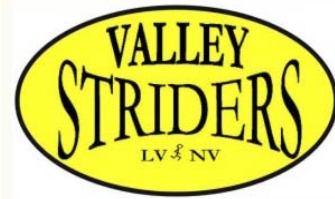


# Newsletter

January 2009



## Individual Highlights

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Valley Striders member Morgan Martin-Jared has begun to fulfill one of her aspirations, to be deployed in the service of our great country. In the Army, she was recently assigned to Washington D.C. for a year of active duty after working in the Vegas area as an emergency room nurse. 1<sup>st</sup> Lieutenant Jared is willing to go where the Army sends her and stands ready to be deployed to combat areas if needed. Valley Striders can send her good wishes via the club message board. Look for Morgan in the member list to send a private message.



## Today's Pace

Hello Valley Striders members! We are all beginning a new year and the start of a great new running season. A club meeting was held on January 24<sup>th</sup>. If you missed the meeting the complete minutes can be viewed on the website. A summary of the items discussed is included below.

### Meeting Summary

Officer nominations will be collected by Nikki Kwon. Members can send her a "private message" via the message board with any the officer nominations. If a member would like to nominate them self please do so. The nomination process will extend from 1/24/09 to 2/7/09. On 2/7/09 the final nominations will be posted on the website and members can vote by again sending a "private message" to Nikki Kwon. The votes will be tabulated on 2/14/09 after the club run and the new officers will then begin their officer duties.

New committee members will be provided the opportunity to sign up after officers are elected on 2/14/09.

A club event is scheduled for 2/14/09. The details of the event will be made available in the future.

It is time to pay annual club fees again which are summarized as follows:

- ❖ \$25.00 for members living within the Las Vegas Valley
- ❖ \$20.00 for each additional household member including children age 14 and older
- ❖ \$10.00 members living outside the Las Vegas Valley

All members must fill out and submit the 2009 form to Kathy Richter for insurance coverage purposes. The form can be printed from the club website.

If anyone has a new route they would like to submit to Barb Schweppe it can be incorporated into the scheduled runs.

Please let any officer know of interested sponsors for the club. A sponsorship of at least \$200.00 would include putting the sponsor logo on all club shirts and banners.

Candace Lansburry will provide information about an upcoming charity run consisting of 5K, 10K and a 1-mile childrens fun run scheduled for May 9<sup>th</sup>.

If anyone has pictures or race results they would like to include or have removed from the club website please inform Barb Schweppe. Many old messages will be purged after February 1<sup>st</sup>, 2009 from the website so members need to save any information they would not like deleted on their personal computers.



	<i>January</i>		
	Susie Villaneuva	01/02	
	Lynn Row	01/05	
	<i>February</i>		
	Nancy Beroldi	02/03	
	Nicole Jordan	02/03	
	Denise Hahn	02/11	
	Kathy Richter	02/16	
	Ernie Spear	02/28	
	<i>March</i>		
	Leslie Franchs	03/11	
	Roger Becker	03/20	
	Carissa Wolff	03/24	
	Candance Lansberry	03/31	
	<i>April</i>		
	Roberta Hatfield	04/03	
	Nicole Kwon	04/18	
	<i>May</i>		
	Barbara Siqueiros	05/28	
	Sam Palestine	05/18	
	Jason Doering	05/20	
	Barbara Siqueiros	05/09	
	<i>June</i>		
	Marsha Spear	06/13	
	Michael Kelley	06/14	
	Robin Johnson	06/18	
	Harmony Wittmayer	06/23	
	<i>July</i>		
	Zachary Woodfield	07/03	
	Lisa Derby	07/06	
	Chris Haave	07/20	
	Lori Turner	07/22	
	Chris Mech	07/25	
	<i>August</i>		
	Michelle Sanchez	08/01	
	Clyde Hatfield	08/14	
	Christina Mech	08/15	
	Bridget Cochran	08/17	
	Diane Altschuler	08/24	
	<i>September</i>		
	Victoria Harper	09/02	
	Sandra Schwarz	09/12	
	Dena Demman	09/14	
	Katie Romo	09/17	
	<i>October</i>		
	Barb Schweppe	10/09	
	Carla Brady	10/30	
	<i>November</i>		
	Danielle Branton	11/08	
	Michelle Branaugh	11/09	
	Darrell Row	11/19	
	Grant Kwon	11/30	
	<i>December</i>		
	Christine Durbin	12/13	
	Kate Bryant	12/22	
	Morgan Martin-Jared	12/23	
	Greg Beroldi	12/24	
	Susan Holden	12/24	
	Erin Riley	12/29	
	Shannon Fessler	12/31	

Michelle Sanchez will be collecting used running shoes for the "Soles for Souls" charity after the Saturday run on 1/31/09.

