

April 1, 2008  
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## TODAY'S PACE

The Run Down

PLANTAR WHAT?

IN MY HUMBLE  
OPINION...

WHAT'S BUZZ'N ?

Member Profile



## TODAY'S PACE Current Events

Several Valley Striders participated in the Cirque 5K held at the Springs Preserve on Saturday, March 29th. Sam Palestine place 2nd in his age division. Congratulations to all who ran and to those who went to cheer them on. You can find all the results at [www.tri-a-run.com](http://www.tri-a-run.com).

Today is the day Valley Striders receive notice of whether they have been selected to run in the Nike Women's Marathon on Sunday, October 19. Many signed up as a group while others signed up individually so it will be interesting to see who participates in this race based on a lottery drawing.

In club business, shirts have been selected by the members and orders are being taken by Barb S. There are two styles to choose from, both in yellow and black.

Membership cards are now available. If you haven't received your card, please contact Victoria. Members can present the card for discounts at participating merchants. Christina Mech at Chiropractic for Life offers a discount to members for massage therapy services and Red Rock Running Company offers a 15% discount on all merchandise.



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## The Run Down General running conversation

Have you joined the club?.....

It was interesting reading about the 7 at 7 running club of two members in the April issue of Runner's World. I suppose some would look down at the idea of such a primitive level of a gathering but what was printed in bold gave significance to the group of two. "In its simplest form, a running club is about getting the other guy out there running so that he will do the same for you."

How many times have you laid in bed at 4am trying to talk yourself out of getting up to go running? That's right...I said talk yourself out of getting up. Often when we lay there, we are not trying to coax ourselves out of bed but rather we are trying to convince ourselves not to get up. Why? Because someone else is counting on us to be there. Why? Because we said we would be there and we like to think we are true to our word. Why? Because we joined a club.

Lots of people are reluctant to commit. If they say they will do something, then they are stuck. If they don't do

it and they don't have a good reason, then they are a horse's patuey. I think we have all been there and done that at one time or another in our illustrious lives. While it's nothing to be proud of, it's not the end of the world either. You end up tarnishing your image a little but most times you get back on track and the shine comes back like new.

Even though we are larger than a club of two, it begins with you deciding to tell one person in the club you'll "be there." Or saying to the group, "I'll be there." Even if you are a dues paying member, you really haven't joined the club if you aren't participating. And if both you and your other club member are letting each other off the hook then you need to commit to someone else in addition to that member so that they will be looking for you too. That's what the club is about...getting the other guy out there running or walking so that he or she will do the same for you. If you are not getting that kind of benefit from your club, then you should be looking for additional members to commit with. By the way, how many times have you gotten home by 6:20am and then said "I wish hadn't done that"? I never have.

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

According to the Lore of Running publication, Patellofemoral Pain Syndrome (runner's knee) is described as a "running injury that produces localized pain around the kneecap." The pain is described as first occurring during running and does not result from external trauma. The pain usually comes on



after long races. Walking up or down steps causes discomfort as does squatting on the haunches. Sitting with the knee bent for any length of time causes discomfort. Inappropriate running shoes (possibly similar to those shown here) that do not control pronation, training too far, too hard and too soon, always running on the same side of a cambered road and interval training and racing too often are listed as contributing factors to the injury. Helpful strengthening exercises include the chair squat or the leg press.

**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.

One of my fellow runners recently commented on an article she had read about running on pavement and running on the sidewalk and how they were viewed to be comparable surfaces regarding the impact they have on a runner. As an engineer, I know both surfaces are quite different. Road design varies depending on the state, the climate, the type of road (local/residential, freeway etc.) and when it was built. All sorts of factors influence the hardness of the surface and the resulting impact on a runner. For example, "flexible" pavement is used on most surface streets within a city or in a neighborhood. Flexible pavement is filled with very small air voids and the overall density is lower than cement/concrete. So I don't think that running on the road and running on the sidewalk produce equivalent effects on a runner's body. Based on the information I have seen regarding the varied material in roads, I still think in general, roads are softer and better to run on than the harder surface of a sidewalk. **Christine Durbin**

