

THE MOHEGAN STRIDERS RUNNING CLUB

NEWSLETTER – June 2011

President's Message by John Trahan

Off and Running !

Well by now you all know our prime season is off and running. I hope you're all taking advantage of the many opportunities now available to run, sun and have fun! Weekly runs are now held almost every day of the week and every weekend brings a plethora of races within reasonable driving distance. Check out our web site www.moheganstriders.org and www.snerro.com to tap into local and regional events.

Our own Mohegan Striders"-sponsored race the Delaney Dash was a huge success again this year and enjoyed a great turnout by members. There were so many runners in Mohegan Strider uniforms – and sporting the red singlets with logo of long-time sponsor Jolley Concrete - it looked like a formal practice session. The Striders" tent was a busy place with new Grand Prix coordinators Al Phillips and Amy Teper manning the sign-up sheet and members eagerly logging in to collect points toward annual awards. This very popular program is really getting members out to events either to run or volunteer; members also get points for „flying the colors" so don"t forget to wear your Striders" gear at all Grand Prix events!

Our Mohegan Striders" competitive racing teams now have their third race in the USA Track & Field Connecticut (USATF-CT) road race series behind them and the next race is coming up quickly – Sunday June 19th in Branford. Any members wanting to race should contact Jon Korkacki jonkornacki@comcast.net. You don"t have to be fast to score for the team and racing the USATF series is a great way to get the „team spirit" feeling back in your system! We have a great group of members supporting each other out there at every race so come out and join the fun. The Men"s team, led by Masters and Grand Masters runners of late is in the midst of a comeback in the Open and Senior ranks. Jeff Wadecki is healthy once again and Rob Buttermore just keeps getting faster in the open



www.moheganstriders.org
Total Membership: 222
USATF Team No.28

division. The Seniors have a tough and tight pack of Tim Smith, Steve Johnson and Wayne Jolley topping the field. Our resurgent Women"s team struck gold in the Masters division at Delaney Dash (see photo in this newsletter) and figure to shake up the USATF-CT ranking this year. The gals were resplendent in their new black uniforms with pink lettering, compliments of new sponsor No Expiration, a sports and fitness apparel company founded by new Strider members Heather and Stephen Bessette.

As you can see by the content of this issue, our reinvigorated newsletter is rolling along. Many thanks to Chris Hansen for continuing to gather articles and get us to press. Thanks also to regular contributor Karen Short for her innovative approach to getting us all involved. Look for her column in this issue with results from her „member comments" request. Please keep the comments coming! We're here to serve you and your input and participation are what we need most. You can continue to send your comments to us any time using our email addresses on the web site, by „friending" us on Facebook or talking to us at events. I can usually be found at the Dog Watch Café fun run in Stonington Tuesday nights at 6:15 and at the RiverWalk fun runs in Mystic Thursday nights at 5:15.

Want to know what it"s like to run long? You'll have a pretty good idea after you read the article in

this issue from member and Ultra-runner Bob Buckingham who this spring completed another – yeah, I said ANOTHER -100 miler. While I haven't ever attempted a 100 miler, I have run a 50K with Bob and plan to do more ultra events. We have lots on runners in our club who run long and have done marathons; ultras are a really fun next step. Anyone curious? Maybe just a little? I'll bet Bob can help you get started!

One very special note of thanks, and encouragement to members and Pursuit Athletic Performance principals Coach Al Lyman and Dr. Kurt Strecker for their time and efforts thus far in sponsoring a Triathlon Training group for members. The group began training in May and will be competing en masse in the Niantic Bay Triathlon in August. I'll be participating and speaking for myself and the other 15 members involved I really appreciate the expert experience and coaching tips from Coach Al and Dr. Strecker. This may be the start of bigger things for the many Strider members who primarily race in triathlons.

