

THE MOHEGAN STRIDERS RUNNING CLUB

NEWSLETTER – Dec 2010

President's Message

By John Trahan

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So here we are, at the end of another membership year. 2010 has brought some changes and some constants. Membership is way up - 408+ at year end - thanks in large part to great work by our membership chair Pete Volkmar, the continued popularity of the annual Slug Runs lead by Bob Buckingham which tends to bring in many new members, and our ongoing award program that provides complimentary memberships to place finishers at all Grand Prix races - a program fostered by Pete Volkmar and diligently implemented by Leslie and Wayne Jolley, our perennial chairs of the Grand Prix circuit. As you can see by the foregoing flurry of names and programs it takes several dedicated members to keep a club going (and growing) so please join me in thanking them for what they do for the betterment of our club.

Another new thing this year is a youth running initiative by Norma Vivar - she has a Sunday morning kids' run similar to the Slug Runs currently in progress and growing in popularity. We hope to continue this program and add some club support as it grows.

This year also saw the re-birth of our newsletter at the insistence of club 'elder' Marshall Collins who also personally contributed articles. I hope all have enjoyed reading stories contributed by members and expert advice on nutrition provided by Katie Jeffrey-Lund of Fit Nutrition LLC and training advice from Coach Al Lyman of Pursuit Athletic Performance. We also have Chris Hansen to thank for pulling together the many articles into a newsletter, a task he has done so well for many years.

We hope the newsletter is helpful and informative and we invite you all to give us feedback on how you like it and what you would like to see in future newsletters. Our near-term goal for the newsletter is to have members print copies and help 'spread the word' by posting copies in various public venues so others can become aware of who we are and what we do.

Upcoming important events in 2011 include the Slug Runs starting Jan 8th in East Lyme (contact Bob Buckingham for directions), SNERRO's bus trip to the Reebok Boston indoor track meet - aka Men's Night - Feb 5th (contact Pete Volkmar for information) and our annual Banquet on March 26th at a new venue, RiverWalk Restaurant in Mystic - thanks to member and owner/chef Steve Turner - (see web site for info).

Please stay, or get, involved in club activities to keep YOUR club vibrant and growing.

I wish all happy holidays and a healthy, active new year.

"Sunday Striders" by Norma Vivar

The first weekend in November marks the end of the regular middle school cross country season. The young runners are excited and in peak shape. They are ready and hungry for more. Usually at this time, they have little running to look forward to, and the ones who don't play indoor soccer, or other winter sports, are left waiting for spring track to begin.

Tapping into the enthusiasm of young runners at this critical time is a win-win no brainer for middle school cross country coaches and



www.moheganstriders.org

Total Membership: 438

USATF Team No.28

running clubs. So this year, we started meeting with a small group of middle school runners on Sundays. Our meetings are fashioned after the Mohegan Striders Saturday Slug Runs, (sans "chocolate milk"). The hosts are parents of young runners, and they join us on the group runs. All hosts are recruited to join the Striders, and we have added two new families so far.

We have met four times and enjoyed excellent group runs at different paces. We always have a few adults out there with the kids. Both adults and young people represent a wide variety of skill levels, but we've managed to stay in groups with an adult in sight at all times. I would like to recognize and thank our host families and all the people who have come out to support us. I know the kids are getting a lot out of this program, and I think with continued success, this may help our Strider membership and racing team in the future.

Please join me in welcoming our new Strider families as well as in thanking all who have supported the "Sunday Strider" group:

John Trahan- group run participant, Mohegan Strider's fearless leader
Norma Vivar- group run participant, middle school coach, Mohegan Strider
Peter and Holly Salegna- host family, new Strider family, group run participants
Cole "Coal Man" Salegna- middle school runner, group run participant, new Strider
Ted Lee- middle school runner, group run participant
Sam Venturo and Craig Murphy- host family, new Strider, group run participant
Elliott "Digger" Venturo- - middle school runner, group run participant, new Strider
Isabella "Bella" Venturo- - middle school runner, group run participant, new Strider
Mr. and Mrs. John Kendall- - host family, group run participants
Cassidy Kendall- middle school runner, group run participant
Maggie Buckley- middle school runner, group run participant, new Strider
Amy Buckley- scheduled host
Owen Neistat- middle school runner, group run participant

Henley Smith- middle school runner, group run participant
Owen Smith- middle school runner, group run participant
Alex Orum- group run participant, Strider "wanna-be"

PS: The group runs have helped with training, but the brunches are killing my diet! For information on how you can join us, please contact me at normadvivar@aol.com.

