

Fall 2011



Grits n Splits

Upcoming Races



Race and Event Calendar



Saturday October 22	Bizarre Bazaar 5K Spring Valley Presbyterian Church
Saturday October 22	Race to Read 8K Lugoff, SC
Saturday October 29	Poochpalooza K-9 5K Lake Carolina Dog Park
Saturday November 5	Governor's Cup Half Marathon & 8K State House
Saturday November 12	Colonial Cup 10K & 5K Camden, SC
Saturday November 19	Shandon Turkey Trot 8K Hand Middle School
Tuesday November 22	Sleigh Bell Trot 5K Saluda Shoals Park

Tour Races are marked in BOLD

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Do you have an interesting running story? Do you have a race experience you would like to share? Let us know!

Presidents Point: Should a Runner Donate Blood

I've been a fairly regular blood donor ever since all the members of our family gave blood for an

operation my father had many years ago. In addition to feeling like you're helping others, as a runner

giving blood it's a great time to get feedback as you see the low numbers for your blood pressure and pulse.

Donating blood will also have an adverse effect on your training so here are a couple of things every

runner should know about...

Donating Blood and Running

1. **Blood volumes.** You typically donate a pint of blood (450 g) and it takes your body 2 to 3 days to recover the volume. It takes about 2 months to recover the lost red blood cells.

2. **Drop in performance.**

When you have less blood, your body can carry less oxygen. Expect to lose about 10% of your typical performance ability. This will be most noticeable to long distance runners. Note some experts say it can take up to 3 months to regain total aerobic

capacity. Yikes!

3. **Recovering from donation.** To get back in top-notch running form, be sure to drink extra fluids immediately after the donation and the next day. Also, make sure you are eating things with protein and iron in them to help replenish. The experts say think of a

blood donation as a day of rest.

4. **It's not all bad.** While you may have an initial reduction in performance, there is at least one theory that says donating may have the benefit of actually increasing the amount of red blood cell count when your body recovers. This would happen because your body might overshoot the target level. That's just a theory though.

Most coaches will tell you not to do it. The loss of performance is too great a sacrifice. On the other hand, you could also be saving someone's life. Isn't missing your PR worth that?

Rick Gibbons



You Gotta be in it to Win it!

Don't forget to renew your membership!

Don't let your "Tour" points go to waste!

Steve's Story: Joy of Coaching

Challenges make you discover things about yourself that you never really knew. They're what make the instrument stretch -- what make you go beyond the norm."

**--Cicely Tyson,
American actress**

So I am at the gym, and a friend of mine, Sharon, who had signed up for the Team-In-Training Olympic Distance Triathlon, tells me she needs to train for it. Seems the group is pretty much Lexington based and she lives in Lugoff, so the commute for training is difficult at best. So, I offer to review the weekly training plan and "work" with her. Silly Girl, she accepts....

She then mentions that we have reached this arrangement to her real Team-In-Training coach, who I am told replied "Oh, then I don't need to worry about you... He will make sure you are ready..."

Let me say first that we have a wonderful "Coach/Athlete" relationship. She wants to be directed and encouraged, and I am more than happy to do just that. And with all "relationships" we have developed a method of communication and "inside" language.

Let me say that Sharon is an excellent athlete in that she will attempt to complete the workouts as I ask, and often do with her. I believe I have more faith in her abilities, than she does at times. She may not be real keen on the idea, but she tries to meet the workout's goal. That is... after her usual protesting about my "attempting to kill her". These protests have earned her the nickname "Bordeaux" because she "whines" so much.

However, being the "feisty" person she is, she has told me, and provided the definitions to make sure I have no misinterpretation the words, what the "R" stands for in my last name. They are:

Relentless - showing no abatement of severity, intensity strength or pace. (aka STEVE)

Ruthless - having no pity

And she has no problem telling others of this description either. I must admit, this does bring a small smile to my face...

When encountered with protests during the workout, I have a set of standard replies such as "If you want to get this over with faster, then (swim, bike, run) faster..." or the "I don't want to hear it, just (swim, bike, run)". She is not a big fan of my patting my butt as a non-verbal "pick up the pace" either during our bike rides on the fort. But she pushes harder to catch back up.

I have been immensely impressed with her progress, drive, and dedication. She is ready to roll at 5am almost every weekday morning and at 5:45pm on these hot summer evenings for a ride on the fort, and 6:30 in the morning on weekends for a long ride, often miles longer than she has ever rode before. And it is gratifying to see her accomplish something she thought she could not accomplish when we started. Her race will be in Washington DC on Sept 11th, and I wish her success and fun. She has earned it!

