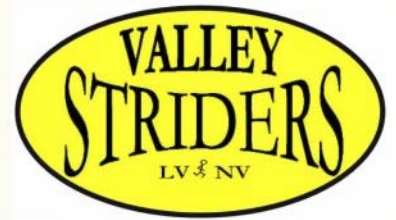


Newsletter

July 2008



Today's Pace

Valley Striders conducted the quarterly member meeting on Saturday June 7, 2008. The complete meeting minutes can be accessed from the message board. Some important highlights from the meeting include discussion about committees, community race volunteering, club events, club marketing, water support and new route ideas.

Valley Striders is volunteering for the July 4th 5k/1 mile walk at Bunker Park hosted by the Las Vegas Running Team. The race starts at 7 am. Members can still sign up for volunteering positions if interested through the message board.

Future club events include a hosted "breakfast run" and a club barbeque. The breakfast run would involve a member hosting a post-Saturday breakfast potluck at their house. More information about the club barbeque and the breakfast potluck will be provided in the future. If anyone would like to offer suggestions or volunteer to help plan/prepare for either event please contact Victoria Harper through the message board.

Small cards similar to business cards, which display pertinent club information, are available to distribute to nonmembers. If anyone would like some cards please contact Barb Schwappe through the message board.

A club banner is in the process of being constructed for use at community races.

Club t-shirts have been ordered.

Recently while running on the "Washington Route" Christine Durbin lost her wedding ring. If anyone finds the diamond ring while running in Bunker Park or along the Washington Route please call her. Her telephone number is 406-579-0762.

The weather is getting hotter, runners are forced to wake-earlier and summer is upon us. Don't forget to properly hydrate and don't forget to keep running as everyone heads off to spend some time on those hard earned, much deserved vacations.

Happy Birthday to those who have a July Birthday!



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Recipe

EGG-WHITE OMELET

Ingredients

1. 1 teaspoon butter or olive oil
2. 4 large egg whites
3. ½ teaspoon coarse salt
4. Chopped herbs, such as parsley, chives, and chervil
5. Cooked spinach, chopped
6. Freshly grated cheese, such as parmesan, ricotta salata or manchego



Directions

1. Heat butter /oil in small nonstick skillet over low heat. Whisk together egg whites and salt, incorporating air for light and fluffy omelet. Do not do this in advance or egg whites will deflate.
2. Place hand above skillet, when warm pour whisked eggs into heated skillet while shaking skillet back and forth over heat. Stir with spatula for less than 1 minute. Keep eggs moving, cooking any runny parts.
3. Top with one or more desired fillings
4. Run spatula along right side of omelet to loosen eggs from skillet. Place spatula under right side of eggs, and lift right side over left in one fluid motion. Folded omelet should look like a half-moon.
5. Lightly press down on omelet with the spatula to seal omelet together.
6. Tilt skillet, and let the curved edge of the omelet slide onto the plate.

What's Buzz'n Up Coming Races

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

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

Denver Marathon & 1/2 ING Marathon Relay – Sun 10/19/08 <http://www.denvermarathon.com/index.cfm>

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

Las Vegas Marathon and ½ Marathon – Sun 12/7/08 <http://www.lvmarathon.com>

Hunting Beach Marathon – Sun 2/1/09 <http://www.runsufcity.co>

Runner's Roast

Written By Christine Durbin

Barb is one of our most fearless leaders. She has no patience for any cheaters. ☺ She is the drill sergeant of Bunker Park track. Miss a morning run, and you may get a smack. More like a love tap from a caring mother. Who needs another of those, Oh Brother! She helps our club "run" like a well-oiled machine. I wonder how she finds time to use the latrine. Might as well call her "miss reliable". Without her, the club would not be viable. She always has a smile on her face I only wish she could help me with my pace. But seriously, she is always so much fun, she's a God-send before a sleepy morning run. She is like the energy boost from a healthy carb, we sure do love our great friend Barb!



Raised in a military family, it was only fitting that Victoria's first marathon was the Marine Corps Marathon. Her mother was a very strong woman and proudly supported Victoria's previous athletic triumphs, a half marathon and two sprint triathlons to the point of bragging, saying "this is my daughter, she just ran a marathon." No matter that Victoria would say "no...it was only a half", her mother would shush her and continue to beam and say "you can do anything". Victoria really thought her mother wanted her to run a marathon. She entered the 2002 Marine Corps Marathon lottery and found out the day before her mother died that she had been selected to run. Victoria never told her mother. Months later she took her dad to Washington D.C. to cheer her on and in a way, took her mother too. She wore a pin that was her mother's and ran the race knowing her mother was with her all the way.

Victoria wears that pin for all her events and feels her mother is her inspiration and strength when a race gets tough. Finishing her first marathon with a time of 5:06, just shy of her sub 5 hour goal, she realized it took not only disciplined training and determination to succeed but she needed a source of inspiration to carry her through the miles. That inspiration was and is her mother.

Victoria came from the "Bay Area" in California. She spent her younger adult years with the Firm tapes and Jazzercise and in her late 30's she felt she needed more of a challenge. She entered a sprint triathlon training program and joined an area running club. She loved running the beautiful trails around San Francisco. When she moved to Las Vegas she trained with the Las Vegas Road Runners to run the 2005 New Las Vegas marathon but became ill the week before the event and did not run. The next year she discovered Red Rock Running Company and their marathon training program and has since trained and run in the 2006 Las Vegas marathon, the 2007 San Diego Rock-n-Roll marathon and the 2007 Las Vegas marathon as well as different half marathons and 5-ks.

Her experience has taught her that there are many opinions as to what is the best training and that it really depends on the goals of the runner. The person wanting to "just finish" the race needs different training than the runner who wants to "PR" or the runner whose goal is to finish the race still feeling strong, not beat up. Ideally, a marathon training program for her would be 5 days a week with the core being one day running on a track, one day running on hills and one day running two hours or more with the other two days reserved for strength training with weights and some other cardio exercise.

Why does she run? Self satisfaction was her first answer and then she truthfully confessed if she weren't running she would be on the couch. Having completed 7 marathons, she swells with pride when she says "Only a marathon runner knows the value of .2", and acknowledges that the sense of achievement gained from completing a marathon is unique. "That joy in that final .2 is something you will never forget".

Victoria acknowledges she will never be one of the "fast" runners but she knows she can improve her speed to a pace she will be satisfied with. Her intention is not to compete with others but to demand results from her self imposed goals. When she attends the Valley Striders workouts she sometimes has her own agenda. Right now she is training for an August half marathon so her training routine differs from the rest of the group. She feels she will benefit from longer interval and hill runs and clocks the miles not the time on the Saturday long runs. In the past she has utilized the P90X program for her cross training. She feels that the weight gain between events, which is common among runners, is her biggest obstacle at the moment.

As Treasurer of the Valley Striders, Victoria is quick to point out the benefits of belonging. She says "the club has room for everybody". There is companionship, camaraderie and commitment to one another no matter what your pace is". For the newcomer she advises to start out slow, take baby steps, give yourself permission to pace yourself and walk if you need to. "Slowly, a little bit at a time, you will attain your goals". For the older runner she says it's important to allow yourself more recovery time between workouts and for everyone she encourages more stretching to help the muscles remain loose and ready for the next demanding workout. Her final advice..."What ever your goals, challenge yourself to meet them depending on your own abilities and if your feet are dragging that day...Just Move!"