Musings from a Coach:
REMOVE THE NEGATIVES BEFORE
ADDING A POSITIVE
By Coach Al Lyman, CSCS, FMS

"Don't put fitness on top of dysfunction."
- Gray Cook, PT, co-creator of the Functional
Movement Screen

If you are like most runners, you've put 2010 behind you are anxiously looking toward 2011, hoping to make it an *even better* year for training and racing. Before you decide which races you want to do or which group workouts you want to join, I highly recommend you take a step backward for a moment, and begin your path to a great 2011 season by first taking a focused look at the **quality, rather than just the quantity, of your movement**. More miles at the beginning stages of training, if some aspect of your movement is inefficient, causes pain, or is putting you at higher risk of injury, is short sighted and will surely end up slowing your ultimate progress. In short, **avoid adding progressive fitness elements to your training (positives) before you resolve lingering sources of pain, inefficiency, or dysfunction (negatives)**.

More specifically, the "negatives" might be 1. a restriction in movement or lack of appropriate mobility where it is needed, 2. a lack of stability or balance, or 3. a nagging injury that you've been nursing for a while or that hasn't resolved, that is resulting in other tissues being forced to compensate or absorb more stress than they were designed to. Even a subtle lack of balanced strength and flexibility around the hips/pelvis or in other joints in the body, will prevent you from achieving the desired results from challenging workouts. In a way, it would be akin to a farmer going outdoors and trying to *plant seeds on gravel*. They (the workouts) simply won't be landing on fertile soil and will have little chance of producing a bountiful harvest, and a bountiful harvest, e.g. results, is what matters! The bottom line: You have to **move well**, before you throw reps, high heart rate, and miles at that movement. My suggestion to you: choose to reverse the "negatives" now! Consider coming to visit us at the Pursuit Athletic Performance "gait analysis" lab to learn more about the quality of your movement, so that you can be at your best in 2011.

Mohegan Strider
Goodies available at the
Strider Web Store!
www.moheganstriders.org

Coping with Winter Running

By Melissa Perkins-Banas

Just as heat affects some runners more than others, so too does cold weather running. Given that I prefer to run when it's hot and humid (I have been referred to as a reptile), I understand how especially challenging it can be to stay motivated during the winter season. The winter solstice has not yet arrived though the hours of daylight seem to have already attenuated sharply, forcing most of us to run when it's cold and dark, irrespective of if you choose to run before or after work. The looming snow fall and ice only adds to the complexity of running. The traction is poor and my feet freeze as I am forced to navigate the roads with automobile drivers who fail to appreciate the concept of sharing a narrowly plowed road. As a result, I know too well the stinging sensation of cold, icy, dirty slush hitting my face and the dreaded grit of sand in my teeth should it fortuitously enter my mouth.

Despite these challenges, cold weather running can also be reframed as an opportunity to establish variety in your running program. Winter is the ideal time, for example, to work on base training in an effort to improve race performances during the spring and summer, or to run socially with friends who ordinarily train at a different pace during the competitive season. Health and fitness require a year-round commitment, regardless if your novice completing your first road race or an experienced veteran. Detraining takes place rather quickly, so if you stop running completely, your fitness will drop precipitously after five to seven days. As such, I force myself to conquer the winter elements and stay somewhat motivated by utilizing some common sense strategies, as well as my personal and unconventional tricks that may also be useful to you.

How to stay motivated:

- Schedule at least one weekly run with a group of friends. Saturday Slug Runs are a great way to accomplish this.
- Keep it fun. Be spontaneous on your run. Make a snow angel by throwing yourself in a snow pile and moving your arms and legs or throw a snow ball (gingerly, please!) at your running partner. Having fun enhances running not only by boosting motivation, but by relaxing the runner and minimizing energy waste caused by negative affective states.
- Keep a running log and include temperature, wind speed, and wind chill. Human cognition and affect impact the accuracy of memory. Having a record of having previously accomplished a five mile run with a wind chill below zero will provide you with evidence of your self-efficacy and get you out the door (it may also attest to your mental instability for running in such conditions so don't forget to hide your log).
- Set a winter performance goal: Sports psychologists have speculated that a self-protective mechanism in the brain used to regulate running performance will never allow you to run hard enough to kill yourself... there is always a buffer! But the size of the buffer will vary based on the importance of the run. Are you escaping from a grizzly bear or trying to outrun your training partner?