From the Road: Highlights from the Tour de Columbia

by John Gasque

Born in the USA 4miler – Forest Acres – Monday July 4, 2011

Can you think of a better way to spend a Monday morning; getting up, eating a peanut butter and banana sandwich, putting on your running clothes, driving to beautiful downtown Forest Acres, parking your car and stepping outside and breathing the air. Why can't every Monday morning be that way?

Some races I already have planned in my head where I'm warming up and how far to run. The November race in Camden is one. I always run three times around the circle that under looks the big white historic house. The Born in the USA I use the same philosophy; I start at the base of the hill, run it all, turn right and go half way to the bridge, turn around and come back. In fact I do that same warm up routine for the three tour races that use this area for their events.

Just like when I run an event, as I am warming up running, it is eyes forward not looking at anything around me. This time I decided to look around and when I turned off right at the top of the hill I saw to my right a golf course. Ran by it several times over the years but never took a real good look.

Things I observed going on at the golf course at 7:15 on a Monday morning; how in the world there are not tire imprints on greens after mowing as the size of the mowers would dwarf a Volkswagen Beetle, No body has a tee time too early as the monsoon sprinklers were geysering away. Actually a wet green will make you a better putter. I did not see any golfers.

Now what has this got to do with running. By observing things around and thinking about it there is a tendency to forget you are running. Case in point, I ran all the way to the bridge before turning around because I forgot I was running. I have to do

this when I run a marathon, look at what is around you, forget you are running 26.2 miles, forget you are warming up. This is very true when I'm running on the treadmill, get in engrossed with what is on ESPN and before you know it you've run seven miles.

I like the new starting line in the parking lot, it gives you momentum as you turn right and go up the hill. The previous start line was at the very bottom of the hill so you immediately started running up it with no momentum. The change in the start line was due to the bridge being closed so that necessitated the finish line being pushed back. I actually like the finish line there as it is for the other two tour races as it gives us more room. Maybe the new start and finish line can become permanent.

The awards ceremony was definitely a thing to remember. Let me begin with what the overall female and male plus age group winners (three deep/ five year) received; a watermelon. Perfect for what is a record breaking hot summer. When I heard that what was to be given out I looked at the box the watermelons were in and thought to myself there is no way they will have enough. Well you would be amazed at how many watermelons a box will hold and you would be amazed no one drop theirs as they climbed onto the Olympic style podiums with their watermelons to accept their first, second and third place medals.

Ryan Plexico 27 took first with a 22:34 over a minute ahead of the second place finisher. Amy McDonough 34 was the first female and ninth overall with a 24:55. Amy received a special award of the money take for day of entries to the event which totaled 500 dollars. A very big thanks to Selwyn and Company at Strictly Running for this. There were 260 runners last year and 294 this year.

Capital City Safe 5k – Downtown Columbia – Friday July 22, 2011

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A brand new race and with it comes little small challenges. First of all what is the course, where does it go? Thank goodness we are in the age where just a few clicks on your computer keyboard and you have the course map. Looking at the map the course seems very flat which is very good. Next up what time should I leave for the event? It is a 7:45 p.m. start time but this is downtown and traffic could be tough. I would leave at 5:45 p.m. which barring some sort of wreck that would force gridlock on I-126 I should arrive by 6:30 p.m. at the latest.

I did arrive by 6:30 p.m. and faced the next small challenge, where to park?

I really lucked out and got a space a few yards from the finish line. Though I had a three block walk to the packet pickup I knew after the race I would want my car close by to go home.

I got my packet at the pick up in front of City Hall about a block away from the start line. Went back to my car and made two decisions; number one I would not warm up as the heat index was well over a hundred degrees and second I wanted to do something I had not done in two decades and that was to walk the streets of Columbia.

I hadn't been around this part of downtown Columbia on a walking basis since my days as a TV reporter/videographer back in the late 80s and early 90s. As I walked around I could see how much downtown has changed and defiantly for the better. You have got to check out the area around the Columbia Museum of Art, wow! The side walks have been redone in brick, there are new stores and great places to eat. The finish line is in front of the courtyard of the Columbia Museum of Art, what a backdrop!

The course took you down to Gervais Street where you turned left then right onto Sumter Street and then left down Pendleton where you went through USC back to downtown and finish up at the afore-

mentioned Columbia Museum of Art. I very nice flat and fast course that was very appreciated for a hot summer night.

Though it was hot I did not see anyone having problems with the heat. There was plenty of water out on the course and at the finish line with a great assortment of snacks. It was a great awards ceremony with patches and goodies for the awards. After the awards ceremony there were door prizes and that placement is the only flaw in an otherwise flawless event. If door prizes are done next year I would do them before the awards ceremony as many runners left after the nights awards were handed out.

