

THE MOHEGAN STRIDERS RUNNING CLUB

NEWSLETTER – July 2010

President's Message

By John Trahan

jdtrahan@comcast.net

Newsletter Redux Two. We hope you enjoyed reading the first issue of your new newsletter. This 2nd issue includes once again some expert nutrition advice graciously contributed by Katie Jeffrey-Lunn of Fit Nutrition LLC and several articles from our members. New in this issue we also have some training information from Strider and certified coach Al Lyman. Possibly coming in our next issue is a little advice on stretches and strengthening to help avoid some common runners' injuries. We hope you find this newsletter fun and helpful and that you'll express your appreciation to our authors for their willingness to contribute to your club. As always we invite your comments and suggestions so please do contact myself or any club officer with your feedback.

Debriefing The Dash

By Short and Volkmar

The (much) longer answer to the "How Was The Delaney Dash?" question has already been distributed to the club via a prior email.



Highlights: New course. Shorter distance (4 miles). USATF Grand Prix Event. All of these factors contributed to a record number of finishers (335) and our best year yet. Race entry income exceeded \$6k. We increased the scholarship amount and awarded two \$2500 grants in **Sean's** name on June 10. After ten years, and

starting with two \$500 scholarships, we are approaching \$30k in scholarship distributions.

Compliments received to date: Lots. Thank you.

Gripes...er...areas of improvement received to date:

- *Awards ceremony is too long.* We agree. But we don't want to cancel the kids' fun run (if you don't watch this, you should. It is a hoot). We are considering options re: walker raffle so that the awards can start sooner. Stay tuned.
- *Two mile mark was long.* We know. We'll fix it next year.
- *Lack of race day T-shirts.* We acknowledge this was a mistake on our part. We did, however, get rid of 9 prior years of shirts!!!! Our biggest whoops was not having shirts for the volunteers; the runners were already informed via the race app that we had limited shirts. Based on previous years' leftovers, we were optimistic that we'd have shirts available for everyone that wanted them. Not the case.
- *Parking.* Handicapped parking location for those that need it on race day.
- *Volunteers forgotten.* Apologies to **Steve Hill** and **Sophie Byciewicz** for failing to recognize in ShorTakes their work for SNERRO.

Thank you, once again, to **Dr. Kurt Strecker** (new Strider) for his generosity, his enthusiasm, and his unwavering commitment to the success of the DDash. **Center for Better Health** has been our premier sponsor for 5 years. Our appreciation is also extended to **The Mohegan Striders, Pursuit Athletic Performance (Coach Al**



www.moheganstriders.org

Membership: 201

USATF Team No.28

Lyman and **Dr. Kurt Strecker**), United Abrasives (**Christine Sacrey**), Prides Corner Farms (**Tim Kane**), CL&P (**Joe Swift**), Savinelli Well Drilling (**Tony Savinelli**), Iselin Tree Experts (**Charlie Iselin**), Fortuna & Cartelli, Attorneys (**Tom & Carl**), **Jon Kodama** who allowed us to park at the Dock & Dine again this year, **Lindsay Eisensmith** and her massaging colleagues from Better Health Massage & Bodywork, Signs and Digital Graphics (Banner by **Phil Schaller**), and **The Old Saybrook Police Department**.

We welcome your feedback on the race – the good, the bad, the ugly. Some things we may not change; some things we can't change (we are locked into the 4 mile distance for at least another year). Please email us at kshort@snet.net if you have anything you wish to share.

A Strider in the BUPA Great North Run

(UK's biggest ½ marathon)

By Les Bellis

September 19th 2010, 52,000 runners will be joining in the festivities making it the biggest half marathon in the UK. Entries are limited and offered through a lottery. This year, over 100,000 people applied.

Wearing the red and white, proudly representing the Mohegan Striders will be Les Bellis of Newcastle, England and Griswold, CT.

Les is a relatively new member of the Strider family. He has only been with us for 1 ½ years. He ran for his first season last year. This summer, Les will be running with the Striders and using it as part of his training and preparation for the Great North Run.

