



Runner's Hi

August 2004

Greetings from Amelia Island Runners, Inc.

Welcome New Members!

Melanie Adams
Bill & Kim Beaumont
Melissa Crisp
Kathy & Robbie Duprey
Paul Going
Dawn Hagel
James & Kathy Hill
Pat & Craig Hood
Mary Jordan
Kristen Kanter
San & Claudia Kavan
Sean McGill
Ken Marker
Mike & Karen Peters
David Platt
Charles Russo
Alison & Brian Sauter
Chris & Carol Smmons
Gordon Smms
Dee Sttig
Susan Tamburro
Doug White

Glad to have you with us!



Reminder: Group runs every Tuesday & Wednesday evening from 6-6:45pm at the Atlantic Rec Center. All runners, all abilities, all ages welcome!!

Amelia Island Runners is a member of the Road Runner's Club of America (www.RRCA.org).

10 Ways Amelia Runners Beat The Heat

by Ed Hardee

10. Keep reminding ourselves that the wind-chill factor in this year's Winter Beach Run was 27 degrees
9. Tune into ESPN2, watch coverage of ultramarathoners in the 120-degree "dry heat" of Death Valley, and smugly whisper, "Wimps!"
8. Schedule our training runs to begin right after the severe-thunderstorm warnings expire.
7. Buy Pepsico stock and watch it rise in lockstep with our Gatorade consumption.
6. Send hate mail to Tim Deegan.
5. Paraphrase Alan Jackson and just keep singing, "It's 5 Degrees Somewhere".
4. Drink heavily (water, that is).
3. Load our MP3 players with songs by Ice Cube.
2. Enjoy the lovely twinkling lights of shrimp boats on the horizon as we run along South Fletcher Avenue at 4am.
1. Be happy we're conditioned for Athens!

Running For Women...

Forwarded by Lauri Russell

Her's Magazine has a special running section titled, "Run Faster, Stronger, & Smarter." The article is produced with the assistance of a number of running experts, including running authors and coaches. Great for women who want a clear, concise way to help us improve! Here's the link:

http://www.muscleanfitnesshers.com/hers/052104/making_strides.html



Quote of the Month:

"Those who say it cannot be done should not interrupt those doing it."

~ Michael Johnson's trainer

Contact Amelia Island Runners

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From the Editor...

This column is dedicated to my late Father, Jack Shea, whose birthday is this month. My Dad was my hero in so many ways, and although he was not a runner, he has influenced my running over the years and passed along many traits and values that I always use in my training.

I often think of my Dad when I run – especially at the beach. He loved it there. When I'm running along the sand, I wonder if the flock of seagulls or school of dolphins following me is his way of letting me know that he's still with me. When I'm running a race and starting to get tired, I'll talk to him and ask if he's with me. Inevitably, that always gives me a boost of energy to finish. And, every once in a while, I'll run up behind someone who looks like my Dad on his "daily stroll" near Main Beach.

But aside from feeling like we're together on some of my runs, he taught me many things in my growing up years that I draw upon during my workouts. He taught me important life lessons like always doing your best, being strong, and never giving up. Most importantly, he always made me feel like I could do anything. I remember how proud he was when my husband, Bruce, and I ran the New York Marathon for the Leukemia Society in honor of a little boy battling this cancer. He even framed our picture that was in the newspaper and displayed it on his desk at work. Kind of ironic considering that Leukemia is what ended up taking my Dad's life last Fall.

You never know where life is going to take you, but I do know one thing – my life, and my running, would not be the same without my Father. Happy Birthday Dad...

~ Deborah Dunham

Running on the Web

by Ed Hardee

The Internet has lots of great websites for runners, like coolrunning.com, marathonguide.com and, of course, ameliasandrillers.com! Here are some others that might be off the beaten track, but still of interest.

Race calendar: Many of us already use First Place Sports' excellent site, www.1stplacesports.com, for the Jacksonville-area race listings, results and entry forms. There's another site, from the RRCA, with a regional list of North Florida races and links for more info. There's also a link with race calendars for other parts of the state – helpful for weekend-getaway planning: www.members.aol.com/rrcahtml/rrcacal.htm.

Contest: A friend told me about a site that sells "teff," an Ethiopian grain that many of the country's top runners eat. The company is sponsoring a contest for a week in Ethiopia to train with Gezahegne Abera, the 2000 Olympic marathon gold medalist who will be defending his title in Athens. The adventurous among us, nutritionally and otherwise, can check it out (along with teff recipes) at www.teffco.com.

The good doctor: One of the greatest chroniclers of our sport was the late Dr. George Sheehan, whose column in Runner's World provided monthly insight and inspiration. His children have created a website that includes dozens of his essays, a treat for those of us who remember his work – and for new runners who have never seen it. (If you've ever done a marathon, or wanted to – especially the Marine Corps – be sure to read "The Marathon: Stage for Heroism.") The address is www.georgesheehan.com.



Running Cadence, Strides, Steps, Speed, Turnover

What does all this mean?

by Steve Devlin

Let's start with speed. Running speed is simply stride rate (how fast your legs turn over) times the stride length (length covered with every two steps).

A "step" refers to your cadence - each time either foot hits the ground. While a "stride" refers to each time the right (or left) foot hits. So the number of steps is two times the number of strides. Studies done by Jack Daniels, PhD found the fastest turnover rates are found in 800 and 1500 meter runners. The cadence of elite runners from 3000 meter distance to the marathon varies little and is nearly uniform at 180 steps per minute (90 strides per minute).

The easiest way to find your cadence is to count the number of times your right foot hits the ground in one minute and multiply by two. Ideally you'd like to count to 90. If your cadence is 160 or 170 (80 to 85 strides per minute), you are: (1) spending too much time in the air; (2) displacing your entire body mass vertically (which wastes a lot of precious energy); and (3) hitting the ground harder than you should (which exponentially increases the risk of injury).