Speaking of expert advice, you'll find once again in this issue some secret training help from nutritionist Katie Jeffrey-Lunn who recently attained board certification as a Specialist in Sports Dietetics. Want to get in top form? As you'll see, Katie has lots of tips and can tailor nutrition programs to help runners get the most out of their training.

So read on! And give us your valuable feedback. With your help and participation we'll make the Mohegan Striders the best club it can be for all members!


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

SHORT On Answers

Because my **ShorTakes** column is too wordy (i.e. long-winded, high bloviation factor) for the new and improved **Strider** Newsletter, I have had to devise a new and improved outlet for channeling my . . . um . . . creative juices. The outcome? I will periodically use the **Strider** email-blast method to poll the Club on various topics that make me go "Hmmm . . . I wonder." I will then consolidate the responses and share with the Club. Inquiring minds do want to know, you know.

This Issue's Inquisition: If you could change one thing about the Club, what would it be?

Survey Says:

- More youth, new blood, younger energy and passion needs to be infused into the Club.
 Not sure how to make that happen but the Club needs the next generation of leaders.
- Coaching for members like myself that are not great runners.
- My thought about how we might improve the Club is pretty selfish on my part. The **Mohegan Striders** cater to and focuses on the short distance runner. It limits membership (except for myself) to those who run short. I would like to think that if there was also a focus on longer races (ultras), it might bring in other long-distance runners to the Club.
- More promotion of youth running.
- How about attitude? Can the Club mandate saying hello or making acquaintance with an unknown Club member at each race? I use the **Strider** Results feature on the homepage often to find out that I need to say hello to the Romaykos, Croughwells, and Wootens of the Club. After the Earth Day race I realized that the runner in front of me for the buffet was Club member Janit Romayko and you know, come on, I could have said something like, "What do you think of the outfit I wore today?" Something, just anything.
- I would have a regular group-training event

in Griswold.

- I would look for recruiting opportunities in schools, on tables at races, etc.

Next Question: (Two Part)

1. What do you consider to be a reasonable price for a 5K entry fee*?
2. Would you prefer an entry fee that does not include a T-shirt (cost of the T-shirt is extra, similar to Manchester Road Race)?

*Pre-registered cost examples for 5Ks are Fairfield (\$30), Flanders (\$15), Race for the Cure (\$30), Pawcatuck (\$15), Niantic Bay (\$25), Killingworth (\$20).

*USATF race entry fees are:

WPLR 5K: pre-reg, \$27; day of, \$30.

HTC 1/4 Marathon: pre-reg, \$30; day of, \$35.

Delaney Dash 4M: pre-reg, \$15; day of, \$20.

Branford 5M: pre-reg early, \$26; pre-reg late, \$28, day of \$30.

Guilford 10M: pre-reg early, \$30; pre-reg late, \$32, day of \$35.

New Haven 20K: pre-reg early, \$40; pre-reg late, \$45, day of \$50.

Niantic 1/2 Marathon: pre-reg early, \$40; pre-reg late, \$45, day of \$50.

Send your thoughts to kshort@snet.net

Don't forget to check out the **Strider Happenings** on the SNERRO web site:

http://www.snerro.com/SNERRO_/Happenings.html

**Mohegan Strider Goodies
now available at the Strider
Web Store!**

www.moheganstriders.org

REMEMBER WHEN

From the Mohegan Strider Arrowhead Newsletter:
Edited by Tim Smith

Thirty-five years ago – March 10, 1976 issue:

THE FLYING ARROWHEAD

The most unpredictable issue of the annual meeting was the Club's controversial shirt design. Since the first ordering of shirts back in 1972 there have been numerous movements to change the design. Committees have existed; new designs have been offered; dissatisfaction has been voiced; and yet once again the flying arrowhead and the old English letters remain immovable. After some debate the Club unanimously voted to leave its trademark alone. A simple explanation lies in the growth of a solid sentimental tradition over the nearly four years of the shirts' existence. During the Club's infancy the shirts' readability and insignia were questioned frequently by many. Now, however, the design has become a familiar "coat of arms", and whosoever wears it is readily identified as a Mohegan Strider. Its a good bet that the familiar design will exist happily ever after with the Club.

