



Vedder Running Club

Winter 2010 Newsletter

2010 – Edition 3

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President's Message

By Marion Craig



President's Message VRC Winter 2010

Welcome back from the summer!!! Many of us had other commitments that kept us away from regular running with VRC. But the routine is back for most of us and many would like our health and fitness activities to be back again too. As winter running descends upon us, we find ourselves running in the dark (or poorly lit) conditions.

Consider these few tips to keep you safer!

The situation with traffic will not be good for the runner if there is any contact - when meat meets metal, the meat will lose every time. So run facing the traffic. It is much easier to avoid vehicles if you can see them coming. Try to find routes with sidewalks or wide shoulders. Avoid the busy roads with high traffic volume.

Most of the time, runners are tough to see. Make it easier for the drivers, wear light or bright color clothing. Try to get as much reflective gear as you can. Many of us have reflective stripping on our jackets and shoes. But consider adding more - including reflective vests. There are dandy little wrist or ankle bands which can be rather conspicuous near the quickly moving feet and hands of runners. Think about wearing lights. I just found a new handy little white LED light that clips under the brim of a baseball cap. Carry or clip-on those lightweight flashing red lights cyclists wear. The goal is to make you easier to see.

As you are running, be attentive. Watch out for grates and curbs. Avoid puddles - especially if raining AND dark - you never know what might be at the bottom or where the bottom will be. Keep your eyes out for other "hard to see" night movers - careful for those bikes, skateboarders or other runners.

Think about your personal safety. If you come out with the club during the evening Wednesday run, there will be a group. That is good; try to run with a buddy. At the very least, let someone know where you plan to go and when you plan to return. Vary your routes and times making a point to steer clear of lonely, desolate, uninhabited places. I always carry id (incase I forget who I am) and just enough money for coffee (thank goodness for those loyalty cards you can load - no rattling change). Some of us carry cell phones.

So lets keep up the miles - even if the sun goes down. It will rise again tomorrow and you will have been glad you put the miles in yesterday.

Upcoming Events/Runs

November 6th – Haney to Harrison Race
November 21st – 5km Club Race

An Interview with Sue Raven, last year's graduate of the Walk/Run Program

by Michelle DePodesta and Sue Raven



1. How long have you been running for?

I have been running for just over a year now.

2. What motivated you to start running?

My husband Tom!

3. What has been your biggest running accomplishment?

Last April I completed my first 10 km run, which was The Reach Run in Abbotsford.

4. How did it feel to accomplish that?

It was the best feeling ever! I will always remember the feeling after I finished, and that particular race. I would also like to thank Lynn and Kirsten for being my pace bunnies! Having a pace bunny on my first 10 km is what got me through it!

5. What do you love most about running?

I love seeing my progress, and how far I have come. I also enjoy the socialization that comes with running with others.

6. Where is your favourite place to run?

I would have to say along the Vedder River.

7. What would be your advice to someone who is just beginning to run?

I would tell them that they CAN DO IT! It feels really good to see yourself going farther and farther each week. I was a couch potato and did nothing when I first started. Starting with a walk/run program made running with a running club much less intimidating.

8. You completed the walk/run program last November, what did you like the most about it?

I liked that everyone was at the same level. It also helped that there was usually always someone at your pace, even if you are slow like me. I love meeting and getting to know new people. I have made some great friends as a result of the Vedder Running Club.

Mount Frosty vs. Me

by Sheri Ashfield



My story begins with training for my 5th Diez Vista 50km trail race. Along with completing a race comes the ability (or stupidity!) to focus on the how's, what's and when's to make it through to your next race! So for my 5th Diez Vista race, I'm focussed on breaking 7 hours. I know I can, but I want and need all the help and advice I can get. Everyone I asked had loads of advice - some I took and some I didn't. Then, 2 months before race day, I developed a horrible pain in the side of my knee. Tried to run through it but it just got worse! I was told I had IT Band Syndrome and I wouldn't be able to run the race. I was devastated! I didn't want to believe I would have to drop out of the race. I tried rest, drugs, physio and even needles!! Nothing would take away the discomfort - except lower mileage and more rest. Now what?