The goal is to run with QUICKER, LIGHTER STEPS that save energy and decrease landing shock. Try to RUN OVER THE GROUND, NOT INTO IT. Visualize your legs as wheels going in a circle, not pogo sticks going up and down. As a quicker cadence becomes natural at a comfortable pace, the stride length can be lengthened to increase speed.

Spotlight Member!

Meet Lauri Russell



Number of years running: 5 months

Favorite Amelia running route: Fort Clinch

Biggest running accomplishment: Just doing it – every time I better my pace or add miles is an accomplishment for me

Cross-training activities: Strength training, karate defense, aerobic/cardio at the YMCA, and chasing my kids!

Favorite restaurant: AIA Brewery – St. Augustine, -great food, great fresh brewed beers, and a great view.

Favorite drink: I mix Chocolate Mocha Boost (Nutrition Energy Drink), coffee, frozen Vanilla Tofutti, Cool Whip & ice blended on high speed. Yum!

Favorite movie: too many to list, but I love the surfing scenes in Blue Crush and the fact that it is about strong young women competing in a male dominated sport.

Favorite thing to do after a long run: Talk with my 6-year daughter Lindsey about the run

I run because: It releases my mind from worries. Like surfing and biking, running has helped me focus on inner peace.

BAY TO BREAKERS

THE ONE--THE ONLY by Mike Brodie

Without a doubt, the B to B is the most enjoyable "race" I've ever run. It starts in downtown San Francisco on the Bay and runs 12K through the City and Golden Gate Park to the Pacific Ocean. It is known for many things (almost all positive), one being that it is the largest road race. Generally, 50-60,000 runners from all over the globe register and another 25-30,000 make the trip unregistered. It happens the third weekend in May.

What makes the B to B the great one? Well, for one thing, it is held in a place that is one of the most beautiful and exciting places in the world. Your senses are peaked before, during and after the race. It is like no other race you have ever run. It is challenging both physically (the Hayes St. hill is a wake up call) and psychologically (parties, with live bands, line some of the route through the city), and you pass some of the world's greatest restaurants. Participants run the gamut from the fastest in the world to people who know they will finish sometime that day (unless the parties get really interesting). Many run in various costumes, some funny, some almost non-existent. You will see things like functioning bars on platforms carried by collegiate runners. Centipedes, made up of world-class runners joined together, compete against each other and the top female runners. They finish in times you and I can only dream about.

Compete against the world's best if you choose, or run and enjoy the sights and sounds you will find nowhere else. Want to know more? Go online and enter Bay to Breakers. Then there is the wine country and....

Cheers and good running.

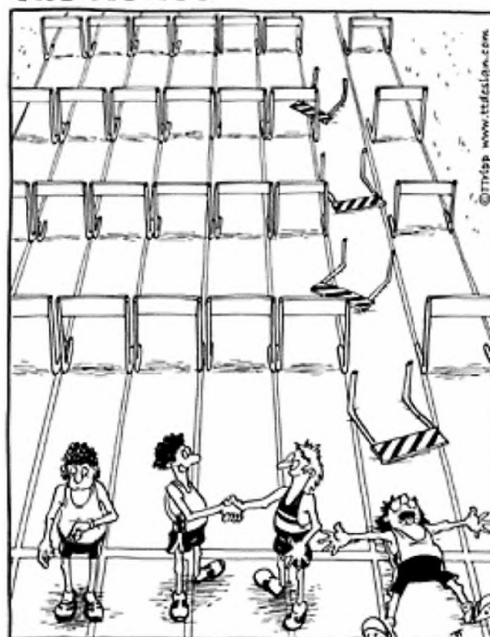
Injury Prevention (from Runner's World)

Black toenails: The best way to prevent black toenails is to wear shoes that fit properly. The toe box should be wide enough and the length of the shoe long enough so your toes don't bump against the shoe. You should have about a half-inch of space between the end of your longest toe (not necessarily the big toe) and the top of your shoe. Blister-free socks may help prevent friction.

Did You Know...

25% of all bones in the human body are in the feet, and each foot has approximately 60,000 sweat glands!

The Novice



Local Race Calendar



AUGUST

- Aug 6 & 7 Tour De Pain, 6th Jax Beach, Seawalk, 4mi, 7:30 pm,
7th, Baymeadows 1 block North of San Jose, 1 mi, 7:30 am
7th Jax Landing, 5K, 7:30 pm 904-731-1900
- Aug 21 JTC-Carrabba's Summer Beach Run, Jax Beach Seawalk, 7 pm, 739-1917

SEPTEMBER

- Sept 4 Amelia Island Runner's Turtle Trot, Fort Clinch State Park, 5K/10K/1.5 mi walk, 7 AM
- Sept. 11 Autumn Fitness 5K, Orange Park, 8am, (904)268-6272.
- Sept 18 Children's Way 5K, San Marco
- Sept 25 Beaches Dog Run, 5K, Jax Beach, 8am
- Sept 25 PACE Race 5K, San Marco, 7pm

OCTOBER

- Oct 2 Marine Corps Half Marathon, Metropolitan Park, 7am
- Oct 9 Dignity-U-Wear 5K, Fernandina Beach, 8am
- Oct 16 Fleet Feet 5K, Fernandina Beach, 7:30am
- Oct 23 Race for the Cure, Metropolitan Park, 8am
- Oct 31 Pumpkin Run, 10 miles & 5 km, Evergreen Cemetery, 7am

Happy Running!

Visit AIR on the Web: www.AmeliaIslandRunners.com.

A huge "Thank You!" to James Devlin for all of his hard work on this site! Way to go James!



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