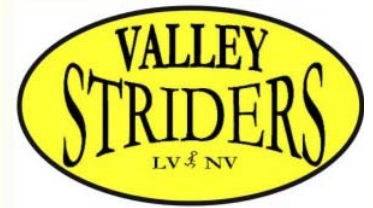


Newsletter

September 2008



Today's Pace

Valley Striders conducted a member's meeting on August 7th. The complete meeting minutes can be viewed by logging onto the message board on the website. Highlights from the meeting include a scheduled club barbeque on September 13, a breakfast run on September 20th and a club meeting/breakfast run scheduled for November 29th. In addition a marathon training program for the Las Vegas Marathon was presented to members which can be viewed on the website. The training program has begun and the pictures shown on the left are a testament to one of the stellar workouts a trainee can expect on Wednesday mornings. Congratulations to our members who finished and placed in the ET race! Sam Palestine and Marsha Spear are shown in the left top photo before finishing the race.

Why We Train For Events Part One

Written By Barbara Scheppe and Christine Durbin

The Valley Striders marathon and half marathon training program is the result of extensive research, personal experience on behalf of the officers, and valuable input from strong and experienced runners in our club. To further understand the types of workouts included in the training program the following descriptions have been provided.

Much of the training is done to improve endurance (running stamina) and improve performance (speed). Improving **ENDURANCE** is important for the distance runner to improve their ability to use fat for fuel and improve aerobic fitness (the ability to pump more oxygen through your blood and utilize the increased oxygen). This is accomplished in the **Long Run** which progressively increases in running distance without decreasing in pace. Long runs should begin at about a minute and a half slower than your race pace and gradually increase so that the final quarter of the run is forty-five seconds slower than race pace. This push at the end of the run trains your body to increase its ability to store glycogen reserves (the fuel needed to endure a run). Lactate is used to sustain physical activity. Too much lactate results in an acidic hydrogen by-product in your blood causing a burning sensation in your muscles at high effort levels. Training at your lactate threshold increases your ability to burn off the acidic by-product and run faster, more comfortably improving your **ENDURANCE to SPEED**. A good explanation along with the description of a simple thirty-minute test to determine your lactate threshold can be found on page 44 of the book "Total Heart Rate Training" written by Joe Friel. The speed at which you run **Long Hills** will determine the benefit you gain. If you continue in a long continuous hill run with speeds similar to the long run above, your purpose is endurance. As the hill runs become less steep and faster, i.e. laddered long hill repeats, your purpose combines with endurance to increase your lactate threshold and thereby, increasing the ability to run faster. A continuous **Tempo Run** of 20-45 minutes in the early stage of training should consist of a somewhat difficult steady effort where heavy breathing begins and talking becomes difficult. This will help build your aerobic capacity. As we reach the speed phase of training, after you have a strong running base, more emphasis is placed on a faster pace to build you're ability to run faster more comfortably. **Tempo Intervals** or cruise intervals and are similar to tempo runs in purpose but are broken into segments to relieve the runner for a brief period between efforts (this recovery period is the interval).

Two books I highly recommend are "Total Heart Rate Training" by Joe Friel and "Road Racing for Serious Runners" by Pete Pfitzinger and Scott Douglas.

September Birthday Wishes

Dena Demmar

Victoria Harper

Sandra Schwarz

Katie Romo

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Runner's Recipe

Sweet and Spicy Orange Beef

Yield: 3 Servings

Ingredients

- 1 cup uncooked rice
- 1 lb extra-lean ground beef
- ¼ cup orange marmalade
- ¼ teaspoon red pepper flakes or few dashes of cayenne pepper
- Optional mix-ins: cooked peas, diced celery, green peppers, pineapple chunks

Directions

1. Cook rice according to package directions
2. In a skillet, cook the beef until browned; drain fat
3. To the beef, add the marmalade, red pepper flakes, and cooked rice. Mix well. Add mix-ins as desired.

Nutritional Information

Total Calories: 1,500

Calories per serving: 500

Nutrients	%	Grams
Carbohydrate	55	70
Protein	35	42
Fat	10	6

Plantar What?

