

April 2010



Upcoming Races



**Friends of Harbison State Forest
"Firebreak 10-K"**



Healthy Capital 5K

Fallen Heroes Memorial 5k April 24
Sign Up Here



Race and Event Calendar



Grits n Splits

Saturday, April 17	Healthy Capital 5K Columbia High School, 8:30am Firebreak 10K Harbison Forest, 9am
Sunday, April 18	Fidler 5K Blatt PE Center (Wheat St./ Sumter St), 2pm
Saturday, April 24	Fallen Heroes 5K 513 Pickens St, 8am
Saturday, May 1	Rose Fest 12K & 5K Orangeburg Fine Arts Center, 12K 7:30am / 5K 9am Women's Heart & Sole 8K & 5K walk Finlay Park, 8:35am Earthfare Trail 8K Saluda Shoals Park, 9am <i>Crawdaddy Dash 5K</i> Publix on Rosewood, 10am



Tour Races are marked in **BOLD**

Inside this issue:

Presidents Point	2
Steve's Story	3
Noteworthy News	4
From the Road	6
Special Note	8

Be our Friend and follow us on



Presidents Point: Running on the Web

When the Columbia Running Club was founded in 1972, the world was a much smaller place. Yes, we did have color TV back then (barely) but cable TV wasn't available and Atari was just starting to release their Pong game but the internet wouldn't be invented by Al Gore for many, many years. The first running boom was just getting started and it's hard to imagine how it was able to take off without the technological advantages we have now. Can you imagine how your running would be different without the help of computers and the internet?

Finding other runners wouldn't be too hard with or without the internet. Just lace up your shoes and head outside you're bound to find someone else. Well, except if you live somewhere like Montana or South Dakota and don't live within running distance of your neighbor. On-line communities for runners have enabled people to meet outside of the local area and has made it easier for runners to share information about their training. The forums at Cool Running (www.coolrunning.com) and Runner's World (www.runnersworld.com/community/forums/) are great places for most runners, but if you venture over to Let's Run (www.letsrun.com) better pack your thick skin.

Races had to work hard back then to get the word out and attract runners. Race directors had to get their brochures distributed to the few running stores that existed at the time and hope that word of mouth would be good enough. Now there are scores of sites that you can visit to get listings of local and not-so-local races. Local races are easy to find at Strictly Running's site (www.strictlyrunning.com) and you can find regional races at The Running Journal (www.running.net). If you are looking for national races, Active (www.active.com) and MarathonGuide (www.marathonguide.com) are two personal favorites.

Training for races back then was much harder as you didn't have access to as many training books as there are now. So, you just did what everyone else was doing with their training. There is so much training information available now that you can get overwhelmed trying to figure out if you should listen to Higdon, Galloway or Pfitzinger. And when you find yourself injured by following the wrong plan, you can Google your symptoms and self diagnose your own injury.

The Running Club has adapted to all of the changes throughout the years and developed a web-site that provides information on the local running scene to the local community and others visiting the area. Our paper newsletters that were mailed out each month have been replaced by an email version that cuts down on the amount of wasted paper. But we have been hearing feedback that the current web-site isn't meeting the needs of many local runners and we are taking steps to correct that. We will be working with a local company who is going to do a total make-over of our web-site. Our hope is that it will be a dynamic place with fresh content every week that will provide information to runners of every level. We have received a lot of ideas from people who have already provided that feedback, but since we are just entering the design phase, we'd love to hear any other ideas you have for things you'd like to see on the new site. Please email me and we will try to incorporate as many ideas as we can into the new design.

Rick Gibbons

"Our hope is that [our website] will be a dynamic place with fresh content..."

Welcome New Members!



Jeff Burgess, Donna Freeman, Henry Holt, John Keim, Debbie Lee, Frank & Nita Eichstaedt, Jim & Sandra Manning, Robbie McLendon, Hal Ray, Usa McClamrock, Jeanna Moffett, Peter O'Boyle, Pete Poore, Pam Richardson, Jim Selbee, Valerie Selby, Sarah M.M. Stiner, Rhea & Wesley Spratt, Jordan & Logan Taylor, Billy Tisdale, Paul Bates, JoLee Gudmundson, Chetna Jain, Marian Nanney, Sharon Rosenberger, George Smith, Sarah Thompson, Michael Virzi, and Joyce Welch!!!