Twenty-five years ago – July 1986 issue:

CLUB HATS

\$3.50 See Jim Butler or Don Lewis. WINDOW STICKERS Donation of \$1.00 (or more) accepted. The proceeds will go for our team expenses – so please be generous. We will accept donations for this worthy cause – we hope in the future to gain sponsorship for your racing teams. Hoping some local businesses or individual will offer to sponsor us.

AND

Summer is in full swing – and so are our regular during-the-week events. Join us at Ft. Shantok at 6:30 pm on Mondays, or on Thursdays, at 7:00 pm at Kelly Jr. High. The fun runs are just long enough to give you a good workout (and challenge), but short enough also that they won't interfere with any racing schedule you may have. Come to run, or come to help out! Also, don't forget that ever-so-necessary track work – Tuesday nights, 6:30 at NFA.



Women Strider's Racing Team at the Delaney Dash 2011
 Front row, left to right: Laurie Schaeffer, Grace Jensen, Chris Picklo
 Back row, left to right: Martha Merz, Vicky Kosakowski, Jeanne Lucey, Annette Barbay, Marcie Withington, Linda Jaynes
 (Amy Teper raced too but we couldn't find her for the picture)

**Meandering Thoughts of a Wandering Strider
 New Jersey 100**

Last year, I turned fifty in May and started fretting about the fact that I had not done a hundred mile run in 8 years. Injuries played a major role in that. I was able to run some sort of ultra every year (except for last year), but every time I started looking into the possibility of a hundred, inevitably, I got injured. So last year, I decided to forgo an ultra and allow my body ample time to heal.

I had heard about an ultra festival in New Jersey through a friend, who had indicated that they were going to run in it. Actually, there were a few people who said they wanted to use the New Jersey Ultra Festival as their first ultra. By December, I was feeling pretty good and

decided to sign up to run the 100-mile race. Training was on, with my goal for the race to be able to complete 100 miles in under 24-hours.

This winter was tough for long distance training. I like to be able to get out on the trails for my long runs, as the roads tend to beat me up. But with all the snow (and eventually ice), getting out on the trails was not something that I could do. I did get in some long runs on the roads (thanks to Katie and also to the Saturday Slugs), but not the ultra type of run that I like to have when doing a race like this. My feeling going into this race was that I was undertrained, but since I have done this before, I figured that I could use that to get myself through it.

Friday, March 18th, I took the day off, ensured that I had everything packed that I might need and drove to Long Valley,

New Jersey. My son, James, the weekend before, decided that he wanted to help me out as my crew. I picked him up from a train station in Netcong and proceeded to check in at a hotel. Originally, my intention was to camp at the start/finish area of the race. Looking at the long-range weather forecast, which called for rain on Saturday, helped me decide on warmth and comfort over saving a bit of money.

New Jersey Ultra Festival consists of five races, 100-mile, 100K, 50-miler, 50K and a marathon. The 100-miler start time was 4 am; the remaining races each started an hour apart with the longer races first. So, with some of the 80 other people who may need their heads examined, I was on the informal start line just before 4 am. The course is a twenty-five mile loop, basically shaped like a tee. The problem was, due to the permits required to run on the course, the race had to finish with the west part of the course first. So we had to run four loops of the 16-mile west loop, leaving the start/finish area and returning to the area at the end of each loop.

The temperature was comfortable, with the temps coming down from the beautiful seventy's on Friday, to a sane 52 or so at 4 am. It was forecasted to stay in the 50's all day Saturday and drop into the 40's and high 30's early Sunday morning, great weather for running distance. Leaving the starting area, we ran on a trail through a farm next door to the church that hosted the run. But then, we turned left onto the road and ran for approximately ½ mile plus before we turned right to get back on the trail. All I could think about was that I would have to run on that road each time I returned and each time I went back out. Yuck!

