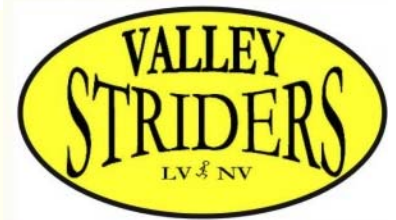


Newsletter

August 2008



Today's Pace

Individual Highlights

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Las Vegas Valley Striders will be incorporating a new marathon, training program for the Las Vegas Marathon December 7, 2008. For more information about the Las Vegas Marathon visit the following website: <http://www.lvmarathon.com/>. For more information about the training program please attend the next members meeting scheduled for August 9, 2008 immediately following the Saturday scheduled run. The training program is scheduled to commence August 16, 2008. Each runner is equipped with different abilities and different goals. We can all benefit by learning from each other and encouraging each other throughout the program.

Many members attended the July 19th tour of the S.P.O.R.T.S. facility and the Pilates demonstration by Valley Striders member, Michelle Branaugh. Here is a review of the offers that Scott Pensivy, the owner, and Michelle, the pilates director, have made to the group.

Scott is a physical therapist specializing in sports related problems. He is offering an athletic condition assessment for \$50. He will look at your gait, check for strength in your muscles and go over your nutritional needs. He also is offering a body composition and body fat analysis for \$25.

If you go to Scott for a specific problem and are looking for a therapeutic solution, his initial evaluation is \$115 and subsequent treatments start at \$75. A doctor's referral may be necessary for insurance coverage depending on individual policies. To schedule an appointment call 702-655-8535 and be sure to tell them you are with Valley Striders if you are scheduling the \$50 athletic assessment.

For Valley Striders' members only, Michelle is offering one hour Pilates sessions for \$10 each. The first introductory session is free if you schedule the session for a group consisting of 2-4 people. To schedule a Pilates session call 702-655-8535 and ask for Pilates.

Our website continues to develop thanks to our awesome "web princess". Additional race results and club photos are available on the website. If anyone has event photos they would like included on the website please email the photos to vspictures@cox.net Also links providing route information can now be accessed on the website without utilizing the message board.

Summer is in full swing as members "run" to and fro, traveling for vacation, and other warm-weather festivities. Clubbers have enjoyed the trail runs, the July 4th Blast 5-k race and we are eagerly anticipating a Saturday breakfast run and fall barbeque once everyone returns from their Summer break. Hope to see everyone at the next member's meeting!

August Birthday Wishes

Bridgette Cochran





Plantar What? Written by Barbara Schweppe

After wearing glasses for decades, two years ago I was elated to get Lasik surgery. Not just straight forward Lasik, but mono-vision so that my right eye can see distances and my left eye sees the little print. By all accounts, the surgery has been a complete success and I have been very happy...until the last 5 months.

My last eye check up in October, showed my eyes unchanged from the surgery, as was expected. I was seeing just as the doctor intended. Then around February, I began squinting a little. Each month it got worse. I thought my eyes were just becoming sensitive and this was an annoyance I would have to live with but it became evident that I was losing my vision. Finally, recently I got lost trying to follow directions because I could no longer read street signs unless I was within a few feet of them.

I went to my optometrist and then to an ophthalmologist who confirmed that I had Posterior Subcapsular Cataracts in both eyes. My right eye is worse than the left but both are affected. What is strange is that I am very young to have cataracts and these are not the typical ones that cloud the front of the eye. Instead, they are forming on the back of my lenses. For now, I am back to wearing glasses for distance. I can still see close up so I don't need them for reading...yet. When glasses can no longer help me see, I will have the lenses removed and get implants. This could be in six months or 10 years depending on how fast they progress. As the doctor said, "cataracts are correctable".

Why do I bring this up? After confirming that the Lasik surgery was not to blame for the cataracts, the doctor said it was unusual for someone my age to have this problem and he asked if I had been on any medications...specifically, steroids. Many of you know that I hurt my shoulder last year and before deciding on surgery, I was first given a five-day regimen of oral steroids and then a couple months later I was given a steroid injection. In retrospect, I wish I hadn't done this and instead done things the old fashioned way...Ice and Rest. I had rested the shoulder but was not vigilant about applying ice and I did not rest it enough. If I had, perhaps it would have healed and the steroids would never have been an option. But that's the problem...steroids will always be an option when you injure yourself. I just wish I had known that there are some real risks with steroids, not just the acne and hormone imbalance that you read about.