Conceptually, this translates to higher level performances being possible through goal setting. Remember, “Ink it, don’t think it”. Write it down on a 3 X 5 index card and keep it visible so that it is ever-present.

How to dress warmly without looking like a marshmallow:

- Layering. This is the ultimate secret to maintaining body temperature. It is most critical for inner layers (those touching your skin) to consist of microfiber, synthetic fabrics such as polypropylene or Coolmax. Such fibers are engineered specifically for moisture management, whereby perspiration moves away from the body, and through the fabric, where it can evaporate quickly. An insulating middle layer may also be necessary on bitterly cold days. A mid-layer allows air space to trap heat, much like insulation in a basement and serving two functions: holding in body heat and passing moisture to your outer layer. A middle layer is slightly thicker than an inner layer, such as a fleece material. Though it may seem obvious, a middle layer should fit more loosely than the inner layer (i.e. do not use your compression Under Armour as a middle layer—an aesthetically ghastly sight). The outer layer functions as a windbreaking layer but should not be waterproof (e.g. Gore-tex) unless it is raining. Waterproof jackets are less breathable and tend to make you overheat.

Most importantly, rely on your own personal temperature guide system for layering. In other words, establish a layering system based on temperature and track this in your log for future reference. With experience, you will learn what’s best for you.

- Wear a hat. As much as 50% of your body heat escapes through your head. Think of your hat as a chimney damper to keep heat from escaping. Conversely, it can also be easily removed if you need to “open the damper” to cool off. I often wear two hats in extreme conditions. One thin, moisture-wicking inner layer coupled with a thicker hat as an outer layer.
- Ditch the running socks. I only wear hiking socks in the winter. They offer the same essential moisture management system but are thicker and far more suitable for stepping in icy puddles.
- Wear mittens. Much like your feet, your hands and fingers have a small blood supply. The arteries and blood capillaries narrow in cold weather, reducing blood circulation and producing the sensation of feeling cold. Mittens are warmer because they keep your fingers together. In fact, I even remove my thumb and place it in the body of the mitten with my other fingers.
- Consider hand warmers. In extreme conditions, I place disposable hand warmers in my gloves, on top of my head inside my inner hat layer, and in my shoes. Simply loosen the laces on your shoes and place them between your foot and the tongue of your shoe. Although foot warmers are also available, they have an adhesive that you place at the bottom of your foot. Given that this may impact pronation and trigger an injury, the hand warmers appear to be a better option.
- Change your shoes. I used to save my old shoes for running in the rain and snow to avoid getting my new ones

dirty! Ok, so I still struggle with this one. On snow, you need the best traction available, much like placing snow tires on your car. Ice joggers are another option for use in snow-covered roads and ice. They are plastic like devices with small metal spikes that are placed over the running shoe. Though quite effective for maintaining stability on snow, they are difficult to tolerate on partially covered roads.

- Challenge yourself with snowshoe running. Transform your running shoes by strapping them into bindings of light-weight, flexible show-shoes. It is a fun yet taxing workout. Simply pick a golf-course and float over the snow! Be forewarned, however, that you need to pick up your feet completely or you will be eating snow.
- Take a vacation. If the aforementioned strategies seem inadequate, take a break. No, not hibernation from running, but a trip away to a warmer climate. I need to stop writing and reserve my flight!

Ragnar Relay

Neal Bobruff

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Last May I ran in the Ragnar Relay which was advertised as being from Yale to Harvard, New Haven to Boston. (It turned out to be from Guilford to Foxborough, or 192 miles. The organizational skills of the organizers were not a highlight). Registration for this year’s race is now open, and I wanted to share my experiences in case you were thinking about doing it. The cost is \$90 per runner if the team captain pays before January 10.

This was my first relay race, and getting the ideal number of twelve runners together (along with 3 race volunteers) was the most difficult part. The captain has to pay for the entire team, then get reimbursed by the team. On the Ragnar website, there is a place for captains to post for individual runners to fill their team, and for runners to post if they are looking to join a team of strangers. I signed up in January and did not have my team filled until April, which was a bit stressful. You can run with as few as 6 runners in one van, but that means no stopping for the van at all, and double the mileage for each runner.

