

THE STARTING LINE

September 2007



WALKERS AND RUNNERS AROUND THE COUNTY OF ESSEX

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Comments and Suggestions are always! Welcome

Please feel free to forward any Ideas and Suggestions for our upcoming
Newsletters the “Starting Line” newsletter.

Send your email to admin@wracc.org

Member Question Why do you run/walk?

Send you comments quotes etc to dan@wrace.org and it could appear in the next newsletter.

Ingredients for Successful Running

There are three ingredients for becoming a successful runner:

- 1) Genetics (you picked the right parents who gave you inherent ability)
- 2) Training (both physical and mental)
- 3) Nutrition (food and drink before, during, and after your run)

In Jack Daniels' book, Daniels' Running Formula, he points to a few other ingredients:

- 1) Motivation (inherent and learned)
- 2) Opportunity (environment, facilities, climate, equipment, time, money, proper competition)
- 3) Direction (coaching)

He then boils it down further and states that it really comes down to defining four types of runners:

Type 1: High Ability & High Motivation = Champions

Type 2: High Ability & Little Motivation = Frustrating to coaches

Type 3: Little Ability & High Motivation = Easily frustrated individuals who tend to over train

Type 4: Little Ability & Little Motivation = In the wrong activity

Do you have the ingredients to become a successful runner? By using the 5W rule of Who, What, When, Where and Why, you will develop the proper characteristics that will help you to achieve this goal.

WHO = Who are the people in your life who will support your endeavors? Professionals such as Coaches? Personal trainers? Nutritionists? Massage therapists? Sports medicine doctors? Or personal friends and family? This becomes your network.

WHAT = What are you training for? Without a specific goal whether it's running a marathon or running for weight loss and fitness, you are aimlessly going through the motions without a

true purpose. Choose a short-term and a long-term goal.

WHEN = When is your goal date? When will you set up your training schedule? Having a written training schedule will make it more credible and working with a coach will provide accountability.

WHERE = Where will you train? This includes all running routes, races and health clubs for cross training.

WHY = OK, this is the big one. What would you like to accomplish? A time goal for a particular distance? A first marathon? A marathon in every state or on every continent? A more disciplined routine? A social network of friends with similar interests?

And you thought that it was just putting one foot in front of the other?

Quick Tips

Running Trails

If you can run on pavement, you can run trails. In fact, your body may thank you. The repetitive nature of road running can take a toll on a runner's muscles and joints. Trails bring a softer surface and a more varied terrain to your running, thereby taxing your body less. Trail running can be as simple as visiting your nearest city, regional, state, or national park.

Boring is Good

Get into a routine. Like anything else, a running program is easier if it becomes routine. Set aside a certain time each day that is designated as your running time

The Longer Runs

The point is this: Your body won't get used to running long distances, unless it has run those distances on a regular basis. But, the body needs rest between those runs, which is why we suggest no more than two long runs per week and moderate distance on the other days. At the beginning of your training program, those long runs could be 6 miles each. Then, as the weeks go

by, gradually increase them. Perhaps week two would see the long runs as 6 & 8 miles, week three 7 & 9, week four: 7 & 10, etc. Gradually increase these until your two runs are closer to 12 and 18 miles. At this point you have built an excellent base. And, remember, the other runs are there to serve a different purpose

Belly and Chest Discomfort

From the common side stitch to more indelicate gastrointestinal discomfort to the dreaded runner's nipple, these tips will help you prevent and overcome pain 'round your middle.

Ditch the Stitch

Description:

We've all had this one, a sudden sharp pain in the side of the upper abdomen at the base of the ribs. The side stitch typically strikes when you're really pushing yourself and fades quickly when you slow down or stop. The stitch is particularly common for new runners still adjusting to the rigors of running.

Likely causes:

The pain is caused by a spasm of the diaphragm, the muscle that controls your breathing. There are a number of possible reasons for this. If your breathing isn't controlled and disciplined, the diaphragm may be complaining. If you are running too soon after eating, your heavy stomach may literally be tugging at the ligaments connected to the diaphragm. Or you may simply be running too fast for your body's breathing machinery to keep up.