Leaving the road, we turned into a trail through a parking area. The trail is a part of the local park system and is an access point to the groomed trail system that we would be running most of the miles on. The access trail was probably the most technical part of our run, with water runoff creating gullies and a crappy area of sharp, pointed shale rock that was difficult to run over. The first loop, I wore my Vibrams and it was difficult navigating that rocky area in them. Once past the rocks, the course went over a falling apart concrete bridge, over some more rocks and up a hill where the runners turned left onto the west section of the racecourse.

My plan had morphed into possibly completing the 100-miler in less than 20 hours, as the course was relatively

easy and even though I did not get the training in that I wanted to, I thought that I could do it. To finish in less than 20 hours, I needed to do 5 miles per hour or better. After the first loop, I was an hour and a half ahead of that goal. I hoped that I would be able to maintain this pace over the course of the entire run. I felt good at the turn around, although I had to wake James up, who was sleeping in the truck (3 am is very early for him). I needed to change out of the Vibrams and I had left the shoes I wanted to wear in a bag in the truck and not in my drop bag. I think I startled him a little, but not enough that he was not able to go back to sleep after I left.

The thing about the first loop was that it was dark the entire time. Once I got through the access trail and onto the main trail, the full moon lit up the trail. I turned off my headlamp and ran the trail using the moonlight. I loved it!! Unfortunately, a lot of other people that were running had to have their headlamps on and I got blinded when they were going in the opposite direction as myself. But that did not detract too much from my enjoyment of running a trail in the moonlight. I don't get to do that too often and it helped make the run, especially as I did it again on the opposite end of the run.

I finished the second 16-mile loop and I was two plus hours ahead of the twenty hour pace, increasing my hope that I would be building enough of a buffer for later on if I hit the wall and slowed down considerably. By this time all of the other races had started and the trail was full of runners running to accomplish their goals. It was amusing trying to figure out if the runner who just blew by me was running one of the shorter distances (most likely) or one of the runners who I was competing against in the 100-mile race. The day was comfortable, with it being partly to mostly sunny, breezy and in the 50's. Finishing up third 16-mile loop, still holding onto the two-hour cushion (see, I was already slowing down), I felt and looked pretty good. Yeah, I am critiquing myself with a positive spin.

This picture shows the access trail with me running in the return direction (going back to the start/finish is where most of the uphill is on the course).

Part of my goal starting the day was to finish the 4 16-mile loops while there was still daylight. I accomplished this with plenty of time to spare. One of the fun things about running distance races like this is that you meet up with runners from other areas of the country and get to spend some time (minutes normally) chatting with them.

I hardly ever learn anyone's name, but it is nice to talk with someone after running solo for a period of time. One lady was running in the dark with both a headlight and a hand-held flashlight. I had to ask her why she felt like she had to have both, especially since my light was off. She had never run a trail at night and had been unsure what she would need, so she decided to make sure she would not need anything (as far as lighting). There was a guy that was running the loops at the same time as myself and he was running faster than me, but when he reached the start/finish, he would spend 10-15 minutes there, stretching and relaxing. This would allow me to hit the start/finish, get what I needed and get out while he was still there. He would pass me each time. We did not talk much during the race, but afterwards, he was still at the finish line and he said that taking a break helped him in the long run, but he had to bust his ass on the last loop to meet his goal.

There was also a woman who I saw throughout the day who was ahead of me. She looked amazing, very strong and always with a smile on her face. Every time I saw her, I commented on how she looked. She was running like I wanted to be running, smooth and looking oh so effortless (I know that this is not true, but she made it look that way). I also saw her after I finished and I found out that she won the race overall! I had thought there was a guy who was in the lead, a very serious runner who did not respond to any of my chatter, but I was mistaken. The lady finished in 16 hours and 49 minutes and the first man finished in 17 hours and 5 minutes. An awesome run by both of them, but I always love it when a woman beats all the guys. It shows that running is a sport that men and women can and are equals, especially in the longer distances!