I was lucky enough to convince John Trahan to join my team, and having a runner with relay experience was very helpful in planning. With two rented vans of six runners each, we left Branford at 8:30 on Friday. Each runner has to do 3 legs, averaging around 5 or 6 miles each. Each runner goes in order, so the runner with leg number 1 also runs leg numbers 13 and 25. Each van can relax while the other van has their 6 legs. I did say relax, not sleep, as lack of real sleep is part of the challenge.

We finished in Foxborough at 1:30 p.m. on Saturday, and almost everyone on the team wants to do it again. It is great to have a support van cheering you on meeting you halfway to give you your beverage of choice. Then you get to tell and hear great running war stories, and cheer on your teammates. If you decide to sign up and want more information, feel free to contact me.

Holiday Guidelines for Healthy Eating & Weight Maintenance

Katie Jeffrey-Lunn

The holiday season is here. Decorating your home, buying and wrapping gifts, writing and sending holiday cards, attending parties, cooking and baking may be a few of the seasonal activities you enjoy. However, the colder weather, shorter days and delicious treats make it more challenging for many of us to eat as healthy or exercise as frequently as we would like. Make the decision this holiday season to NOT be a “typical” American who gains weight from October through December by facing this challenge head on. With the right mindset and attitude you can avoid those extra pounds and enjoy yourself this December! Here are a few tips to help you succeed:

Be realistic. Maintaining your weight is more realistic than weight loss during the holiday season. Set goals that are attainable.

Be a conscious or mindful eater. Stay tuned to your physical feeling of fullness and stop eating when satisfied or comfortably full. This takes practice so be patient as you relearn how to *really* listen to what your stomach is telling your brain. The more you listen to your body and honor your fullness cues, the more likely you will accomplish your health goals this holiday season and the better you will feel about yourself.

Do not deprive yourself. Enjoy your favorite holiday treats in moderation while simultaneously filling your plate the majority of the time with fruits, vegetables, lean meats and fish, whole grains and low-fat dairy products.

Have a different mind set this holiday season – enjoy your family and friends company first and the food as a pleasant accompaniment! People make the holidays a joyous time.

If you do have a setback, such as overindulging at a holiday party, don't despair and don't give up. One setback will not lead to weight gain. Use this step backward as a learning experience in order to reduce the likelihood that it will happen again. Ask yourself, “What triggered me to overeat?” Was it because you were stressed or eating mindlessly? Perhaps you went for seconds even though you were truly satisfied after your first helping. Then think of how you may have prevented overeating.

For example, arriving at the party, you may have felt ravenous, grabbed a plate, and quickly filled it with the first foods that looked tasty. At the end of the buffet table, you noticed your favorite side dish or dessert and after finishing your first portion you returned for a larger-than-normal helping. This put you “over the edge” resulting in you feeling “stuffed” and guilty.

Learn from this situation by thinking about how you might act differently at the next party. For instance, realize that arriving to a party hungry may not be a good idea because you are less likely to make healthy, reasonable food choices. A few hours before the next party, have a small, healthy snack such as yogurt and fruit or vegetables and hummus to take the “ravenous” edge off your hunger pangs. Then, at the party, you can try a small sampling of each food that looks delicious without going overboard. Viewing overeating experiences with a different mindset and learning from them will enable you to successfully adopt healthy lifestyle behaviors and feel positive about your relationship with food this holiday season.

If you happen to overindulge, do not skip your next meal to “make up” for the larger meal you ate the night before. Instead, enjoy a lower calorie meal consisting of leaner protein, more fruits and vegetables (the fiber will help you feel full), and try to increase your physical activity.

Practice these strategies this December to maintain your weight and feel great about your decisions and yourself.

Have a wonderful holiday season!

Katie Jeffrey-Lunn, MS, RD, CD-N, LD-N, is the owner of FitNutrition, LLC, in Mystic. For more information, call 860-536-3610 or go online to www.fitnutrition.net. Check out Katie's nutrition blog at <http://fitnutritionllc.wordpress.com>

Reference: Kostas, G.G. (2007). *The Cooper Clinic Solution to the Diet Revolution*. Good Health Press: Dallas, TX.

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REMEMBER WHEN

From the Mohegan Strider Arrowhead Newsletter:

Edited by Tim Smith

Thirty-five years ago – November 1, 1975 issue:

FOR THE RECORD

Club members, Wake up! Let it be clear that your current officers are serving you more out of necessity than desire. Let's face it; no one wants to be an administrator, but we all must realize that any sustaining organization does not operate purely on a friendly association of people; administration is needed to make things happen. Its up to you – Are you going to allow those few individuals who have served you over the past years a chance to just pay dues and enjoy the Club as you have done, or are you going to hook those same few into carrying the administrative load for yet another year? Guess we'll see in January, huh.

