



# Kamloops Ridge Runners

*Keeping the pace for runners in the Kamloops Area*

**25 YEARS ON THE RUN !!**

## Preparing for Spring...



### Get Your Running Program Started

by Bill Jones/ Hank Graf

With the nice weather finally here, it is time to get outside and start your running program.

People ask me all the time, "how or what is the best way to run correctly?" There are a couple of things that people do that are the most common mistakes. One is called oscillation, which means you are running up and down too much. You are bouncing and that causes a lot of wasted energy.

The way you want to fix that is to shorten your stride and try to focus on landing on the ball and the arch of your foot. It is almost like taking baby steps. It does not feel great in the beginning, but once you master it, you will be able to save yourself a lot of energy. You will be

able to run longer, smoother and eventually get faster.

The problem with oscillating is that you are landing on the heel of your foot, which is like putting the brakes on. And you have to actually transfer all of the energy to the toe and take off again. It wastes a lot of energy. It feels better, especially to beginning runners, but it is something you want to avoid. So remember, oscillating is not a good thing.

You want to try and stay level, and to run on the ball and arch of your foot, like taking baby steps. There is a statistic that says if you run two inches or more in oscillation over the course of a 10k, you will have wasted enough energy to have lifted eighty tons off the ground two inches. So the best advice is, do not do it.

## Transition Training for Racing

In this session, we will talk a little bit about triathlon and duathlon season.

Maybe you want to start this season, or maybe you are a seasoned veteran and you are just getting ready to race. We are going to talk a little bit about transition workouts. Transition workouts mean going from one discipline to another. In this case, we are going from the bike to the run.

This is very similar to what you are going to do in a race, and you are going to want to try to get those workouts in once or twice a month at a pretty good intensity. So on the bike for example; we are going to ride for ten minutes at a solid effort, seven to eight, depending on where your level of training is. If you are a beginner, you are going to stay on that seven level for the entire workout. If you have been racing for a while, you are going to want to stay at the eight-nine range. You want to simulate race intensity as close as possible.

You are going to ride here for ten minutes solid, and then you are going to transition for the run. You do this by getting off your bike, simulate taking your shoes off in race and transitioning to your sneakers. It is a good idea to do this, because it is also simulates the transition time you are going to do in a race. It is not that easy, so you are going to want to get the practice in transitioning in the sneaker change. For those of you who do not use clipless pedals, you are simply going to get off the bike and run, because you will be wearing your sneakers anyway.

So what I like to do is run away for two and a half

minutes, and then turn around and come back. After I have finished my five minutes of intense running, I am going to transition back and get on the bike again. If you are a beginner, you will want to do this probably two times through. Bike then run, bike then run and then an easy cool down. If you are a seasoned veteran, you will want to do this three or four times at a pretty good intensity to get ready for a race.

The longer the race, the lower the intensity, the shorter the race, the more you are going to want to go after it. Bring your bike trainer outside, put your bike on it, maybe even take it to the track and get off and run. Try this workout, because it will make you a better athlete.



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## President's Message

Wow! Here we are barreling through another year. If I could run a fraction of the speed that time slips by, maybe I'd see something, besides the sweep at the end of the races!

With the AGM in January we saw some marvelous and dedicated people step down from the Executive. I want to thank Jasper Willisko and Marianne McLeod for the years that they have put into this club in their various roles on the Executive. I also thank Bob Hill who has spent the last 6 years working with the awards & prizes. You guys are awesome! It is this long-term commitment to the club by its members, that made it possible for us to celebrate the big 2 5.

After 2005 finished with the baring of boxers at the Boxing Day Run, 2006 started with a splash! Despite the balmy weather, there were a lot more runners than swimmers at the annual Frosty Fanny Run and Swim. Early Feb saw a KRR sweep at the local Brass Monkey 50 km, followed by a fantastic Kamloops turnout (43) at the 1<sup>st</sup> IRRA race of the season. Finally the month ended with a brave showing of guys and gals in their Red Dress attire. The runways of Paris await us!