I finished the fourth 16-mile loop with plenty of daylight remaining, allowing me to forgo carrying the headlamp on my first 9-mile loop.



I was looking a bit more worn, but still running into the start/finish area. During this last 16-mile loop, the wind picked up and it got considerably cooler. By the time I finished my first 9-mile loop, I had put my jacket back on to keep myself comfortable. During that loop, the winner went past me on her third loop. I asked her if she thought that the 9-mile loop was long, as I had a hard time believing that it was only 4.5 miles to the turn around. She was not sure, but that since Rick, the co-race director, said it was 9 miles for the loop, it must be. I have to tell you, it sure did not seem that way to me. There is a parking area about ¼ mile before the turn around and as I came through it, I saw that James had brought the truck there, which was good, as I wanted to have some Gatorade that I had in a cooler. Unfortunately James was in the truck and did not see me run through. There was a group of guys who were waiting at their vehicle for their runner. They offered to knock on the window of the truck so James was waiting for me when I returned and I was able to get that drink I wanted.

After the first 9-mile loop, I started feeling out of sorts. I had drunk well during the day, drinking enough so that I was peeing at least once during my loops. But I also needed to continually eat and there really were not a lot at the aid stations that I was all that interested in eating. My appetite for food was disappearing and in an ultra race, that is not a good thing. I started slowing down considerably on the second 9-mile loop. By the time I finished that loop, I knew that the wheels were wobbling, getting to the point of falling off. Rick, the race director, told me that I was still on pace to finish in under 20-hours, but I knew that that was not going to happen. I was feeling lousy and needed to find something to refuel myself. They had finally made some soup, which I had before leaving the start/finish to head out on my third 9-mile loop. In hindsight, I should have been using my GU's to keep me on an even keel, but I had been relying on what I found on the aid station tables. During the third 9-mile loop, I started having a GU every 30 minutes. I also walked a lot, running about 10 minutes and walking for 1-2 minutes. I lost all of the time I had built up as a cushion and then some. I started worrying that I would not make the 24-hour overall goal.

I have noticed that when I do the ultras, I seem to lose any ability to compute time based upon distance remaining. It has happened in my other 100-milers and when I ran a 70-mile trail race. I cannot seem to comprehend the calculations required to figure out how much more time it will take me to finish. The 24-hour time was never in danger, especially since the fourth and final 9-mile loop took me considerably less time to run

than the third. Eating the GU allowed me to recover and I actually ran very well. Even though the wind was blowing at the start/finish area, on the trail, it was calm and with the full moon shining brightly on the trail, I ran comfortably that final loop to finish in 20 hours, 52 minutes (and 38 seconds, but the seconds really don't matter).

While it would have been nice to finish in less than 20 hours, I am very happy with my finishing time. Being away from the 100-mile distance for nine years gave me a sense of trepidation, that I would not be able to duplicate my past accomplishments. I found out that I still could do what I love to do, which is to run distance. It is not always pretty and I seem to have issues with injury, but just getting out there seems to help. I am very glad that James came along!! I brought along my mountain bike, so that he could use it to meet up with me on the trail. It was much cooler than he expected so he only used it once, but it was critical to me as I had run short on ibuprofen and, although I do not use it exceedingly, it is very nice to have. It was good later on in the race, when I met up with a gentleman who was running the fifty-mile race and he was in considerable pain. I gave him a couple of the Advil that James had given me and tried to talk him into continuing (he still had one more 9-mile loop to do to get to fifty miles), but I believe he dropped out when he completed the lap he was on. But I would not have been able to help him if James had not helped me. He was cold and spent a lot of time in the truck to stay warm, but I was glad to have him with me. Plus and most important, he drove us back to the hotel and helped me hobble back to our room. It would have been fantastic if some of the people who had expressed an interest in running had been able to do so, but maybe next time.