I just want to caution you on the consequences of relying on steroids to ease your discomfort. It's easy to be a little lazy and want the easy fix when you are hurting but if you were given a choice between an easy fix and your eye sight, I bet I know what you would decide. Ice it and rest it.

What's Buzz'n Up Coming Races

Surf City Marathon and Half Marathon in Hunting Beach – Sun 2/1/09 <http://www.runsurfcity.com>

Red Rock Half Marathon – 10/05/08 <http://www.calicoracing.com>

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>

Las Vegas Marathon and 1/2 Marathon – Sun 12/7/08 <http://www.lvmarathon.com>



If you knew how much work went into it you wouldn't call it genius.

-Michelangelo

If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under."

-Henry Thoreau



Member Profile By Barbara Schweppe

Shannon Fessler



Shannon Fessler had been working when she spotted the book "How to Run a Marathon" on her friend Michelle's desk. Soon to be turning 40, Shannon had been thinking about setting a goal and challenging herself so she decided to join her friend and train to run the 2007 Las Vegas half marathon. They went to RRRC to talk about shoes and were encouraged to train for the full marathon instead. This was the beginning of a great challenge and adventure.

A mother of three and President of All Lit-Up Electric, a woman owned business she started with her husband Chad, there had been little time to dedicate towards athletic pursuits. Her workouts up to this time had been walking or working up a sweat for 30-45 minutes on the elliptical. Shannon says, "Breathing is different on stationary equipment compared to running on the pavement." Being new to the sport, she said she had no idea how hard running would be. Her husband suggested she "hit the pavement" so they went out, he on a bike and her running and she remembers that she could barely make it a block before she would be all winded. During training there were days when she ran the hills and struggled and felt "I'm never gonna get this" and many moments when she felt she just wouldn't do well running. One day she went in for a massage and told her therapist she just wasn't sure running was for her. The therapist explained that her own husband was a newer runner that had many injuries and setbacks in the beginning. He stuck with it and now enjoys running regularly. The therapist told her to give it one year before quitting. Shannon listened to that advice. One year was a long time but now she can run 8 miles and feel strong throughout it and afterwards.

On December 2, 2007, Shannon Fessler finished the Las Vegas marathon with a 5:34 time. She ran all the way. When she wanted to walk the last 3-4 miles, it hurt to walk so she kept running. Even if it was very slow it was still that running form, which wasn't as painful as walking. In her words, "the last 3 to 4 miles were hell." When she felt her hip was going to give out because of the pain she remembered making a whimpering noise, like an animal, that she could not control. Her body was crying "you're hurting me" but it was all worth it when she crossed the finish line. Still teary eyed, she says, "It was one of the best days of my life. I put it right up there with giving birth. It was exciting and you are so proud." Her family and best friend cheered her along the route in several places and were completely impressed. Shannon said that knowing family would be waiting kept her running.

After the marathon, Shannon joined Valley Striders. She enjoys running and says "You never know what you're going to get when you go out the door. Some days you feel horrible or tired but have a great run and other days you feel good but you end up a mess."

For Shannon, running the marathon gave her more confidence. When she runs into problems, she reminds herself she ran 26.2 miles so she is tough and can get through it. She tells herself to "just plow on and get it behind you". She may do another marathon now that time has passed. She says it is important to take some time off between events but you should have a couple goals a year or you are probably not going to stick with the sport. She is planning on doing the Red Rock half marathon but, she says, "During marathon training, some of the long runs are ...long. They mess with your body.", so she has not committed to the Las Vegas full marathon...Yet.

When Shannon runs she uses Shot Blocks and Heed and Enduralytes when it is really hot. She listens to music on her mp3 player, uses a Garmin and pays attention to her body believing it is important to walk or even stop if the body is hurting. Shannon encourages new runners to keep going, but take time to heal your injuries and if you are doubting yourself just stick with it for one year before giving up.

Shannon would love to have her best friend and her husband both join her running or walking someday soon. She feels that besides keeping you fit, it is a great stress reliever. You can take in the scenery and loosen up and really enjoy life more.

Her enthusiasm for the sport shows when she says "Running is a Good Addiction!"