Steve's Story: A Desperate Week

"It's not a Bad Day until they can't figure out how to put you back together again." Wise counsel from an older, fellow 5am gym rat.

For those who actually read this column, you will know that I have pretty much been a "train wreck" since October 2009 lining up injury after injury. I pulled a hamstring, the right Achilles, had a rotator cup contusion, and pulled the left Achilles. As I hit mid-February 2010, I had finally put all that behind me. Of course, I had also put any fitness gains I had acquired up to October 2009 behind me as well. So once again I was starting at ground zero. The catch was that I had my annual commitment to run the Gate River Run 15K on March 13th in Jacksonville with my 27 year old niece.

Any idea of having a "good race" was long gone, so I was just focusing on making sure I could complete the race in 1:28, the goal my niece had set for both of us. And I was making progress by running over at Sandhills, finally extending my runs to 2 perimeter laps, equaling around 9 miles. The pace wasn't earth shattering, but good enough to meet the 1:28 goal.

So on March 7th, I completed another 2 lapper, and was generally pleased. As it was a nice day, a little car work was in order. And then it happened...

Picking up a simple case of motor oil (evidently with my back and not my legs...) I felt the muscle pull and cramp. If the scream that went off in my head was audible, windows throughout the neighborhood would have shattered. My frustration was beyond words.

I then went through the usual process. (1) I blamed the motor oil – "WHAT jerk in marketing thought

that was a reasonable weight for a box?" (2) I blamed me – HOW can I be so stupid as to try lifting that box with my back? (3) and I blamed my body – HOW can my body be so pathetic that despite lift weights and doing core exercises, my body still can't handle a lousy case of motor oil!

With the internal ranting and raving complete, I headed into the house with a strong starboard list, beginning at my hips. It would be one heck of a way to run a 15K in 6 days...

While I stretched, rested and swam over the next 2 days, the back slowly loosened, but not enough to run 90 minutes on. I was desperate. I called Sarah Stiner for a massage. Desperate times called for desperate measures.

And while pro athletes and a number of local runners and triathletes regularly have a massage, this was a first for me.

Sarah found the offending muscle, deep in my back, and told me it was "very unhappy" with me as it was very tight, the pull was basically the last straw. She coaxed it to relax "some" and gave me some additional stretches to do for the rest of the week, which I did

religiously.

To my delight, the back survived the 5 hour drive to Jacksonville, and was "generally" ready to give it a try for the 15K, the first run all week. And to my amazement, it held up and I put down a 1:25 finishing time.

Of course, my niece decided to shatter her goal of 1:28, dropping me at mile 5 enroute to her PR of a 1:21 finishing time... At least she was polite enough to have a finishing beer waiting for me when I caught up to her at the finisher's corral!



Noteworthy News: Should I run through the pain?

Runners are stubborn. As runners, we train ourselves to tolerate, endure and push through pain. We don't even let our bodies tell us "no, you can't do that!" But this amazing skill that makes us not give up when our limbs are screaming at us to stop could backfire and result in injury. It's not until we experience a severe injury which grounds us from running that we remember our bodies are in control. I have spoken to many runners at varying levels about this topic: how do you know when to push through pain and when to stop? Below is a great article I found in Runner's World magazine that helps give some insight into this issue. ~ Naomi Chiorazzi

Should I run through the pain?

Is there any truth in the 'if it isn't hurting, it isn't working' mantra?

Runner's World
by Catherine Lee

Learning how to manage injury – and the threat of injury – is an unavoidable side-effect of being a runner, but how can you tell whether the sudden onset of pain will pass in a couple of miles or is a sign of something more serious? Is the only option to give up and go home, or should you struggle on regardless? One of our readers submitted the following question:

"I have suffered with patellar tendonitis for a while now and have been thinking, is pain just a sensation? When I perform certain movements (like squats) I get a pain but it does not limit my mobility. Surely if you have an injury that is just painful you can carry on, and only if you have an injury that limits mobility you should stop? How do we know pain isn't a good thing?"