The aftermath has been a bit painful. Normally, my legs are trashed after an ultra, but this course was pretty tame, so I had less muscle soreness than normal. But my feet are another story. They were swollen and it was painful to walk on them thru the following Wednesday. The major difference between this hundred-miler and the other ones that I have done is that this one is very runnable. There are very few spots where I would consider it acceptable to walk, especially late in the race. I felt guilty about thinking about walking, so I ran and ran and ran (slowly). I guess my feet did not have enough training on them to toughen them up for that and they have been slow to recover. That is okay; I wear that pain as a badge of pride for I accomplished my goal of completing another 100-miler. So, what should I do next?



Eat Green for Spring & Running Performance

Boost your health, running performance, phytonutrient and antioxidant intake by loading up on green fruits and vegetables.

Phytonutrients are substances that plants produce naturally to protect themselves and provide the plant's color, aroma, texture, and flavor. Most fruits and vegetables contain phytonutrients, and this chemical family has demonstrated nutritive health benefits. For instance, lutein, which is present in green vegetables such as kale, spinach, and broccoli, may aid in maintaining healthy vision.

Kale, spinach and broccoli are also rich in the antioxidants, beta carotene and vitamin C. Antioxidants are natural defenders present in the body & in certain foods, particularly fruits & vegetables. Adequate antioxidant intake is vital for runners because these

compounds play a vital role in protecting cells from oxidative damage which is increased during physical activity. For this reason, the American Dietetic Association recommends that individuals who participate in regular prolonged, strenuous exercise (such as long-distance running) should consume 100 to 1,000 mg vitamin C daily (preferably from whole foods). You can easily consume the minimum amount of vitamin C by enjoying ½ cup of raw red peppers or a medium orange plus ½ cup of raw broccoli.

Antioxidants also help protect the body against harmful unstable molecules called free radicals. Free radicals can lead to various diseases such as cancer, heart disease, stroke, cataracts, lowered immune function, & neurodegenerative diseases like Alzheimer's & Parkinson's. The damage created by free radicals can be prevented or decreased by antioxidants. The body's ability to fight free radicals can be strengthened by consuming antioxidant-rich foods like kale, spinach, broccoli and avocados. Celebrate spring by increasing your intake of green fruits and vegetables. Your body will thank you as it reaps the myriad health and physical benefits they provide.

10 Ways to Add Green to Your Day:

1. Enjoy a juicy kiwi at breakfast, for a snack or for a sweet treat after lunch.
2. Make a spinach salad and add broccoli, green peppers, green onions, and celery.
3. Assemble "ants on a log" by washing and cutting celery stalks into strips, filling each with either peanut butter or spreadable cheese such as Laughing Cow cheese and topping with raisins or dried cranberries.
4. Sauté broccoli in olive oil and garlic for a delicious side dish.
5. Savor the sweet taste of green grapes either plain or cut-up on your favorite cereal or in chicken salad.
6. Enjoy raw strips of green pepper and broccoli florets with hummus as a snack.
7. Make a delicious minestrone soup with green beans, peas, and cabbage.
8. Prepare guacamole with ripe green avocados or add sliced avocado to a salad.
9. Sauté green peppers and onions to add to a sandwich or to make fajitas.
10. Roast cut-up green peppers, onions, and sweet potatoes by drizzling them with olive oil, adding dried rosemary or thyme, garlic powder and freshly ground pepper. Toss to evenly coat vegetables. Place the vegetables in a glass baking dish and bake for 45 - 60 minutes at 425 degrees F. Stir every 20 minutes. Serve warm as a delicious and nutritious side dish with a baked fish, chicken or tofu.

Enjoy eating GREEN this spring!

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.

