

December 16, 2007
Volume 1, Issue 1

TODAY'S PACE

The Run Down

PLANTAR WHAT?

IN MY HUMBLE
OPINION...

WHAT'S NEXT ?

VALLEY STRIDERS

LV & NV

TODAY'S PACE **Current Events**

Nine Valley Striders met the morning of December 15th for a brisk one hour run. Las Vegas temperature at 6 am was a chilly 32 degrees so ear warmers, gloves and long pants were worn by all. The course was a runner's dream

with a mostly flat terrain from Bunker Park to Washburn where a slight incline begins. From there, half the group made it to Durango before heading back. Rumor has it that someone in that group didn't quite make it to Durango but we won't name names. As proof that the club is for all types of runners, the distances run by everyone for the hour run varied from over 6 miles to 4.5.



It was a mad dash back to Bunker where pictures were taken with a possible logo for the newly founded club. Many suggestions for a name have been submitted and now forwarded to the members for their consideration. The voting process has started and the name and official logo will be unveiled to the members at the next Saturday run. After pictures, a caravan was made to the nearest Starbuck's for coffee and treats. It was agreed by all that the after-run coffee gathering was just as important as the run itself. It may be a perfect forum for the monthly club meeting and will be suggested to the members.

The Run Down **General running conversation.**

Did you know that it is accepted practice that runners always run on the side of the street against traffic while bicyclists ride with the traffic flow? This may be so that the slower paced runners can more easily see approaching autos and be able to react quickly to erratic drivers while the faster paced bicyclist can parallel traffic with less effort. Play it safe and watch the traffic coming at you. Nicole Kwon pointed out that the street seemed harder on the most recent run. Temperature has a lot to do with this. The colder the temperature, the harder the surface, so stick to asphalt or groomed road sides as opposed to the cement sidewalks.

PLANTAR WHAT? Tales of what ails us and rumored remedies.

What better subject to start out with than our feet? Let's talk a little about plantar fasciitis. Plantar fascia is the connective tissue that runs length wise on the bottom of your foot. Improper shoes and rough road conditions are just a couple of the causes of inflamed plantar fascia or plantar fasciitis. Filling a plastic water bottle and freezing it gives you a great tool for providing relief. Just place the frozen bottle on the floor and roll your foot on it. Be sure you wear a sock so you don't "burn" your foot and don't fill the water bottle all the way or it will break from the ice expansion. Treat your feet well. They are your running foundation.

IN MY HUMBLE OPINION... Members are invited express themselves provided their opinions are respectful and related to running matters. All opinions must be signed and limited to 300 words.

In many ways, this running club sprouted from Red Rock Running Company training. I have participated in two of their marathon training courses. RRRC delivered what they promised. They took me from not being able to run the distance between two light poles to finishing two marathons. The trainees have learned a lot about running and training. Some feel that after two or three training cycles, they can train on their own, while others feel the regiment of formal training benefits them more. I personally feel that training for a specific event will give me greater assurance of a successful run and attaining a PR (personal record).

The formation of this club has been anticipated for the last year. It should have come as no surprise that it was discussed at some training sessions. After all, this is where we all meet to run and talk about running. So it is unfortunate that there are rumblings of ill-will between prospective organizers and RRRC. This club is not taking away from RRRC but rather, is an evolution of the successful training program. People are not substituting club membership for the training but rather, they are reinforcing the efforts they have already spent, by participating in current, organized runs while waiting for the next training cycle to begin. The club also allows an outlet to voice the explosion of excitement that was created by running a marathon. We did it and now we want to share it!

I believe that the relationship between the club and Red Rock Running Company is benefiting both parties. The club members continue to need product and the store wants our business. RRRC should consider sponsoring the club. After all, we are all walking advertisement for the success of their training program and running supplies. Barbara Schweppe

WHAT'S NEXT ? A calendar of events.

DATE	DAY	TIME	LOCATION	INFO
12/19/07	WED	5am	Bunker Park	45 minute run with 5&5 wm-up/cool dn
12/22/07	SAT	8am	Red Rock-at entrance	90 minutes total easy run
12/26/07	WED	5am	Bunker	45 minute run with 5&5 wm-up/cool dn

Red Rock Marathon- http://www.active.com/page/Event_Details.htm?event_id=1491556
Eugene, OR-www.eugenemarathon.com <<http://www.eugenemarathon.com/>>
Red Rock Running Company training kickoff- January 12, 2008
San Diego Rock-n-Roll- <http://www.rnrmarathon.com/home.html>



Barbara was able to join the group on Saturday even after her recent implant surgery...Where were you?

Please let us know what other events you are considering.