✦ **Recognize the distinction between pain and discomfort** I think it's worth recognizing the difference between pain and discomfort on all levels.

What many people describe as pain is actually severe discomfort. Pain is a nerve response to damage that is occurring, discomfort is not. Pain is designed to stop you in your tracks from continuing the same action so as not to cause further inflammation, deterioration, etc. Discomfort is when you overreach, stretch yourself or push yourself beyond the norm. Pain takes your breath away. If you are in pain you will not be able to continue the same action at the same level of effort regardless of what that activity is. If you can continue what you are doing, you are not in pain, you are just experiencing discomfort, whether mild or severe. Depending on the biological process causing that discomfort, this could in time lead to pain - it's then that you should stop the action, investigate and treat the cause. As a runner, discomfort helps us to improve and keep going, get faster, run further, without being in some form of discomfort we would never improve, but pain is the result of something else, something that is going wrong in our bodies and if you are really in pain, this should not be ignored.

✦ **Conceding to your physical limitations is not a cop-out** Be very careful about which injuries you choose to try and run through. If you ignore a serious injury, eventually something will fail in an irreparable way. It's one thing to be "hard", and be able to ignore the kind of pain that is transitory but ignoring a serious pain that is trying to tell you that something is wrong is a form of denial and can have serious consequences. Pain is not 'just an emotion'. It is one of a number of subtle signals that your body provides which, if you heed them appropriately, will allow you to bring your body to its full athletic potential. If you choose to ignore them - and this is your choice - you will live with the consequences, which could include a seriously limited capacity for performance, weight bearing, or basic movement. We're all runners here, and I

Noteworthy News: Should I run through the pain?

doubt there are any of us who haven't turned a niggle into a proper injury because we thought, "oh, it's nothing, I can run through it". But because of this, and the time off it inevitable causes, we learn when to listen to the warning signs. Simply trying to be a hard-case won't stop your body breaking down. It'll do it anyway.

✦ **Use a scoring system to keep things in perspective** My advice is to rate pain on a scale of one to 10. Anything up to three or four and I'd train as normal providing it starts to go away within a week. Five to six I'd train gently, seven take a break, and eight upwards see a doctor or whoever is appropriate. Another thing I bear in mind is what type of pain it is. For a stitch, ignore it as best you can; for a muscle pull or ache, work gently through it. For knee pain, work through it providing it doesn't get any worse as in fact, it should start to ease off over time; for a ligament, tendon or bone, be very careful indeed.

✦ **Responding to pain is innate to the human condition** It's good to push yourself and mental strength is important. But pain is your body's way of telling you something's wrong. For example, babies are often given a heel prick test when they're born - the natural, innate response is for the baby to pull their foot away from the source of the pain. This is before their behavior could possibly have been influenced by others and they obviously have no understanding of verbal communication. In the case of running, if it hurts, keeps hurting, and things start getting swollen, your body is trying to warn you something isn't right and you would do well to heed that warning. Push yourself yes. Break yourself or prevent you from doing the thing you love just sounds foolish.

✦ **Don't forget why you run** All of us ignore pain from time to time - when we have a 'bad' run, or get a stitch for example. The art lies in knowing

when fleeting, transitional pain, becomes more serious. If you're getting pain and discomfort a lot, even if it is at a low level, your body is certainly trying to tell you something. Tendonitis is known for its sneaky onset, and when ignored, for resulting in a partial or complete tear of the tendon in question. Ruptured tendons are not fun, and require surgery to fix. That's a long time with no running. Ultimately, whatever your theory about pain and how the mind responds to it - it is much more fun running without pain so it's well worth trying to do something about it!