OK – I'll enjoy the spring and maybe find another race to focus on. How about the Knee Knacker in July? Nope, that just seemed way out of my league. Oh, what's this Mt. Frosty 50km? And look - it's on my birthday! Hey, maybe that would be exciting - to run a 50km race on my 45th birthday. Neat - I bet not many people get to do that! I wonder whom I could rake in to train with me. All I seemed to get was "sorry, it's too long", "sorry, I'm away this summer", "sorry, I'm injured". I couldn't drag anyone out to train with me... So I turned to my poor husband! "Please, please, please... I can't train on my own". "I would if I could but I need a training partner". "PLEASE". After lots of begging, (yeah!!!!) I now have a training partner and a great one at that! Race day is fast approaching and I'm still trying to recruit other to come out and run at least the 27km and come help me celebrate my birthday. I was working hard and trying to have as much fun as possible but the training runs were long. I needed all the support I could get. In the end, 8 other runners from Chilliwack were coming to race and there were even a few spectators from Chilliwack coming to cheer us on!!

7:30am, Saturday, Sept. 18 - On your mark - get set- GO! Great I'm feeling nice and strong! Up we go. Then, 10km into our run, poor Keith starts to get ill. I can hear him behind me getting sick! Oh no!! Just keep walking. He eases off for 30 minutes and seems to be okay but then 'it' starts again. Crap, am I going to have to finish this race on my own? Will I get lost? My training partner won't be with me to cross the finish line. I keep hearing him say "Don't worry about me - go on ahead." I'm not leaving; I'll just go nice and slow. I'm OK with that.



We hit the ½ way mark and are greeted with the flashing of Ron's camera. I'm figuring that Keith is going to stop now. Oh no, my training partner has all the food! Yikes!! Oh well, it will be OK. What's this? He's not quitting? I thought for sure I was going to run the second half by myself. I'm wondering if the discussion of beer is what is keeping Keith on track now. Again, I hear "Don't worry about me - go on ahead." We keep going and up we go - another mountain! I kept turning to see Keith struggling. Eventually, he was out of sight but I knew he was still making his way towards the finish line. At the top of the Skyline Trail, I could hear him talking with the aid station volunteer. Great - he's still hanging in! But, now I'm running on my own. I watch for the pink polka dot ribbons - Don't get lost. Thank goodness they are everywhere! Now I'm tired, hungry, sore and lonely. Keith is nowhere in sight and where am I? Is this darn race ever going to be over?

I reach the last 10km mark, good it's flat now. Hey, is that Marion's voice I can hear? YES! There they are - Marion, Clarence and Tracey! Clarence says "only about 4 more minutes!" Wow this last 10km feels like 100km!!! We all run in together and as I approach the finish line, I can see all my running friends and they are cheering loudly. As I cross the finish line, the singing begins... The most "out of tune" choir I have ever heard!!! But it was beautiful in its own way. "Happy Birthday to you" - I was smiling from ear to ear! Even with my wet, sweaty garments on, I received hugs from everyone! My next surprise was the coffee mug filled with beer and clamato. Thank you, Ron! What a fabulous finish to the toughest run I have ever completed! OMG!!

Hey, look - here comes Keith! He's only 3 minutes behind (I'm sure he must have some mechanical body parts). The cheering begins again! We even got a smile out of him. I get a big hug and then he heads straight for the lake and takes the cold plunge. The run is over but the day hasn't ended yet. We all gather at the picnic table for birthday cheesecake. What an event! Ron & Linda, Clarence & Tracey, Marcia, Marion, Reg, Graham & Jim - thanks for help making this such a special birthday! You're the best!

I also, just can't thank everyone enough for the support and advice I you have given/shared with me over the last 5 years. You are all wonderful people and you truly need to pat yourselves on the back! I have been motivated to continue to fight the fight and be the best that I can be. I may never catch most of you but you remind me that it's ok and just have fun!