Twenty-five years ago – November 1985 issue:

CLUB MEETING

The annual meeting of the Mohegan Striders was attended by only 41 members. Where were the rest of you?? Many issues were voted on and adopted for the 1986 season. If you were there you know, if you weren't – you should have been. We always meet in the fall on the first Friday in November.

And . . .

MOHEGAN STRIDER WINTER FUN RUNS

These fun runs are held at Mohegan Park, the first Sunday, December 1st at 9:00 am, and will conclude with a 10k race the second Sunday in February 1986. TRASH-TREASURES same as years before – bring something for exchange. Cider and doughnuts will be provided.

Spotlight on a Local Runner:

Dave Jacobs

By Ted Phillips

When John Trahan asked if I would contribute an article to the Strider Newsletter, I immediately thought of an appropriate topic: my friend Dave Jacobs. Dave and I have been friends and running companions for over thirty years, and we are both New Yorkers (Dave from Manhattan, and me from the Bronx – and therefore both avid Yankee fans). We are both blessed to be able to keep running, but Dave keeps it going at a level that is astounding. Used to be that Dave would consistently come in a little behind me through our forties together. Then the tables turned, and Dave now leaves me – and many others – far, far in the distance behind. I can give a sigh of relief because in April, when I turn 70, I will no longer have to compete with him in the same age group. I'll still try to go after him though, and he refuses to run any race that is double digits in length. Dave always congratulates everyone after a race and is genuinely supportive of other runners no matter what the level of performance or experience. He is also quick to compliment race directors after a well-organized event. Dave set the precedent of having size “small” T-shirts at races. He also invented and popularized the “Dave Jacobs Hot Dog”. You take a roll, put on mustard and ketchup – and sauerkraut if it's available – and you swear that there is a hot dog inside. I've become a convert. Striders may not know that Dave completed the Hawaii Ironman a couple of decades ago. He also won his age group several times in New York's Empire State Building Run-Up. An avid historian, and expert on Jefferson, he is also President of the Revolutionary Roundtable in New York City. Dave has served his country, his state, and his town well. A U.S. Navy veteran, Dave served among other things as Chairman of the East Lyme Board of Finance and Library Board. He also ran for State Senate once – too bad he was edged out.

Running brings everyone together from all walks of life. Nobody really knows what everyone does for a living – it's not important. What counts is the common love of life, the outdoors, and running. Therefore, most don't know that Dave recently retired after many years as an engineer for Metro-North railroad as an expert on bridges, and was in charge of many bridge projects in Connecticut and New York. What is even more interesting, though, is that Dave breaks the age barrier in academics as well as running. He is working, at age 65, on his doctorate at The University of Connecticut, while teaching courses in engineering mathematics. If you don't see Dave at too many races this year, that's why. However, he stays as fit and fast as ever, and a great advocate for running and the running community.

From Fat to Fast

By Robert Buttermore

Growing up in an Italian family I was raised to eat, eat! Or mangia, mangia! I was always a big kid growing up and my family heritage kept it that way as best as they could.

As the years went by high school came around and it was by no means a terrible time, but certainly not the best of my life. While most kids I knew were out playing two or three sports (I did try out for the basketball team my senior year to no avail) I was big into playing video games. At times I would travel around New England at competitions making decent cash. This lifestyle just added to the burden of weight that I was packing on. I graduated high school in 2005 at 220 pounds and not a hint of an active lifestyle.

A few years down the road I got a job at Electric Boat as a designer which meant more sedentary time in front of a computer.

The jeans kept getting tighter and tighter and buttons were literally breaking on button up shirts. On December 31st 2007 at 20 years old I was sitting at home watching the ball drop with my parents because the only friends I had were my fellow clan mates from my video gaming world. On a whim I hopped on their scale to see what the damage was and the digital numbers read out 237. I had not weighed myself in some time but was not fully shocked when I saw those numbers and had started to notice stretch marks appearing near my arm pits and on my stomach for the last month or so. My diet was a solid 12 pack of Pepsi every day, two to three packs of ramen noodles, and large Italian dinner's every night. As you can guess my self-confidence was down the tube, but what better day is there than new years to make a new start for myself.