There were 226 runners for this first time event, very good for a Friday evening and a hot evening to boot. Chad Ware 26 blistered an already scorching course with a 15:22 almost two minutes faster than second place. Amy McDonough 34 finished eighth overall and was the first female finisher with a 19:34. This event is already scheduled for July 20, 2012.

Hot Summer Night 5k – Hand Middle School – Saturday August 6, 2011

It was a miracle I made this event. Thought I signed up two weeks prior I knew the situation would be dicey as we would be coming off our vacation that morning and I could get delayed getting back to Columbia. Luckily, at least for the moment, things were going my way to be back in plenty of time.

Due to my families desire to stay the bulk of the day to shop where we were vacationing I was able to ride back with my too vacationing with us in-laws. We arrived back around 12:30 that afternoon and as my in-laws left the driveway I received a call from my wife stating they would not back until well after 6 p.m. With the event starting at 7 p.m. I thanked myself for being able to ride back

From the Road: Highlights from the Tour de Columbia

early. That is until it dawned on me that in the car my wife is driving are all my running clothes. I took them all with me on vacation.

I ran in the house and could not find any running shorts, I did find an old black bathing suit with a very worn out belt. It would have to do. Pulling up to Hand Middle School I got my packet which contained a very nice dark blue t-shirt. Got back to my car and proceeded to do my warm up run and about two blocks away that is when it happened. The bathing belt suit buckle broke and I had to use both hands to hold up my so called running shorts. Making it back to the car without getting arrested for a falling bathing suit I used bib pins to attach my bathing suit to my shirt. Tried running in that and it worked. By the way yes that was me wearing a long sleeve running shirt in a 100 degree heat index, it was all I had.

After my second warm up run I sat in my car with the A/C drinking my second bottle of water when I noticed dark clouds. I pulled up the WLTX weather radar and saw red as in red thunderstorms. Unlike in June when we had an evening race with thunderstorms that somehow avoided us I knew this time we would get wet (which isn't bad) with thunder and lightning (which is bad). The thunderstorms were coming at us with no possible escape. Run fast I told myself as I decided to jog to the start line.

If you want the experience of a sauna right before a run (and who doesn't) go into a port-a-john that is parked on the pavement with no shade with temperatures in the 90s. I hit that lone port-a-john at the start line and let me tell you I would have never warmed up for this event if I knew by stepping into that port-a-john for the minute I was inside would have given me all the warm up sweat I needed; I would have stayed in the car with the A/C a lot longer.

Last year this event changed the location of the start line to try and loosen up the congestion that comes with 400 plus runners starting at the same

time on a residential street. They kept it this year and it really does help, that and having a starting chip mat. During the run we had thunder and some drops of rain. Once I crossed the finish line and got into the open field at Hand Middle School I saw the dark clouds and made the executive decision it was time to go home. The thunderstorms caught me just as I crossed the 1-126 bridge at Broad River. I learned later those same storms hit the finish line about fifteen minutes later.

It was a tight finish as 14 seconds separated first (Daniel Amick 27 with a 15:36), second (Eric Ashton 43 with a 15:42) and Daniel Smoak 23 with a 15:50). Four of the six had to travel at least thirty miles one way for the event with two of those having a good two hour one way trip. Kathryn Ashton 29 was the first female and 19th overall with an 18:43. I believe a tour record was broken as there were four water stops along the route.

News and Notes

Check out the latest tour schedule at our website www.colarunclub.com and register for tour races at either our website or www.strictlyrunning.com

Next Time

Next time I will talk about how a thunderstorm can come out of no where at 7:15 in the morning and how that thunderstorm showed me a place where you can cool down. So until the next time I will see you from the road.

Announcements



One of the signs that your body could benefit from massage is simply the inability to enjoy a stretch. When tissue tension interferes with your ability to take the body into comfortable range of motion stretches then something needs to give. People need to try to determine what type of stretching suits their body, one size does not fit all. For some Yoga works well taking the body into poses that are held for up to 3 minutes or so. For others ballistic stretching works where the body is moving through a range of motion. Currently I am using my rope to follow the Wharton Method of Active Isolated Stretching pioneered by a Massage Therapist in Florida by the name of Aaron Mattes. This involves contracting say the quad, if I were stretching my hamstring and raising the leg as far as I physically can with the rope gently pulling me a little further, for about 2-3 seconds of stretch only. Muscles love movement which is why I incorporate a good deal of it in my massage practice. So if stretching is a stretch and tense muscles are causing tension it is likely time to book an appointment to get your body back to balance or homeostasis. Check for more information at www.message-works.net
