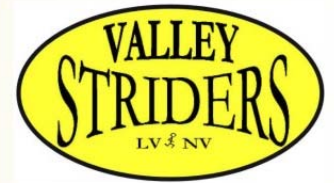


NEWSLETTER

June 1, 2008



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Today's Pace

Valley Striders held their first club 5k race on Memorial Day which was a big success! The ten speedsters who participated are shown in the photos at the bottom of the page. Prizes were randomly distributed and everyone who completed the course received a medal. Thank you to Barb, Victoria and Chris for organizing the event!

Happy Birthday

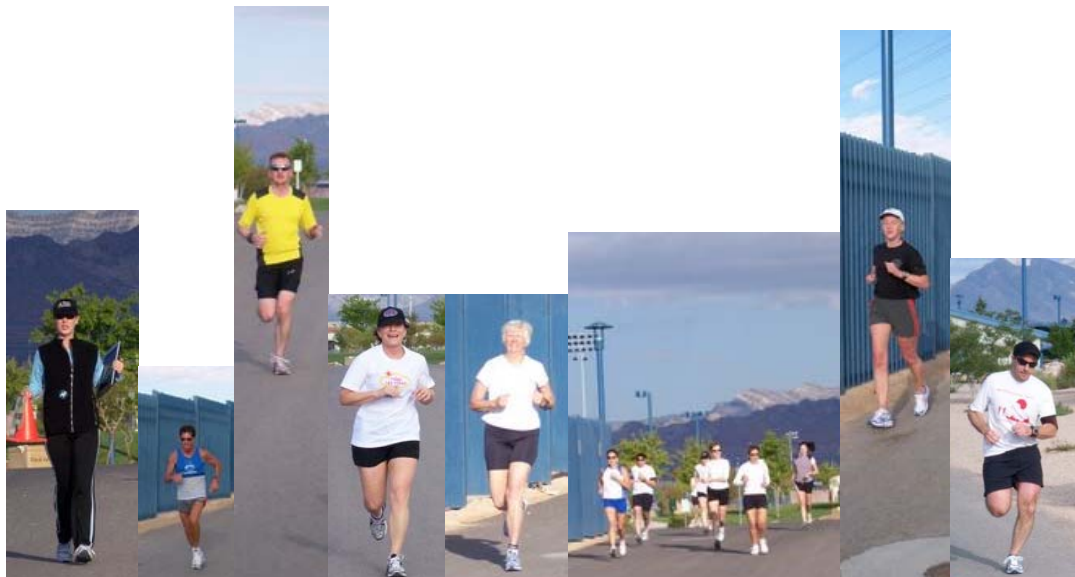
Robin J - June 18

The May edition of Summerlin News published an article on Valley Striders so be sure to pick up a copy or refer new people to read about our celebrity running club!

Shirts with the Valley Striders logo will be ordered this month.

We now have an official web site created by our own "web princess", Danielle through her company 2Bytes Web Design. After viewing our wonderful new website members who would like additional information about Danielle's company are referred to <http://www.2bytes.com/>.

Congratulations to Barb and Victoria, who finished the half marathon, Lori and Morgan who finished the full marathon in Eugene Oregon and Diane who finished her *first* marathon in Ogden, Utah.



Thoughts To Run With...

"Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it."

-Lou Holtz

"What kind of crazy nut would spend two or three hours a day just running?"

-Steve Profontaine (How he reacted in junior high when he saw the high school XC country team running)

"If you run 100 miles a week you can eat anything you want. Why? Because...."

- a) you will burn all the calories you consume
- b) you deserve it and
- c) you'll be injured soon and back on a restricted diet anyway

-Don Kardong

STICKY GRILLED CHICKEN

INGREDIENTS

- ¼ cup Ketchup
- ¼ cup Marmalade Preserves
- ½ Clove Garlic
- 1 tbslp Cider Vinegar
- ½ tsp Red pepper flakes
- ½ tsp Chili powder
- ¼ tsp Dry mustard
- 3.5-4 lbs Chicken

DIRECTIONS

1. Heat grill to medium and place chicken skin side up.
2. Cook 25 minutes.
3. Brush glaze over skin and repeat until done

Plantar What? Written By Lori Turner

While attending the expo at the Eugene marathon, I came across a booth promoting Myomed. The gentleman explained to me that this cream was different than your typical pain relieving gel because it has an anti-inflammatory in it. I thought, "What do I have to lose?" So I rubbed some on my legs to make sure I didn't get some sort of reaction from it and grabbed a few samples for the next day's race.