With our membership already over 100, I am looking forward to another successful and fun filled year. The River's Spring Run Off on March 19<sup>th</sup> is the first of 3 major events that the KRR host. Add the numerous socials, fun runs and races to the mix, and we have a very, very, busy club!

So as we travel into the new year, remember- No matter how slow you feel you run, no matter how little miles you think you log .... You are still light years ahead of the fastest couch potato!

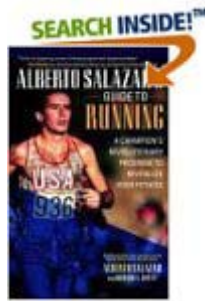
Run Safe!

Sherry

**Books,**



**Books &  
More Books**



**Alberto Salazar's Guide to Running**  
Alberto Salazar, Rick Lovett

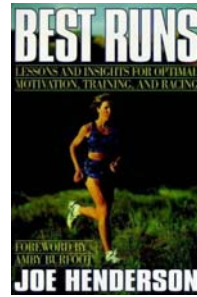
Former marathon world-record-holder Alberto Salazar, with longtime runner and author Richard Lovett, offers a sensible, balanced approach for people enlisting in the new "second running boom."



**10K & 5K Running, Training & Racing: The Running Pyramid**  
David Holt

A five step program for successful racing at 10 and 5 kilometers, the two most popular race distances. Run up the training pyramid with these five steps. The training pyramid brings logic and

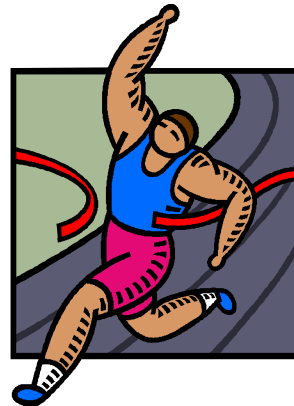
science together to help you avoid too much speedwork or too many slow miles which can ruin your racing.



**Best Runs**  
Amy Burfoot & Joe Henderson

A collection of over 100 essays that should inform, inspire and amuse both hard-core competitors and fitness joggers alike. This book contains lessons and insights on everything from the optimal running diet to the 25 best running resources.

**The Finish Line**



**What Ridge Runners are saying, thinking and doing!**

**Judy says consider a bike trip...**

At Tulip Cycling we specialize in creating tailor-made bicycling vacations in Holland. Our unique concept is based on giving our customers a high level of input into planning their own bike tour.

You design it, we create it! Our cycling gear is always top quality and the route support is thoughtfully put together. Tulip Cycling will also introduce you to the best accommodation on route, and according to your budget. Holland, or The Netherlands, is a country that's simply made for bicycling. With its endless miles of cycle paths and flat terrain cycling is enjoyable, relaxing and very safe for both experienced and non-experienced cyclists of all age groups. We'll help you put together the perfect cycle tour. We're the experts, we're Dutch and we're doing it all the time.

### Eating Before Runs

Pre-event meals have two jobs. They keep runners from feeling hungry and keep the body tanked up on glucose in the muscles, blood and liver. Below are suggestions for what to eat and when. This doesn't mean you have to eat all these times. But, if you happen to be hungry, check the list for an appropriate time and food.

#### Food Choices 3-4 hours before a run

Now there's time for a light meal of 500-1000 calories. The pre-run meal is high in, but not exclusively comprised of, carbohydrates. Carbs digest and absorb quickly into the blood stream, enabling a runner to workout without a brick of food sitting in the stomach. An empty stomach is less prone to indigestion and nausea.

*Choose from these foods:*

Grains - rice, breads, bagels, pasta and cereal

Fruits - apples, oranges and bananas

Other Plant Sources - potatoes, corn or peas, peanut butter

Animal Sources - lowfat milk, lowfat yogurt, lean meat, lowfat cheese.