## Runner's Recipe

### Baked Salmon with Horseradish Mayonnaise

Yields: 4 servings

Serving Size: 4 ounces of fish plus 1 tablespoon mayonnaise

#### Ingredients

- 1 salmon fillet (1 lb), cut into four pieces
- 2 tbsp. chopped shallots
- ¼ cup white wine or vermouth
- 2 tbsp. light mayonnaise
- 2 tbsp. light sour cream
- 2 tsp. lemon juice
- 2 tsp. horseradish, freshly chopped or prepared, drained
- 2 tsp. capers, drained (optional)

#### Directions

1. Preheat oven to 450 degrees. Prepare a shallow roasting pan or baking dish with nonstick pan spray.
2. Place the salmon fillets skin side down in the pan. Sprinkle the shallots over the slices; pour wine evenly over all. Bake 6 to 8 minutes, or until fish is opaque.
3. While the fish is cooking, combine the mayonnaise, sour cream, lemon juice, horseradish and capers (optional) in a small bowl and mix well.
4. Transfer the salmon and shallots to warm serving plates with a slotted spatula. Top each serving with 1 tablespoon of horseradish mayonnaise and garnish with capers if desired.

## Runner Safety By: Victoria Harper

Visibility should be a priority at all times. Don't assume that you can be seen by the public because you can pick out your fellow runner on the road. Those unaware of your presence are not looking for you. Light colors help as does reflective clothing. However, please consider a flasher or lighted device of some sort. You will be seen from a distance and draw attention to your position. Wear it even when in the quiet areas away from traffic. Accidents can occur even at the track or basin and if you go down, a matter of steps can take you out of the light and range visibility.

## What's Buzz'n Up Coming Races

- Surf City Huntington Beach Full and Half Marathon – 2/01/09 <http://www.runsurfcity.com>
- Red Rock Full and Half Marathon – 3/07/09 <http://www.calicoracing.com>
- Napa Valley Marathon – 3/31/09 <http://www.napavalleymarathon.com>
- Palos Verdes Full and Half Marathon – 5/02/09 <http://www.palosverdes.com/Marathon/index.htm>
- Eugene Full and Half Marathon – 5/03/09 <http://www.eugenemarathon.com>
- LA Full and Half Marathon – 5/25/09 <http://www.lamarathon.com>
- San Diego Rock 'N' Roll – 5/31/09 <http://www.rnrmarathon.com>
- San Francisco Full and Half Marathon – 7/26/09 <http://www.runsfm.com>

The 2009 membership drive for Valley Striders has begun. The club member who brings in the most new members by the end of February will win this Champion, cotton/spandex jersey with the Valley Striders name embroidered on it. Got some prospects??? Just tell them to go to <http://www.valleystriders.com> and click Join!, and then download the application. All the instructions are on the form. Let's all support the club and try to bring in at least one new member during February.



## Member Profile By Barbara Schweppe

Roberta Hatfield



Since January of 1979, Roberta has known that the hardest part of running for new people is conquering the first three miles. That year she decided to begin running to keep up with her then husband, a Boston marathoner. Both were members of Motor City Striders, a 1,200 member running club. Already an experienced race walker, in October of 1979, Roberta ran her first marathon in 3:50. Her next one was her best at 3:42. She was 40 years old and enthusiastically embraced running. She also learned the lesson "too much, too fast", by developing a stress fracture in her pelvic bone. She had over trained her 5'9" body. At 115 pounds, she did not develop enough muscle to support her structure and paid the price with 5 months of recovery.

Roberta was influenced by Depression era parents who instilled in her a strong work ethic. During high school, she worked in a drugstore 2 days a week and went on to become a registered pharmacist at a Detroit area hospital for 25 years. After moving to Las Vegas, she worked at UMC for 10 years before retiring.

In 1983, she switched back to race walking and met her future husband, Clyde during a competitive event. They socialized within the race walking community but by 1995, Roberta decided to push things to a higher level at a San Diego event. They became such close companions that later, when Clyde collapsed at the finish line after winning the Long Beach marathon race walk competition, others rushed to tell Roberta as she crossed the finish line that her husband had suffered a heart attack. It was inevitable that they marry. As the years passed, Roberta organized the local race walk club and they both have been race officials for local and regional race walk events. She has also served on the board for the Nevada Senior Games which hosts competitions that include many sports in addition to running and race walking.

Competing monthly and sometimes weekly, Roberta continued to race walk but in 2007 she decided to join Valley Striders in an effort to correct nagging tendonitis which had affected her ability to maintain her race walking form. The training for the Las Vegas half marathon was much harder than she had pushed herself to do in recent years but she felt she gained the endurance she had been lacking before. In comparing the two forms of racing, she feels that mentally, running is more relaxing. Race walking requires constant attention to form and when you compete, you are continually judged. But she feels that running is harder on your body from the repetitive pounding.

For additional physical training, Roberta goes to weekly Pilates sessions, bicycles the hills of her neighborhood and swims laps at the community pool. You are probably wondering if she will train for a triathlon but she says, "No, it looks too stressful".

Her recent training has made her much stronger. So much so that when she competed in some race walk events just before the LV marathon, she was passing fellow race walkers who used to leave her in their dust. In case you are wondering how fast a race walker can complete a marathon, Roberta once did the Long Beach marathon in 5:09 and in her prime, a 5k was always under 30 minutes.

Roberta enjoys the social aspect of joining clubs. She strives to be in the middle of activity and especially likes meeting new people. Besides Valley Striders, she has belonged to Sun City Hikers and joins in group Spanish lessons, piano lessons and ceramics classes. In addition, she is active in church activities and is President of her HOA. All proof that she is an extremely energetic woman who prefers to be a participant, not a spectator. The proof...her Las Vegas half was completed in a 12:07 minute pace for a 2:38:59 finish. Congratulations Roberta!



# Thank you Valley Striders for a Great Year!