## WHAT'S BUZZ'N ? A calendar of events

Alamo Nevada's Country ½ Marathon & 5k – Sat. 4/19

[http://www.active.com/event\\_detail.cfm?](http://www.active.com/event_detail.cfm?EVENT_ID=1541870&CHECKSSO=0)

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Eugene (Oregon) Marathon & Half – Sun. 5/4

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

San Diego Rock n Roll Marathon – Sun 6/1

<http://www.rnrmarathon.com/home.html>

St. George (Utah) Marathon – Sat. 10/4

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

San Francisco Nike Women's Marathon & Half – Sun. 10/19

(lottery registration closed)

<http://insidenikerunning.nike.com/category/events/>

Denver Marathon, Half & ING Marathon Relay – Sun. 10/19

<http://www.denvermarathon.com/index.cfm>

Marsha teaches Kathy how to play leaf frog while Christine waits to join the fun.



## Valley Striders Member Profile...

### ...Meet **LESLIE FRANCHS**

She wants to chill out at least once a week. That's what Leslie expects from a "good" run. Even when she is in a maintenance period, away from training for an event, she likes to make sure that her weekly minimum running schedule includes "one decent speed workout like a 3 to 4 mile tempo run at 5k pace and one decent long run of 10 to 12 miles". She says this clears her mind, gets her totally absorbed in the run and allows her to exhaust herself. For Leslie, that's important because she is a strong personality, leaning towards a type A, in a pressure filled job.

Her ideal week includes the above described runs plus two other days where she will run 5 to 6 miles and 7 to 8 miles. Leslie likes to run 4 days a week and I know one of those days is with the Bingo & Millie, her dogs. Another of the days, she helps the NSPCA exercise the big dogs by outrunning them for a quarter or half-mile while they are tethered to her waist. Her devotion to helping the NSPCA is realized by all who know her. She is always wondering who could adopt that next lonely animal.

Leslie came to Las Vegas last year via London where she and her husband Joe lived for three years. She is an analyst for HSBC Bank in the credit division. Joe operates the Predator for the military. They have been married 6 years but have been together for eleven and they will both tell you they are just as in love today as the day they met. Joe supports Leslie's running habit and both believe that the stronger workouts benefit the marriage.

Leslie didn't run in school. Years ago, she joined some like minded women in Colorado and went on weekly hikes in the mountains. These were not leisurely hikes, but fast paced workouts and when Leslie moved closer to sea level she found that running gave her the same adrenaline rush that she got during those hard hikes. She was 25 for her first race. It was a sub-24 minute 5K in Colorado. We have all read about training in altitude. How about that? Her fastest marathon was a 3:34:32 in 2002 in Richmond, VA., and she recently ran the Red Rock half in under two hours.

Leslie feels that running gives her strength for everything else. When she visits her mom in Colorado, she can work hard in the garden for two days and feel great. Raised on a dairy farm, I can imagine when she says "work hard in the garden" she practically means back hoeing the plot by hand. But what she was trying to get across is that running hard has built up her endurance. Those who have met Leslie know she is petite and slim but she is strong. Besides running, she likes to work with weights for her back and upper body, she attends weekly yoga instruction and she works with a personal trainer for stretching. She requires 7 to 8 hours of sleep a night and doesn't follow any diet except portion control. She eats whatever she wants, but less than what most people do. When I asked her what she found herself saying to people about running she said, "all you have to lose is weight." As she sat there having what she termed a "Strawberry Fatachino", I could see the wisdom in her ways.

Leslie loves to run and feels that everyone can gain from "feeling blood" at least once in their workout. By this she means working past exhaustion and realizing what is the most you can do. This, she says, "helps you realize what you are capable of and what you are not accomplishing". Leslie is a mentor to many of us when she shares her monthly training routines. Thanks Leslie!