Now I am already wondering how I can run this race faster and stronger.... Any takers... Please??

Cross Training for Runners

By Tanja Shaw, BSc. Kin



You consider yourself to be in pretty good shape. After all, you can breeze through a ten-kilometer run, or run up a few hills on Vedder Mountain. But when a friend invites you to a yoga class, you realize that your toes are a lot further away than you originally thought. Or, after being inspired to do a few lunges, getting up off the couch the next day is nearly impossible.

Your body adapts specifically to the demands placed on it, which is why you are in great shape for the exercises you do on a regular basis. If you are a runner at heart, you may find that your ability to run is decent, but your ability to do a push-up or proper squat is lacking. To diversify your fitness level and improve your running performance, spice up your exercise routine with cross training.

Cross training is combining a variety of different exercises to work the different parts of the body and components of fitness. For example, running ten kilometers is great for your heart and lungs, but not a good way to sculpt sexy arms or improve your overall strength.

Adding different activities into your exercise regime has many benefits. Cross training:

- **Prevents overuse injuries.** Instead of running five times per week, you may swap two of the runs for a pool workout. Less running means less stress on your joints; this decreases the chance of overuse injuries.
- **Creates balance in the body.** Running uses specific muscles in a specific movement pattern. Cross training allows you to use your non-running muscles, thus creating a more balanced body.
- **Allows you to keep fit if you are injured.** If you only run, you will have a hard time keeping fit if you have a knee injury. However, if you swim, cycle and lift weights, keeping fit will not be a problem.
- **Gives you a well-rounded level of fitness.** By participating in different activities, you will use more muscle groups and in different ways. For example, adding tennis to your workout regime will work your upper body and make you more agile. Taking a yoga class will improve your flexibility and strength. Being more balanced in fitness can also help prevent injuries.
- **Keeps exercise fun.** Instead of doing the same activity day after day, cross train to keep motivated and prevent boredom.
- **Allows you to enjoy all the seasons.** Although running is a year-round activity in the Fraser Valley, cross training allows you to take advantage of each season. Snowshoeing or skiing is a great way to enjoy the winter months. In the summer and fall, you can look forward to outdoor cycling, hiking or water sports.

Runners should cross train with at least one other activity on a regular basis. Long distance running (anything over 3000m) is primarily an aerobic exercise. Other sports which also train the aerobic system include rowing, swimming, hiking, Nordic skiing, and cycling.

Strength exercises such as weight lifting, circuit training and calisthenics will build strong muscles. As running does little to build muscle strength, strength training is a great addition to your running program.

Flexibility training is another important fitness component to add to your regular routine. Regular running can cause muscles to tighten up. Stretching, through a stretching routine or by doing flexibility activities such as yoga or dance will help to improve joint mobility.

If you tend to follow the same exercise routine day after day, try cross training. Participating in a variety of exercises improves your overall fitness level and keeps exercise exciting!

Tanja Shaw is a Kinesiologist and personal trainer, specializing in weight loss, group fitness, pre and postnatal fitness, and health and wellness programs. She owns Ascend Fitness Coaching, which offers Boot Camps, mom and baby fitness classes and personal training in the Chilliwack area. Reach her at tanja@ascendfitnesscoaching.com

Herby Chicken Pasta

Submitted by Jana Fairborn

- 3-4 chicken breasts cut up
- 1 ½ teaspoon paprika
- 1 ½ teaspoon pepper
- 1 package cream cheese
- 1/3 cup parmesan cheese
- 1 cup water
- 1 chicken bouillon cube
- 1 teaspoon dry basil
- 1 teaspoon dry parsley
- your favourite pasta

1. Blend chicken, paprika and pepper. Let stand 5 minutes, then cook in large pan on stovetop.
2. Combine the remaining ingredients and add to cooked chicken. Bring to a boil for 5 minutes.
3. Serve over your favourite cooked pasta.
4. Enjoy!

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