January 1st 2008 was day 1. I had dropped 30 pounds during a short period in high school and did it by cutting almost all carbs out of my diet so I started with that approach to dropping weight. I drastically changed my diet to a single chicken patty for breakfast, a tuna salad for lunch, and another single chicken patty for dinner. This totaled around 800 calories a day. I had quit drinking soda, dropped all sugar or any other treats. After a month of eating barely anything the pounds had started to melt off and then I decided to start running.

When I first started running I had no idea about pacing, posture, knee drive, gait or anything, so I took off as fast as I could for about 100 yards and then I couldn't run one more step, so I walked for a while. After Trading off running and walking I knew I had a destination in mind but had no clue that it was 3 miles away. After 45 minutes I returned home pouring sweat and proud that I had finished the complete route. I started doing this every other day and after 2 months I had dropped 50 pounds.

Feeling great about my self at 190 pounds a buddy of mine recommend if I wanted to lose more weight that I should start boxing down at the local gym with him. That started an eight month stint at Strike Zone in New London with the legendary Rollie Pier where I learned the ins and outs of boxing but more importantly how to get black eyes about every other week. I had stopped running and was going to the boxing gym 5-6 days a week. By the end of the eight months I was down to a lean 165 pounds and was ready for my first official fight. The night of fights for all my fellow gym mates came and went but I was not included. Frustrated at this I stopped showing up and began to replace my days at the gym with days of running.

Turning my focus onto running, 2009 was to be a year of racing. Starting off with my first half marathon in Colchester (hell of a way to introduce myself into racing). Once I struggled through that race, the year progressed totaling five half marathons and various other shorter races. After my last half marathon of one hour and 35 minutes I started to think about qualifying for the Holy Grail, The Boston Marathon. I knew I was a few years out but wanted to start working towards my goal. At this point I met a funny, but great group of people who called themselves the Mohegan Striders. Trying to avoid all the sappy-ness that I feel for them, the Striders have had a gigantic impact on my life and I thank them for everything they have done for me, including the rides home after some of the post race activities.

The beginning of 2010 was a let down for myself. I trained all winter for my first marathon and was shooting for a 3:30 time but fell short with a 3:38. Soon after I was injured with ITBS and could not run for all of March and April. Being a stubborn 22 year old at this point I thought I could heal myself but finally broke down and saw a physical therapist. Kurt Strecker and Coach Al Lyman changed everything from the way I trained to the way I walked everyday. After resting for two months I exploded from a middle of the pack runner to a front runner in many races, including winning my first race over all. 2010 concluded with an 18:26 5k, a 1:25 half marathon and most importantly, conquering one of my life goals, I ran a 3:06

marathon and qualified for Boston (registering for Boston was almost as hard).

In a short three years I have progressed from the 237 pound video gamer that I once was, to reaching my life goal of qualifying for the Boston Marathon. But my aspirations don't end there, I hope to break the three hour marathon barrier this upcoming year at Boston and someday get down to a 2:40 marathon time. Also, after reading Dean Karnazes book "Ultra-Marathon Man" I am determined to start running ultra marathons, including Vermont 50 miler this fall and even setting my goals so high that I will finish the Western States 100 and the Badwater Ultra Marathon in the next ten years.

Will an Apple a Day Keep the Doctor Away?

By *Katie Jeffrey-Lunn*

Have you ever wondered whether the saying, "an apple a day keeps the doctor away," is true?

Apples have many health benefits. They are nutrient-rich, sodium-free and contain no heart unhealthy (saturated) fat or cholesterol. They contain a variety of vitamins and minerals that work to keep you healthy. Of the vitamins that apples contain, vitamins A and C, beta carotene (the precursor for vitamin A), lutein and zeaxanthin are present in the greatest amounts with small amounts of folate and the B vitamins (excluding vitamin B12).⁵

Vitamin A, beta carotene, lutein and zeaxanthin are essential for eye health. Vitamin C plays a host of important roles in your body, such as: 1) aiding in the production of collagen, a connective tissue that holds muscles, bones, and other tissues together; 2) enhancing your body's ability to absorb iron and folate from plant sources of food; 3) helping to maintain healthy gums; 4) healing cuts and wounds; and, 5) helping to boost your immunity by protecting your body from infection.⁵ Potassium is the most abundant mineral found in apples.