The difference between "normal" running discomfort vs. pain from injury:

Desirable: delayed onset muscle soreness (doesn't start until hours after intense exercise). Both sides of the body are usually affected equally, more or less. It should go away after 48 hours and feel better after the warm up for the next workout. **Undesirable:** injury, usually felt soon after it occurs, is worse on one side of the body, does not disappear after 48 hours and becomes more severe when exercise is resumed.

—Novice runners often interpret all muscle discomfort, even good discomfort, as a sign of injury. —Experienced runners often advise "running through" or ignoring the pain. But that only works if the "injury" is delayed onset muscle soreness. A real injury may stop you in your tracks and trying to "run through" it will not work. Keep going, but if it doesn't go away in a short time, it is a real injury. Fortunately, you won't usually do any more damage trying to "run through" the pain. —For some, a true injury is an opportunity to quit running. For the dedicated among us, it is motivation to proactively rehab the injury and to take greater care in the future with stretching and warm-up.

From the Road: Highlights from the Tour de Columbia

by John Gasque

March for Meals – Saturday March 6, 2010 – Riverbanks Zoo

Annie Eveleigh, race director of the March for Meals 5k, and Director of Development & Public Relations for Senior Resources, Inc., has our report on this years running.

March for Meals 5K at Riverbanks Zoo

A great event for a great cause!

I cannot believe that we just hosted our 7th annual March for Meals 5K Run and Walk at Riverbanks Zoo & Garden. The weather was fabulous – albeit a little chilly – and the response from the community was awesome again this year. All the hard work during the months and weeks preceding the event all come together as I see hundreds of runners and walkers leave the start line.

Our 5K event is a little unusual in that we actually have two separate courses for part of the event – everyone starts and ends at the same location, but they take different paths to get there. It's an awesome responsibility insuring all runners, walkers, volunteers and numerous bystanders all are safe on race day.

A little over seven years ago, when we were looking for a venue for our walk and run, I suggested that we approach Riverbanks Zoo – everyone said they would never, ever agree. However, officials at Riverbanks Zoo graciously agreed and seven years later, not only have we raised thousands of dollars that have helped feed hundreds of Midlands home bound citizens, we've also raised awareness of senior nutrition in our community

This national award winning event (named twice as the top fundraising event in the nation by the *Meals On Wheels* Association of America) has grown year after year. For our first run & walk, which had a little over 200 participants, I was in charge of everything – in those early days I was running from course set-up to registration, to getting volunteers to their monitor stations, to start, to finish, to awards and to clean up.

We're a little more sophisticated now with registration tents, signage, and volunteer coordinators for all the assignments – there's a coordinator who handles registration, one who handles Zoo course set up, one who handles the Botanical Garden course, and one who handles volunteers getting to monitor stations. For the event, we rely on more than 75 volunteers on Friday afternoon and Saturday morning as well as the March for Meals 5K Steering Committee.

Over the years, we've had our snafus – the walkers and runners converging at the wrong time, the walkers going in the wrong direction, a false start. I could go on and on. However, through it all we've managed to make the March for Meals 5K Run & Walk an enjoyable, challenging event for participants and volunteers. The event is best summed up by the response from several of our participants and volunteers.

✦ *A one-of-a-kind 5K, that's for sure! The first two miles were fun and challenging! By the time I got the hang of everything, there was only about a mile left of the race! I'll be back to run it again next year!*

✦ *The walk was great. I had so much fun and will be back next year. This is one of the best monitored courses in the Midlands.*

✦ *I always enjoy volunteering for this event for many reasons. Having everything so well organized and your enthusiasm makes it a pleasure to volunteer.*

Thanks Annie for that report. Jason Dimery 28 was

From the Road: Highlights from the Tour de Columbia

first with a 17:41 and Amy McDonough 33 was the first female and 11th overall with a 20:58. There were 282 runners this year compared to 356 for last year.

www.seniorresourcesinc.org

Get to the Green 5k – Saturday March 13, 2010 – 5 Points

If the weather is great in 2011 this event will cross the 2,000 runner threshold. It has grown from 1,051 runners in 2007 to 1,656 this year. Dreary conditions last year halted the consecutive years of growth but not this year as the 5k added 459 runners from the previous year.

