO - Town Run Trail Park

Gene Chandler 34:23
Greg Smith 37:44

September 14 Erie Marathon

Carolyn McKinney 4:26:55

September 20 ND RoughRider Marathon, Bismarck ND

Ann Morris 3:51:47 1st in AG
Wray Jean Cornwell 4:52:25

October 5 Oktoberfest 10k, Minster OH

Sherry Robertson 42:22 first in AG
Ann Morris 48:24 third in AG

October 11 DINO - SouthWestway Park

5K
Gene Chandler 43:07
Greg Smith 45:03
Marilyn Moor 50:05

15K
Tommy Goodson 1:24:04
Tom Corda 1:27:31
Ron Harmening 1:30:34
Lori Goodson 1:56:18
Debbie Harmening 1:56:19

October 26 River City Rat Race 10k

Sherry Robertson 43:34 1st in AG
Ann Morris 50:59 1st in AG
Bud Stiffler 58:36 2nd in AG
Jim Hoffman 53:10 first in AG
Janet Graham 1:16
Laura Copeland 1:20.18.

November 8 Outback Scramble Eagle Creek

4mile
Logan Rayl 39:24
Brian Rayl 44:00

November 17 DINO - Fort Harrison State Park

5K
Gene Chandler 40:08
Greg Smith 41:24
Marilyn Moor 49:33

15K
Sherry Robertson 1:09:42
Tom Corda 1:18:25
Ron Harmening 1:30:59

November 27 Drumstick Dash Broadripple 4.5 mile

Logan Rayl 28:01
Joe Baer 28:12
Brian Rayl 32:14
James Hoffman 37:17

November 28 Burn It Off Shelbyville

3 mile
Sherry Robertson 19:32
Brian Rayl 21:11
Ann Morris 22:35
Carolyn McKinney 22:51
Walter Evans 25:15

7 mile
Sherry Robertson 49:31
Brian Rayl 54:18
Ann Morris 56:15
Carolyn McKinney 58:31
Walter Evans 1:07:51

Websites for additional race results

<http://www.ecirunner.com/>

<http://www.indianarunner.com/>

<http://www.runindiana.com/>

<http://www.onlineraceresults.com/>

Health & Fitness

"MY KNEE ACHES"

Follow this Q & A to figure out what's ailing your knees.

By Deb Dellapena PUBLISHED 08/05/2004

Problem: "My knee aches."

Q: Do you feel stiffness over the front or inner side of your kneecap, especially after sitting or kneeling? Does it hurt more walking down steps? Does the pain go away a few minutes into your run?

If the answer is yes you could be having **Patellofemoral pain**, see [A] below.

Q: Is the outside of your knee achy, stiff, or tender? Do you run on a track regularly? Does it hurt during long runs and then fade afterward? Are you training for a marathon?

If the answer is yes you could have **Iliotibial band syndrome (ITBS)**, see [B] below.

Q: Is the pain in the front of the knee below the kneecap? Does it get worse as you run? Have you recently added more mileage?

If the answer is yes you could have **Patellar tendinitis**, see [C] below.

Q: Do you feel achiness under your kneecap? Is your knee swollen? Have you logged more than 400 miles in your shoes? If the answer is yes, you could have **Osteoarthritis**, see [D] below.

[A] **Patellofemoral pain** can be caused by alignment problems, damage to kneecap cartilage, overpronation, or muscle/tendon weakness or tightness. You can run through most patellofemoral pain, says Robert Wilder, M.D., of the University of Virginia, but you may need to cut back on distance, hills, or intensity. (But be extra careful if you have chondromalacia, a form of arthritis that causes patellofemoral pain.) Strength training, wearing a knee brace, taping your arches or wearing an orthotic, and replacing worn shoes or wearing motion-control shoes can help.

[B] **Iliotibial band syndrome (ITBS)** occurs when the IT band, which runs from the buttocks down and across the knee becomes tight and inflamed. Overpronation and bow-leggedness can also contribute. If caught early, you can recover in one to four weeks. Take anti-inflammatories one to two hours prerun, and stretch and ice postrun, says Irene Davis, Ph.D., P.T., of the University of Delaware. Reduce mileage, hills, and intensity. When you run on a track, rotate laps (1 mile clockwise, 1 mile counterclockwise). Tape your arches or wear orthotics.

[C] **Patellar tendinitis** is inflammation of one of the knee-joint tendons. Tendinitis occurs when tissue breakdown outpaces regrowth, and is caused by increased mileage, hills (especially downhill), and pace. Running through tendinitis will make it worse and prolong your recovery, says Davis. But treated early, it can heal in a few weeks. Here's how: cross-train, ice, wear a patella strap, take anti-inflammatories, stretch, and do exercises to strengthen the joint and quadriceps, such as leg extensions.

[D] **Osteoarthritis** is the wear and tear of cartilage. The pain can flare up on a run or a leisurely walk, depending on the severity and your age. Good news: Moderate running is okay, Wilder says. Cut back on mileage, hills, and pace when symptoms occur. Consider getting new shoes after 300 miles instead of 400 to 500 miles. Include a good strengthening program that focuses on hamstrings, quads, shins, and gluteals. Wearing a knee brace and taking nutritional supplements of chondroitin and glucosamine also are recommended.



Flat Belly Diet Recipes

Chocolate Delight Smoothie

Curb sweet cravings with this perfect MUFA-rich, Flat Belly Diet snack

SERVINGS: 1

½ cup skim or soy milk
6 oz (80-calorie) vanilla yogurt
1/4 cup chocolate chips ([MUFA](#))
1 cup fresh raspberries
Handful of ice OR 1 cup frozen raspberries

Combine milk, yogurt, chocolate chips, and fresh raspberries plus ice OR frozen raspberries in a blender. Blend for 1 minute, transfer to a glass, and eat with a spoon.

Nutritional Info Per Serving
387 calories



Flat Belly Diet Recipes

Citrus Infusion Smoothie

Lemon and orange blend for a tropical Flat Belly Diet drink

SERVINGS: 1

1 cup skim or soy milk
6oz (80-calorie) lemon yogurt
1 medium orange peeled, cleaned, and sliced into sections
1 Tbsp flaxseed oil ([MUFA](#))
Handful of ice

Combine milk, yogurt, orange, and ice in a blender. Blend for 1 minute, transfer to a glass, and stir in flaxseed oil.

Nutritional Info Per Serving
370 calories

Recipes from Wray Jean



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