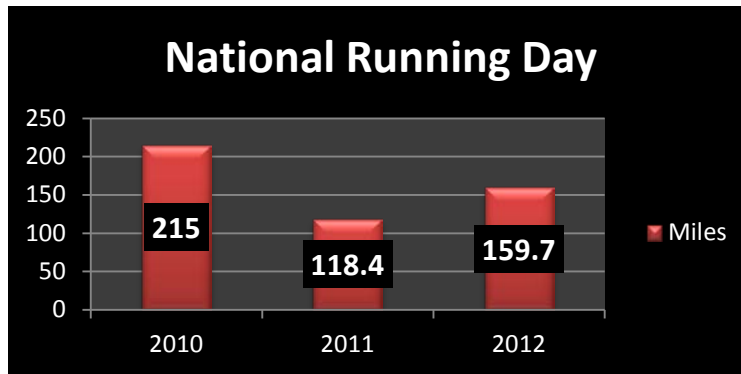



## National Running Day 2012

This year along with turning in the mileage the members ran on National Running Day, runners also turned in a running tip. The following is a breakdown of mileage for 2010-2012 and the running tips.



Runner	Mileage	Running Tip
Donna Akers	1	Today was my day to cross train, I lifted weights and stretched. That is also my tip, please everyone bike, walk, swim, etc., but don't make running your only exercise, I did & I paid dearly with a torn meniscus and will probably never run anything like I use to. After 30 years it is very difficult to give up running & start doing other things, if you cross train now and you have an injury you will get through those down days much easier. Your heart does not know if you are biking, swimming, hiking, so give those legs a rest, so you can run for many, many years injury free.
Gary Akers	5	Rest days are good. They allow your body to recover and build. Cross training is also helpful.
Jennifer Alvarez	0	If you have a specific goal, find a training plan and stick to it. It makes your life so much easier. And NEVER listen to Paul Pennington's advice about dogs!
Jason Artrip	3.25	
Lynsey Artrip	3.25	
Lesley Ashford	7	
Phillip B. Ball	3.25	
Dwayne Belcher	5	
Martin Brekeller	6	Go out every day and run, but do not forget also to enjoy life.
George Brown (2 <sup>nd</sup> Place)	11	 <p>Keep your eyes open. The below picture represents the 'proceeds' from yesterday afternoon. If this seems a bit bizarre, I have collected coins and items of interest found while running for several decades. You can only imagine what I have found over the years!</p>
Michael Canterbury	1	Even one mile can make a difference.
John Campbell	5.36	Put Dr. Scholl's heel pads in new running shoes for added comfort and longevity.
Michael Collins	6	

Doc Craddock	5.34	Cycle through multiple pairs of shoes for your daily runs; eat healthy - locally grown veggies, w/o pesticides if possible
Tom Davis	1.5	
Tom Gordon	6.3	Cross training will help to prevent injuries.
Byron Guy	7.5	
Nancy Hodges	2.5	
Paul Hodges	2	
Margi Holz	3	Run with dogs! It makes them so happy you can't help sharing the joy!
Sally Howard	5	
Tom Kaylor	6	
Danny Keatley	6.2	Run the first mile of a race ten to thirty seconds slower than your projected pace.
Russell Lamastus	4	Rest days are as important as long days and speed days in a healthy training program.
Al MacNaughton	2	<p>1. This workout is especially helpful when you are in the beginning or middle of your training schedule or are just feeling stagnated. Depending on how much training you are doing choose a route that is 3-5 miles long. It must be an "out and back" route or a circular route that you know with a lot of certainty where the midway point is. Run the 1st half of the route at the pace you would run for an easy run or recovery day. The 2nd half is run at race pace or even harder. The purpose of this is to build up stamina. It can be done at a longer distance but you will sacrifice some of the speed and dilute the original intent.</p> <p>2. This workout is designed for the 4-6 weeks that you are in the "racing or championship" phase of your training. You will need to find a course that is 200 meters in length. It can be circular or point to point. You can do it on a track or road but I prefer a grassy or soft surface.</p> <p>Run 1-2 miles very easy as a warm up.</p> <p>All of the 200's will be run at the pace you run the last 200 meters of a 5K or 10K race. This should be very hard but not an all out sprint. After each 200 you will have a decreasing amount of rest between 200's.</p> <p>After you are fully recovered from your warm-up run your 200's with the following rest:</p> <p>200 1 minute rest 200 45 second rest 200 30 second rest 200</p>

		<p>15 second rest 200</p> <p>After this set rest for 5-8 minutes. Whatever rest period you decide on keep it consistent throughout the entire workout.</p> <p>Repeat this until you have 4-5 sets. 5 sets of course is 5K.</p> <p>1-2 mile cool down.</p>
Desi McClung	3.75	Don't spit into the wind, don't tug on supermans cape, and don't mess around with DEZ. Or know when to hold them, know when to fold them know when to walk away. Or watch out for dogs and snakes on the back roads. Or don't forget your nipple band-aids. Or don't take out to fast, Or watch out for the little ones for they may cut in front of you and cause a bad wreck, (this almost happened to me last Saturday).
Paul Pennington (3 <sup>rd</sup> Place)	8	Never trust a dog when you're out running. They are all eventually going to chase you down and try and bite you.
Stephen Pruitt	7	
Tabatha Robins	3	
Lee Scruggs	0	The one since thing that has help me during my running is the focus on constant hydration. The running experts say that if you wait until you are thirsty then it is too late for adequate hydration during a long distance run. I have survived several marathons when the temperature was in the mid-eighties by drinking at least a 48 ounces before the start. One great way to increase your fluid intake during the hot summer months, is to eat more water dense fruits, such as melons that have the added benefit of healthy vitamins contained in this food group.
Rick Shannon	4	When running up those dreaded hills, don't look ahead at the peak of the hill but focus down at the road before you.
Anita Wagner	4	Don't let the weather stop you.
Nick Whited (1 <sup>st</sup> Place)	12	Purchase a heart rate monitor and figure out your max heart rate (run a hard race effort, 5k) and add 10 to your highest recorded heart rate. Next, set your alarm early and strap on the heart rate monitor and start the watch and go back to sleep for an hour, do this 3 days in a row and use the average of your heart rate for a resting rate. Train all easy days and long runs at 50 beats lower than your max. Every six weeks you should feel a difference. I started off at 8:20-8:40 miles, I am running low 7s 6 months later with the same effort. It keeps you healthy and monitors your pace to keep one from overdoing it.
Jim Wilson	5	
Vonda Wilson	4.5	
<b>TOTAL</b>	<b>159.7</b>	