"I first ran the GNR in 1996 purely as a fun run event raising money for a local cancer charity. I finished with a time of 2h 11m. The following year, 1997, I finished with a time of 1h 52m. This year is the 30th anniversary of the race. I want to run the race as a Strider and attempt to beat my 1997 time. I feel that the help and confidence that I have gained as a MOHEGAN STRIDER will go a long way toward making my goal attainable. Again, this summer during training, I will run the best I can for the Strider team. I love being part of the Strider family and would encourage anyone to join.

I have a great story from last year's **Deary Memorial Race**. After the race, a young guy who came in directly in front of me, came up to me and asked if I was a Strider. I replied, 'Yes', to which he responded 'FANTASTIC, I have always wanted to beat a strider.' The guy was quite pleased with himself. I shook his hand. For me that speaks volumes about how the Striders are respected as a running team.

So, when I applied for this year's GNR, I **proudly** put down that I am a Mohegan Strider. I plan to be running for The Mohegan Striders of Connecticut, USA. (I think this helped get a place. They must have heard about us)

I would like to take this opportunity to say a big '**THANKYOU**' to all the new friends I have made within the Strider family while visiting the United States over the last couple of years (long may it continue). Everyone has made me feel so welcome and given me great advice and encouragement I don't think I could have done it otherwise. I look forward to another exciting summer of running and picnics".

**JOLLEY CONCRETE
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DANIELSON CT 06239
779-3980, 800-752-5720**

REMEMBER WHEN

From the Mohegan Strider Arrowhead Newsletter:
Edited by Tim Smith

Thirty-five years ago – September 10, 1975 issue:

FLO HUNTINGTON

Norwich has its own Kathy Switzer (Kathy Switzer led the crusade for female participation in the Boston Marathon). Flo Huntington, mom of the running Huntington twins, is breaking down the self-consciousness barrier of women who wish to hop into the Norwich rec runs: but don't. Flo became the first ever in her age group (19 and over) to enter the women's division. Hopefully, Flo's efforts will encourage more women to join in on the fun.

Twenty-five years ago – September 1985 issue:

KELLEY-SCHAEFER 11.6 MILE

A record setting performance by Middletown's Gary Nixon in 57:33.5 highlighted this 23rd running of this first class race at Ocean Beach.

Good showings by many Striders: 5th Joe Banas 61:08, 6th Bill Marshall 61:44 (2nd master only because one of the best masters in the world David Clark of England was there and finished 2nd overall 58:56), Jeff Kotecki 63:12, Joe Portelance 63:30, Dennis Tetreault 64:49, Tim Smith 67:00, John Ficarra 68:06, John Brown 69:02, Mike Smith 70:53, Don Lewis 71:21, Bob Harding 71:54, and Jan Slonski 72:12. I forgot President Jim Butler 64:52 "sorry Jim." Also Bob Stack 62:54.

The Mohegan Striders won the team title with Way Hedding's E.B. crew 2nd. "Watch out for those E.B. Runners."S



Steve Hancock Memorial Run 2010

Be a Kid Again, Enjoy Chocolate Milk

By Katie Jeffrey-Lunn

Do you like the rich, delicious taste of chocolate milk? If so, you're in for a sweet surprise.

Research presented at the June 2010 American College of Sports Medicine Annual Meeting outlined the benefits of chocolate milk as a successful recovery drink after endurance exercise. Active individuals who engage in regular aerobic exercise (i.e. running, cycling, swimming) on most days of the week for 45 minutes or longer can reap the benefits of drinking chocolate milk (or other flavored milks) after their workouts.