Watch the fat and fiber in these pre-run meals. Foods high in fat and protein such as steaks, hamburgers, eggs, hot dogs or fried food take longer to digest and may cause indigestion, nausea or vomiting during a workout. Foods high in fiber can cause unexpected pit stops.

#### Food Choices 2-3 hours before a run

Fruits and vegetable juices  
Breads, bagels low fat yogurt, raisins  
Commercial high carbohydrate beverages

#### Food Choices 1 hour before a run

Fruit and vegetable juices  
Fresh fruit  
One serving commercial carbohydrate beverage. Blender or liquid meals.

#### Snack Attacks by Grams

At the very least stuff a little bit of something down your throat before you go out for a run. Eating in the hour before a run can boost performance by 12.5 % according to Ohio State University researchers. Sports

nutritionist recommend 15 to 75 grams of carbs in the hour before a run. Try and avoid simple sugars - candy for example - that rapidly raises and drops blood sugar.

**Examples of 15-75 gram snacks:**

Gatorade - 8 ounces = 15 grams

Power Gel- 1.4 oz = 28 grams

Gu - 1.1 oz = 25 grams

Jelly Belly Beans - 1 piece = 1 gram

Raisins= 1 oz =2 Tablespoons = 23

grams

Jolly Rancher Hard Candy = 6 grams

Small Banana = 21 grams (7 3/4 inch by 1 1/4 inch diameter)

PowerBar = 45 grams

Cheerios plain 1 1/4 cup = 1 oz = 20 grams/

Honeynut Cheerios 3/4 cup= 1 oz = 23 grams

Bagel Lender 2 oz = 30 grams

Typical NYC Bagel = 40+ grams

Raisin Bread 1 slice = 16 grams

M&M's -1.69 oz package = 33 grams

Dex4 Glucose = 1 Tablet = 4 grams

Nabisco Fig Newton - 1 cookie = 11 grams

Barnum's Animal Crackers-12 = 23 grams

Apple 2 3/4 inch diameter = 15 grams

Does this mean early morning runners must get up even earlier to eat before a run or will a shot of coffee do the trick? Actually, either might do the job. Experiment to find what works for you. A sports gel and water may be all you need 15 minutes before heading out the door. Establish a routine of whatever works well and record it in your training diary. On marathon day the pre-race meal will be one less item to worry about.

*A note on Sports Foods* -There's nothing really special about the carbs you get in sports bars and gels - except convenience. It's easier to carry a few

sachets of gel then to get a butler and wheelbarrow to haul food stash. Besides, after you've been running with a banana for 10 or 15 miles? It looks more like a molting leopard than tropical carbohydrate treat.

You can get the same zip from high carb snacks like graham crackers, fig bars, bananas etc. By the way, all those vitamins, minerals and amino acids don't make any dramatic performance differences. The most promising ergogenic aid in sports foods is glucose and caffeine. Sports bars with high fat content haven't been proven to enhance performance or improve fat - burning abilities. They also take longer to digest and don't maintain blood glucose levels.

Practice with snacks during training runs to determine your tolerance for different foods. Never try an unfamiliar product before or during competition. Remember Willy Wonka and the Chocolate Factory? One misguided nibble could blow you up like a giant blueberry or more simply just ruin your marathon. New foods and drinks can have you running for the bushes instead of the finish line.

## Kamloops Ridge Runners



Thank you to everyone who helped with this newsletter. Make sure to email us your pictures; we are always looking for good images of KRR members to brighten our pages. You can send them with or without a story!

Every attempt is made to be current & correct, but if we make a mistake or spell your name wrong, please let us know. We

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also attempt wherever possible to credit all our sources.

Please note\* under the new Privacy Law we need your permission to publish your name as a member of the Kamloops Ridge Runners, so please let us know if you **DO NOT** want your name published in our members section of this Newsletter.



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