Symptoms of hip bursitis include pain near the hip ball and socket joint, over the outer edge of the hip or radiating down the outer leg to the knee. Hip bursitis can be caused by over training, leg length differences and tight muscles. Over training includes too much, too fast, too soon or running at high intensities without adequate rest. Tight iliotibial bands or buttocks muscles can put too much pressure on your hip resulting in inflammation and pain. For a more complete description of causes, symptoms and treatments look at the following website. <http://www.americanrunning.org>

What's Buzz'n Up Coming Races

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

P.F. Chang's Rock 'N' Roll Arizona Marathon – Sun. 1/18/09 <http://www.rnrz.com>

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

Top Ten Things You Don't Want to See While Waiting to Cross the Marathon Starting Line

- The Elite runners finishing
- Unadvertised hurtles up ahead
- The woman who rear-ended your car two days earlier
- Only 26.2 miles to go!
- Snow
- Only one other runner participating in the race
- A sign reminding people to conserve water due to a water shortage
- Your car getting towed from the illegal parking spot you were forced to park in because you overslept
- A running outfit consisting of shoes, socks and nothing else.
- Your running chip on the ground....after someone has stepped on it

Member Profile By Barbara Schweppe

Michelle Sanchez
Michelle Sanchez



We've all seen them on television in the Macy's parade. Michelle Sanchez was a member of one of those snappy uniformed, precision driven, rifle bearing, flag waving drill teams when her high school won 1st in State and was invited to march in the parade. They even performed for President Reagan in front of the White House. Hours of practice were the norm so after leaving school she went onto study ballet for six years along with jazz and modern dance. After learning that as a child, Michelle had a problem with walking and was placed in hip braces for a year, you realize how ambitious and dedicated she really is.

Forty-one years old, Michelle is a stay at home mom with 3 boys and a girl. When she met Art on a blind date, they quickly became inseparable, married in 1993 and lived in Riverside, California until moving to Las Vegas 4 years ago.

In 2006, after deciding to get healthy, Michelle needed a challenge. She entered the Race for the Cure 5K. Crossing the finish line in 39:38 to the cheers from her family, Michelle broke through some personal barriers and in the process caught the running bug. She decided to prepare for the Las Vegas Marathon along with her friend Shannon.

After months of training, on the night before the race the two booked a room at the Mirage to be near the start. They rented a couple videos, ate some carbs and then tried to get some sleep only to wake at 2am with butterflies. A few hours later with their nervousness peaking, their husbands found them at the start and wished them a successful race. They enjoyed the race, talking and joking and seeing their families at mile 12. Then at mile 22 when they saw their families again it had become a more critical time to have cheers and encouragement. Continuing on, the race was now a struggle to finish and the two fell silent. Michelle hurt and saw that Shannon was also in pain. She knew that asking her running partner how she felt would only get them both focusing on the pain and she knew now was the mentally challenging part of a marathon. Steeling her mind to finishing the race, Michelle turned up her music and focused until she saw the end near. Seeing the clock, her adrenaline pumped as her family cheered her across the finish line with a time of 5:38.

Michelle was proud to complete the marathon and felt it was important be a strong role model for her children. Just like Olympic champion Dara Torres, another 41year old mother who conquered her eating disorder, Michelle triumphed over hers and achieved the challenging goal she set for herself. She sat down with her children at the onset of training and told them she "was going to be a little selfish and do something that was just for herself". She feels it is important that her children have a strong sense of self and make healthy choices. She smiled when they checked up on her occasionally and asked how her run was, knowing that they were seeing her as a strong, healthy woman who had dreams and aspirations and was following a plan to achieve them.

Michelle plans to run the Red Rock half marathon later this year. She has run 3 5ks, with each time faster than the previous. Reflecting on her training, she says it is good to have a running partner who has some stronger skills in different areas so you can push each other. When running, she uses Shot Blocks and Heed and Enduralytes. After a workout she drinks whey protein mixed with water. When working with weights she especially likes the results from leg press and curl machines. Michelle always runs with music.

She has enjoyed training with a group but for the beginner she cautions, "Don't allow yourself to feel pressured into keeping up with others. Find a comfortable pace for YOU." and she strongly advises that you journal your progress.

Michelle likes to push herself when she trains which is why, after a demanding run, she's earned the right to say, "There is nothing better than a good run, than when it's over!"