For the first time in at least the last five years of this event someone other than OJ Striggles and Eric Ashton (both did not run this year) won the Get to the Green 5k. His name is Jeremy Becraft 33 and he crossed the finish line with a 16:42, the first time in at least the last five years the winning time began with a 16 instead of a 15. Claudia Garcia 26 took 14th place overall and was the first female with an 18:24.

News and Notes

It was this past January I received the following concerning the Kick Butts 5k;

It is with great sadness, particularly after all our hard work last year, that I let you know that we will not be hosting the Kick Butts 5k this year (originally scheduled for March 20, 2010).

Changes in our budgeting, and the need to increase efforts on the Smoke Free and Cigarette Tax Increase fronts prevent us from focusing the funds and manpower that we need to pull off a good event. Thank you for helping us set a high standard with this race....we would like to keep

that and feel if we can't do a great job, we'd prefer to wait until we can.

Cross your fingers that we will be back 'on' in 2011!

Thanks so much,

Christie James

SC Tobacco Collaborative

Christie, we will keep our fingers crossed for the return of one of my favorite races. Meanwhile keep up with the happenings of the SC Tobacco Collaborative at www.smokefreesc.org

The Martin Luther King Jr. 5k, scheduled for March 27 was postponed. We hope to soon have the rescheduled date.

The Palmetto Half Marathon and 5k for April 10th SOLD OUT!!! Congratulations!!!

Coming Up

4/17/2010 – Healthy Capital 5k – Columbia High School

ON LINE – www.strictlyrunning.com

ENTRY FORM – www.strictlyrunning.com/images/10Cap.pdf

4/17/2010 – Firebreak 10k – Harbison State Forest

ENTRY FORM - <http://cyclecenter.com/merchant/194/files/FirebreakRun2010Web1.pdf>

4/18/2010 – Fidler Run 5k – Sol Blatt PE Center

ON LINE – www.strictlyrunning.com

ENTRY FORM - www.strictlyrunning.com/

From the Road: Highlights from the Tour de Columbia

[images/10fidler.pdf](#)

4/24/2010 – Fallen Heroes 5k – 513 Pickens Street (USC Campus)

EVENT INFORMATION - <http://fallenheroes5k.netne.net/>

5/01/2010 – Rose Festival 12k and 5k – Orangeburg

ON LINE – www.strictlyrunning.com

ENTRY FORM - www.strictlyrunning.com/images/10rose.pdf

5/01/2010 – Women’s Heart and Sole Five Miler – Finlay Park

ON LINE – www.strictlyrunning.com

ENTRY FORM - <http://www.providencehospitals.com/doc/Page.asp?PageID=DOC000139>

5/01/2010 – Earth Fair Trial Run 8k – Saluda Shoals Park

ENTRY FORM - http://www.icrc.net/client_resources/eftrailruncomb10.pdf

5/22/2010 – Going the Extra Mile 5k – Harbison West Elementary School – New course for this race!

ON LINE – www.strictlyrunning.com

MORE INFO - www.gem5k.com

5/29/2010 – Jailbreak 5k – Lexington County Sheriff’s Department

ON LINE – www.strictlyrunning.com

Dear Running Club members,

It has been great getting to know all of you better. I am glad for the opportunity to be a part of this great group of runners. I just wanted to send everyone a word of thanks. I know I have probably bumped into all of you at least once or have cut you off and messed up your stride. I know that is very aggravating, but you have been very tolerant. I also wanted to thank all of those I have asked for directions from while on the road. Its hard enough in the middle of a race to breathe right without telling me "no, not here, the next right." Some of you I don't even see cause your in front or even behind me. Also there have been some of you who have warned me (just in time) of a speed bump, island or wet leaves. Many thanks! You have made it a lot easier for me to run. Now that most of you know I'm legally blind you have come right up and talked to me, so now I can recognize you and know you better.

Blessings to You,

Amy (McDonaugh)