Spring Cleaning Your New Year's Resolutions

Happy spring! The warmer weather and blooming flowers gives us energy to do a bit of spring cleaning. However, I'm not talking about the traditional spring cleaning of your house or office; I am referring to re-evaluating the goals you set for yourself in January. Have you found yourself slipping back to old, less healthy habits? Has your enthusiasm and motivation to accomplish these goals waned with each passing month? If so, you're not alone.

I feel that the New Year brings with it hope, numerous possibilities and a clean slate. What did you hope to accomplish in 2011? Do any of your goals involve health, nutrition or being more active? If so, keep reading.

One of my goals is to continue to help motivate others to make small, achievable lifestyle changes in 2011 and I feel that spring is the perfect time to dust off those New Year's resolutions that you haven't yet achieved and develop a plan to accomplish them before 2011.

Let's get started . . . First, think about what you want or wish for, but currently do not have. I say "wish" because sometimes we are too afraid or nervous to write down a particular desire when we feel it is inappropriate or we feel we don't deserve it. I feel that calling this your "wish" list gives it a positive feeling and provides you with the courage to begin to take the steps necessary to achieve your wishes or goals. Use whichever word works the best for you.

Your goal can be anything like running two miles without stopping, preparing at least three healthy, balanced meals at home each week, eating one fresh fruit each day, or practicing yoga two mornings each week. Notice I did not mention losing weight

as a goal. Losing weight is the RESULT of making positive lifestyle changes and should not be your wish. Adapting healthy lifestyle changes are the steps required to reach a weight loss or weight maintenance goal.

Grab a pen and paper and make your wish list by following these guidelines:

Your goals:

- Must be specific and positively stated. “I will eat 5 fruits and vegetables daily” verses “I will eat more fruits and vegetables daily.”
- Need to be important to *you*, the goal setter. “I need to do this or I want to do this” are better than “I should do this.”
- Must be under your control. **Losing weight is NOT a goal; it is a result.** Goals are the actions that you take to reach a result. Set short-term goals (about 2 – 6 weeks long). “I will eat until I am moderately full rather than overfull for two meals each day.”

Take some time to create your list. Make each wish as specific as possible and achievable as well as something that YOU want. In order to make your wish come true, the desire to achieve it has to come from YOU and not be the wish of someone else.

Have fun with this list. It will give you something to strive for, look forward to and a great reason to wake up and start each day!

Nutrition Tip: Breakfast is one of the most important meals of the day because your body has been fasting for more than 7 hours (hopefully). A balanced breakfast refuels your body and brain, giving you the energy and brain power required to begin the day. Typical nutritious breakfasts also provide essential nutrients that are necessary for health, such as vitamins C and D, calcium, fiber, and protein. To build a healthy and balanced breakfast, combine a fruit or vegetable with a whole grain such as 100% whole wheat bread, oatmeal, oat bran or bran flakes. Additionally, add a lean source of protein. Lean protein sources include low-fat or fat-free dairy products, eggs, or all natural meat or poultry sausage with 3 grams or less of total fat per ounce. To help keep you feeling fuller for longer,

have a lean protein along with good sources of dietary fiber. Great sources of dietary fiber are whole grains, nuts, seeds, fruit and vegetables. Be creative by mixing and matching different foods to reduce breakfast boredom. Visit www.fitnutrition.net for a scrumptious muffin recipe.

Katie is proud to announce that she has earned her Board Certification as a Specialist in Sports Dietetics. Call today to make an appointment and get an edge on your competition!

Katie Jeffrey-Lunn, MS, RD, CSSD, 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 blog at www.fitnutritionllc.wordpress.com.

First appeared in *The Stonington Times* and *The Mystic Times* in March 2010.

Source:

Craighead, L.W. (2006). *The Appetite awareness workbook: how to listen to your body & overcome bingeing, overeating, & obsession with food*. New Harbinger: Oakland, CA.

Up Coming Events:

1. 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.

2. Thursday nights 5:15 at RiverWalk Restaurant in Mystic. Striders get 10% off anytime at RiverWalk.

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