Studies conducted by researchers at the University of Connecticut compared the effects of consuming 16 ounces of either fat-free chocolate milk or a carbohydrate-only beverage on muscle recovery in active men following endurance exercise. Both drinks contained the same number of calories. However, the chocolate milk, unlike the carb-only beverage, contained naturally-present high quality protein. During recovery from a 45-min run, the chocolate milk was as effective as the carb drink in replenishing muscle energy (glycogen) stores and better at rebuilding skeletal muscle protein broken down during exercise. Both of these measures are critical to runners who wish to optimize their recovery after a workout. Glycogen is a main energy source for the body during aerobic exercise and muscle protein is essential for a person's power and strength. Protein from soy and animal sources, such as milk, is called *high quality* protein because, unlike plant protein sources (with the exception of soy), it contains all the essential building blocks required to repair and build muscles.

Active individuals should refuel their bodies within thirty minutes of exercising. The goal is to consume both carbohydrates and quality protein. You can accomplish this by eating a well-balanced meal or snack, either in solid or liquid form. If you find it difficult to eat solid foods immediately following a workout or find it more convenient to have a snack or mini-meal post-exercise, then chocolate milk is the perfect recovery drink for you! It has many advantages over commercially available (and usually more expensive!) sports drinks.

Chocolate milk is an excellent recovery drink because it not only provides carbohydrates and protein, but contains the electrolytes sodium and potassium, which are lost in sweat. And, the electrolytes contained in milk are in greater quantity than that found in sports drinks. Milk is a great source of calcium (also lost in sweat) and vitamin D, both essential for strong bones and muscles. Finally, milk contains riboflavin, a B vitamin that is required to convert the food you eat into energy. Low-fat or skim milk is the perfect post-exercise sports drink!

Either make your own chocolate milk by adding chocolate powder or syrup to milk or purchase pre-made chocolate, strawberry or coffee milk. The goal is to consume approximately two to four grams of carbohydrate for each gram of protein. This is an ideal ratio of carbohydrate to protein for energy (glycogen) replenishment and muscle rebuilding. Most pre-mixed, flavored milks have this ratio. Post-exercise is the time when the cells of your body are the most efficient at replenishing energy stores and rebuilding muscle protein. To make the perfect post-recovery sports drink yourself, add either chocolate syrup or powdered chocolate mix to fat-free or low-fat milk. Here are two recipes:

- 4:1 ratio: 2 cups skim or 1% milk +
 - 3 Tbsp. Hershey's chocolate syrup = 340 calories (skim) or 380 calories (1%)

- 5 Tbsp. Nesquik Milk Chocolate powder = 340 calories (skim) or 380 calories (1%)
- 2:1 ratio: 2 cups skim or 1% milk +
 - 1 Tbsp. Hershey's chocolate syrup = 240 calories (skim) or 280 calories (1%)
 - 2 Tbsp. Nesquik Milk Chocolate powder = 250 calories (skim) or 290 calories (1%)

Here's to your recovery!

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.

Thank-You Striders

By Laurie Lamb

In late May of 2009 I collapsed at the dress rehearsal for my chorus's spring concert. When I came to there was an ambulance coming and it was for me. Over the next month I went to Westerly Hospital, then Yale-New Haven ICU, then Pendleton Rehab Center. It turned out that I'd developed serious pneumonia in both lungs. Several wonderful people visited me at the rehab center, including John Trahan and Laura Elsenboss who biked by to see me on the way home from work.

I went to see my local hematologist/oncologist who sent me to Dana-Farber for a second opinion. I had Primary Idiopathic Myelofibrosis, a bone marrow disorder that causes fibrosis in the bone marrow, crowding out the healthy cells that manufacture red and white blood cells and platelets. I was told that it was possible this rare and untreatable disease might not bother me. However, it had other ideas and escalated to the point where a stem cell transplant was my chance for a cure.

A 43-year old woman donor was found on www.bethematch.org; she matched me six of six factors! I was scheduled for an allogenic stem cell transplant at Brigham & Women's Hospital. I was quite debilitated, in a lot of muscle and joint pain, and had frequent chills and fevers.