Potassium plays a role in: 1) fluid and mineral balance in and out of body cells; 2) maintaining your normal blood pressure by reducing the effects of sodium on blood pressure; 3) transmitting nerve signals and, 4) helping your muscles contract.⁵ Because potassium is an electrolyte that is lost in sweat, it is essential that active individuals consume adequate amounts of this vitamin daily. Apples, like all fruits and vegetables, contain vitamins and minerals that help to maintain your health. Eating one each day will certainly help to reduce your visits to the doctor.

Apples make a great snack since they contain complex carbohydrates which provide you with "a more sustained energy boost"¹ than highly processed or high sugary foods. Enjoy an apple with nuts, cottage cheese, cheese, yogurt or nut butter one to two hours before a workout. The apple provides your body with carbohydrates (the main energy source for working muscles) and the protein is required to build and repair muscles and also helps to keep you feeling full for a greater amount of time.

¹ Retrieved from <http://www.nutralegacy.com/blog/general-healthcare/interesting-apple-nutrition-facts/> on August 28, 2009.

Based on the above information, there is some truth to the saying, "An apple a day keeps the doctor away." Not only do apples contain various health promoting nutrients but because there are many different varieties almost everyone should be able to find one they like. Be adventurous this fall and try a new variety. Enjoy them as a snack with peanut butter, sprinkle sliced apples with cinnamon or nutmeg and bake, add them to pancakes or muffins, or use them in salads and main dishes. For a delicious apple recipe, visit my website at www.fit.nutrition.net.

Katie Jeffrey-Lunn, MS, RD, CD-N, LD-N, is the owner of FitNutrition, LLC, in Mystic. For more information, call 860-536-3610 or go online to www.fitnutrition.net.

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A Really Quick Note from the Editor By *Chris Hansen*

Please send photos fit to include. It will really add a nice touch of color and personality to the Strider Newsletter!

Thanks,
Chris

18th Annual Mohegan Striders Banquet

www.moheganstriders.org

RiverWalk Restaurant, 14 Holmes Street, Mystic CT

Saturday, March 26, 2011

Social hour 6:30 – 7:30 pm; Cash Bar

Appetizers: Teriyaki Beef, Mini Crab Cakes, Ahi Tuna, Vegetable Summer Rolls, Cheese & Crackers

Served Dinner 7:30

Choice of:

- Pan Seared Cod
- Roasted Chicken
- Grilled NY Sirloin
- Pork Chops

*Vegetarian option available

Dessert: Apple Crisp & Ice Cream, Mocha Grenache Tart

DJ and Dancing 8:00 – 11:00

Only \$30 per person*

*Be an Early Bird and Save – Tickets will be \$35 at the door
Reserve your seat now. This event may sell out!

Questions? Contact: John Trahan at 860-501-8404 or email: jdtrahan@comcast.net

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18th Annual Mohegan Striders Banquet

Names: _____ Primary Contact: email: _____
(1 ticket per) _____ Phone: (____) _____

_____ Totals – Tickets: _____ Cost: \$ _____

Indicate meal choices: Cod: ___ Chicken: ___ Sirloin: ___ Pork: ___ Vegetarian: ___

Make checks payable to: Mohegan Striders Association
Mail to: John Trahan; 45 Hewitt Rd Unit A2, Mystic CT 06355

Up Coming Events:

1. The next **Strider Meeting** details:

When: Thursday, January 27th

Where: Norwich Free Academy Library, Rm 1101 (same room, new #)

Time: 6:30 PM

Directions: Take RT 2/32 into Norwich, bear right past Backus Hospital, 2nd light bear left onto Broadway, then immediate left into library parking lot. Enter the front door, the room will be on left.

2. **Time to renew your Strider membership for 2011 now at:**

<http://www.imathlete.com/events/EventSearch.aspx - SearchResults>

It's easy, just point and click.

3. The **Slug Runs** start Jan 8th in East Lyme (contact Bob Buckingham for information)

4. SNERRO's bus trip to the **Reebok Boston Indoor Track Meet** - aka Men's Night - Feb 5th (contact Pete Volkmar for information)

Training Runs:

Tuesdays:

East Lyme High School, 6:00pm

Run , Track and Swim Workouts

Pace = All levels, mostly casual

Contact: Marshall Collins (860) 859-1555

Way Hedding (860) 739-2884

Sundays:

Mohegan Park, 8:00am

Norwich Rec Facility

Pace = All levels, mostly casual

Contact: Michael Fusaro (860) 889-6784