Remedy:

A stitch will usually go away quickly after just slowing down or stopping. If you're in a race or you just don't want to stop, however, you can often make it go away by bringing your breathing into careful control. Concentrate on belly breathing, pushing your belly out when you breathe in and relaxing it as you breathe out. Take deep breaths on the intake, and exhale suddenly, even noisily. To get the diaphragm to contract in rhythm with your steps, try to inhale and exhale as you land on your left foot. Strange but true, this can help prevent spasms by encouraging the

diaphragm to bounce along in sync with your stride.

If the pain is just too much and you have to stop, try bending over and raising your knee on the stitch side while pressing your fingers deep into the painful area and tightening your stomach muscles. Or just walk while belly breathing.

Runner's Trots (Loose bowels)

Description:

Painful and potentially embarrassing, the runner's trots are marked by the urge to head for the bushes mid-run. You may experience abdominal cramps, gas or diarrhea during or immediately after long or particularly strenuous runs and races.

Likely causes:

It's not entirely clear why this happens, but 20 to 40 percent of runners are troubled by this from one time to another. It's something that seems quite specific to runners and probably has something to do with the inevitable bouncing and jarring and sloshing that goes on. At the same time, running boosts the hormones that get things moving in your intestines. Dehydration, too, can contribute to the problem. Some runners, though, are more likely than others to have the trots. It's possible that this has to do with milk (lactose) intolerance. Even a mild intolerance that would otherwise go unnoticed may cause gas and diarrhea during a strenuous run within 24 hours of eating a dairy product. This is caused by the body's inability to metabolize milk and dairy products; gas in the large bowel is the result.

Remedy:

Be sure to drink plenty of water before, during and after your run. Experiment with reducing or cutting out all dairy products at least 24 hours before a race or long run. Try using lactose-free milk, available in most stores. Finally, try to clear your system with a bowel movement before you run.

Runner's Nipple

Description:

When you have runner's nipple, you know it. Raw, painful, even bloody nipples are tough to miss, though sometimes you won't notice it until

you get into the shower only to be treated to a decidedly unpleasant stinging sensation.

Likely causes:

Chafing with a wet shirt or running singlet. Particularly during long summer runs, the constant friction of a sweaty, salty shirt can quickly rub your nipples raw. Cotton is particularly villainous here, since it tends to hold water and become heavy.

Remedy:

Before especially long runs and on hot days, smear a little petroleum jelly on the nipples (or really anywhere there might be some chafing). Wear softer, looser clothes, and avoid screen-printed designs on your shirts and singlets. Especially avoid cotton and instead seek out lighter wicking fabrics like Cool Max.

Newsletter ideas: *Want something specific in the newsletter send your requests to dan@wrace.org*

by eHow Sports & Fitness Editor

You've discovered the challenge of the 5K race - a balance of strength and speed. Now, you want to go faster. Here's how.....

Step One

Run at least 40 miles per week in training.

Step Two

Add speed work. Running intervals (faster segments interspersed with a jog or walk) of 1/2 mile to one mile is good training.

Step Three

Do your speed work at least once a week; two to three faster-paced sessions are ideal.

Step Four

Time your speed work against your racing pace goal. Try to run your mile at least 30 seconds faster than your desired racing pace.

Step Five

Try uphill running. Do either uphill repeats or run uphill during a normal training run. Running uphill builds strength.

Step Six

Perform fartleks. Fartlek or "speed play" in Swedish, is picking up the pace of your running for random distances.

Step Seven

Put some stride-outs into your runs. At the end of a training run, open up your stride three to five times (for about half a block). This will help improve leg turnover.

Tips & Warnings

- Take into account the other stresses in your life. Modify your schedule when necessary.
- Always warm up before doing any speed work.
- Consider using a heart-rate monitor, especially for speed work.
- Cool down by running slower and then stretching.
- Find a training partner or group - this is particularly helpful when doing speed work.
- Consult an experienced runner or a coach for advice.
- Change directions when training on a track. This will balance the stress placed on the inside leg.



The 2007 Jingle Bell Run will be dedicated to: "Walter White Memorial"

WRACE is a not-for-profit club.

We do not have any paid staff and operate entirely with volunteers and supporters.