In the hospital I had chemotherapy to make room in my marrow for my donor's stem cells. I was able to send my donor a letter as long as I didn't reveal my name or other details. On February 3rd I received my donor's cells by transfusion. During my several weeks in the hospital I was very happy to have Mohegan Striders visit me twice. Laura and John came by one time and a group of the guys who were attending a track meet nearby came.

When John and the guys came they brought me a Mohegan Striders jacket that I wore in the hospital. It was a great conversation piece with the nurses and docs and I believe helped them see me as more than the patient with the rare disease. I was restricted to my room until the last couple of days of my hospital stay and, even then, only went out for tiny walks right outside my room, so visitors were a huge treat.

Another thing that helped a lot then and now is my website, provided by Dana-Farber at www.caringbridge.org. I write Journal entries and visitors are able to put their comments in the Guestbook. People, especially Striders, have been great at this.

I left the hospital on February 16th. I'm not allowed to have many visitors, but Laura and John managed to bike over several times. One time they brought me a wonderfully autographed and collectible

Saturday Morning Slug shirt. Special thanks to Marshall. At Easter time John and Laura brought not only chocolate and an inspirational book but frozen dinners as well, all on their bikes!

Because the weather's gotten warmer I've been able to attend some races. I must be masked and gloved (for at least a year!) and use a cane, but I can still cheer and encourage people. It's good for me too. I get in some exercise and sometimes almost forget anything's going on with me. That's worth a lot. And, even better is the encouragement I receive from Striders. They greet me and wish me well.

I had an additional bone marrow biopsy and my marrow is more normal now. Some areas of my bone marrow are making blood cells again. Yee-hah! Those cells are 99% my donor's. My local doc calls me "Ms. 99%!" And just to show how complete a reboot of my immune system this procedure is, my blood type changed to my donor's type. After a year I'll have all my immunizations again.

When John asked me to write an article for this newsletter I was glad because I really want to tell all Striders how much it's meant to me to have this enthusiastic group supporting me during this hard time. It has helped a LOT. Thank you, Striders.

Pursuit Fitness *By Al Lyman*

A runner emailed me recently and asked what I think about, and what I'm trying to achieve, when integrating "strides" or "pick-ups" into my runs. That's a great question, so I thought I'd share a bit more information on the nature of "strides," and how they can help you become a better runner.

I think of "strides" as *form accelerations*, usually done for 30second duration. They are not only great for increasing leg speed and "waking up" our nervous system, they are also a great way to routinely practice good running form at a fast rate of speed. What are the mental cues you can use to make these more effective? Here are a few tips:

- * Great running starts with good posture: run TALL and lengthen your body through your spine. Don't bend or collapse at the waist; push through your hips to open your chest, which will allow you to get that swing-leg knee farther out in front of your body with each stride.
- * Great running is relaxed and efficient. As you extend the spine and run taller, relax your shoulders down and in and keep the elbows back.
- * Pay attention to how much NOISE you are making when your foot hits the ground, as well as how horizontal your movement is. Less noise is better (more effective deceleration/force reduction - less energy leakage), as is more horizontal (not vertical) movement.
- * As you land and push your foot back, extending your hip, feel yourself pushing through the toes. Focusing on this periodically can help increase speed at a lower effort level.
- * As you warm up, have some fun by playing around with stride rate, mixing a faster stride and shorter stride length with a longer, bounding type stride that comes directly from over emphasizing hip rotation/drive, and toe push off. Make the movements MORE DYNAMIC to actively improve hip mobility and functional strength.
- * As you go through these mental exercises, you may notice that you need to sometimes go back to the beginning and remember to relax the shoulders and breathe deeply through your belly, starting the process all over again!

* Have some fun playing around with your run form and enjoying every minute of experimentation and learning about your body!

These kinds of mental exercises are what keep your run training fresh and interesting, and should keep you coming back for more! Try it! Have fun! Be great!

How Many States Have You Run In? *By Marshall Collins*

Somewhere during a run many years ago, I got the bright idea that I wanted to run in all 50 states and the District of Columbia. It may have been oxygen debt or an unusually strong blast of endorphins, but it seemed like a good idea at the time and surprisingly it really was.