The morning of the race, I rubbed some cream on my IT band as well as my hip. These are my troublesome areas that bother me no matter how far I run. To make a long story short, I ran a full marathon with NO pain. I think Myomed cream played a big factor in my being able to run pain free. Now I apply it every time before I run and it gives me the same successful results. For more information go to www.myomed.com.

Runner's Roast Written By Lesley Franchs

*This is for runner Christine always so pristine
 When she asks for your photo how can one say no to?
 She always runs her best although she may lack rest
 Due to a career as an engineer But she hopes for more in future years
 Of many words are not, But who cares, Candace thinks her legs are hot.
 But let us return to the sport we know, Running, our get up and go
 Although the weather grows warm if you hydrate, there is no harm
 So no excuses, no complaint, For all you have to loose is weight
 And thanks to our Christine, We have this newsletter so keen*

What's Buzz'n Up coming Races

St. George Utah Marathon – Sat. 10/4/08 <http://www.stgeorgemarathon.com>

San Francisco Nike Women's Marathon & Half – Sun. 10/19/08 (lottery registration closed)
<http://insidenikerunning.nike.com/category/events>

Denver Marathon & Half ING Marathon Relay – Sun 10/19/08 <http://denvermarathon.com/index.cfm>

Garden of the Gods Ten Mile Run – Sat 6/8/08 <http://www.gardententemile.com>

Hunting Beach Marathon – Sun 2/1/09 <http://www.runsurfcity.com>

Member Profile Written By Barb Schweppe

LORI TURNER



Lori remembers the moment she realized running belonged in her life. After running off and on for two years to help get rid of migraines, a friend talked about the Disneyland marathon. Even though Lori was beginning to get excited when she was able to run faster for longer distances, she balked at the length of a marathon and even the 13.1 miles of the half marathon seemed impossible. But after thinking about it for 24 hours, she gathered her kids (Lori felt she needed to tell them so she would have their support) and said "I'm going to run a half-marathon." She says, "That moment was an awakening for me and I suddenly felt, this is what I am here to do." Before starting her training, the most she had run was 4 miles at any one time. Now she had to get serious. While surfing the internet, she found "Running for Dummies". She cut the marathon training course in half and followed it. After buying a pair of running shoes at Big 5, she began training in January 2006 for the half-marathon in September. Unfortunately, she never ran the event because of an ITB injury to her left leg. She believes running too fast caused the injury and she agrees with books that say you need to give your body time to develop the strength and endurance to be able to handle the speed. Her recuperation included stretches, ultra-sounds and rest. After her recovery, she joined the RRRC marathon training program for the San Diego marathon in June 2007. Training began in January but six weeks before the marathon she was injured again, this time her right ITB. She went to therapy and continued to train on and off until race day and she decided to run. It was a tough event but she finished in 5:10 and went home injured and beat. She rested and then joined the next training group for the Las Vegas marathon but did not run it because she was unable to recover from her previous injuries. She then made the tough decision to quit running and start building her strength. Her weekly schedule now includes spin classes on Monday, Wednesday and Friday with a 1000-2000 meter swim afterwards on two of those days. Running on Tuesday, Thursday and Saturday and now she will add a 20 mile bike ride on Sundays and probably drop the Friday spin class. If you're thinking she should do a triathlon, you're right, but she's way ahead of you. Lori has already participated in two tris. Because of her current workout schedule, Lori recently had a PR at the Eugene, Oregon marathon and she felt terrific afterwards. Lori offered this advice to new runners. "Take it slow, don't start out too fast or you will end up injured and then be forever chasing to get over the injury or you will burn out fast and not like it. Run 2 miles every other day for a while and then run 3 miles every other day for a while and then build from there. Swim because it builds your lung capacity which will help your running and it strengthens your core." When I asked Lori what running meant to her, she reflected on her responsibilities. She said she is pulled in multiple directions with a husband, three kids, two dogs and work as a property and casualty insurance agent. Then she said, "It's an escape. It's your out, It's your own time. Running is all about you." I never thought about it quite that way but I think she's right. Running is all about you.



Lori, Barb, Victoria and Morgan at the Eugene Oregon Marathon.