My self imposed rules were not to have to race in all of those states, just to run for at least 30 minutes in each. So going to the four corners and running in a circle would not count for Arizona, New Mexico, Colorado and Utah.

After having done a few I realized it is a great way to see our country. When we drive by on the highways at 60 mph or more, you don't see as much as we do on foot. When you get onto the back roads and into neighborhoods, you see how people really live. You can check out their houses and what sort of stuff they keep in their yards. It also gets you out of the car and helps burn off the calories of food on the road.

A good rule of thumb is to look on the map for good sized parks since there is less traffic there and people are used to looking out for runners, walkers and bikers on the roads and paths.

If you are near a Civil War battlefield, they are my favorites. They have good maps available, the trails and roads are clearly marked and there is lots of stuff to stop and see. It won't be a great workout since you run, stop and read the signs and monuments, but again if you go out at sunrise before the crowds begin it can be special. I have run at Gettysburg at sunrise across the route of Pickett's Charge and it is a moving experience to contemplate what took place there.

It gets a bit interesting with the weather, getting lost and the inevitable changing in the car. And it is not the kindest thing to do if you don't get to shower and have other people in the car. But the sights are truly memorable.

I got to run along the South Rim Trail at the Grand Canyon at sunrise which was something everyone should see in their lifetime. I also ran from Waikiki Beach past Diamondhead along the coast at sunrise and finished up with a swim. Of course I also ran through a wretched neighborhood near the airport in Shreveport, Louisiana where I prayed that the mangy dogs wouldn't bite me. And although I ran at a beautiful park with an arboretum in Muskogee, Oklahoma, it was 101 degrees and that run couldn't end soon enough.

It was a challenge to get three states in during one day, but I did it when I ran for an hour along a road in Southern Illinois in July and saw nothing but corn taller than me! I also learned that the humidity in those cornfields is really nasty. Then later in the day I stopped at parks in Indiana and Ohio to run again. It was a good thing I was by myself because after the third run without showering, you get a bit gamey.

Maybe my most unique run, which doesn't really count as a state, was running on the flight deck of the aircraft carrier the USS Nimitz somewhere between Pearl Harbor and San Diego. Since it was cruising along at 20+ knots and into a 20 knot wind, when I ran into the wind it really got my attention. Heading with the wind at my back, I thought that I was going to go over the fantail.

So after many long road trips, I have run in 36 states and the District of Columbia. I will get Alaska out of the way this summer and have to figure out how to get in the Pacific Northwest, the Plains States and Big Sky Country. But I still can't figure out how I am going to run in Kansas and Nebraska, since why would you go there?

So if you are interested in a road trip to run in a few states, let me know. I am slowing down, but still getting those states in. When I finish all 50, then I think I will start on foreign countries. I only have 6 of those.

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

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

Up Coming Events:

1. 48th Annual Ocean Beach/John & Jessie Kelley 11.6 Mile Road Race will be held on Saturday August 7th, starting at 9:00 a.m.. Not only is this race the oldest area road race it is also the largest and requires lots of volunteer help to insure the safety of all of the runners participating. Help is desperately needed at water stations along the course, for traffic control, and at the finish area. For the past several years this race has been selected by New England Runner Magazine as "One of the Best of the Best Races in New England", this would not have been possible without an army of dedicated caring volunteers all contributing to make the racers enjoy themselves and ensure the quality of this event. Anyone who is not running and wishes to lend a hand should contact me via e-mail at wayhedding@att.net or call me at 860-739-9927. Oh yes, and don't forget about the wonderful entertainment on the boardwalk, "Run for Cover" will be performing live, weather permitting.

Thanks, Way

2. The next Strider Meeting will take place at our **Summer Picnic** in August. Here are the details:

When: Saturday, August 21st

Where: Gidding Memorial Park, Rte 207 / Pond Road, Franklin, CT

Time: Picnic begins @ noon, brief meeting approx 1:00 PM