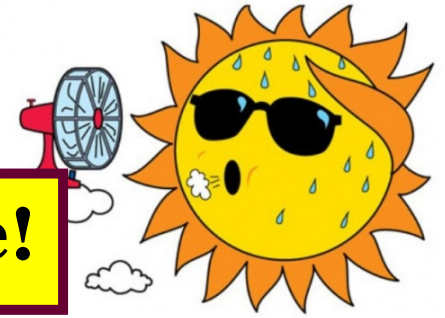




STAYING COOL IN ALABAMA!



Baby, It's HOT Out There!

JULY 2024 MONTG. VOL. 5 ISSUE 2

Know the Warning Signs of Heat Exhaustion!

Runners should be familiar with the signs and symptoms of heat exhaustion including:

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle or abdominal cramps
- Nausea, vomiting, or diarrhea
- Profuse sweating
- Rapid heartbeat



If you are experiencing **ANY** of these symptoms **STOP** your run immediately, find a **COOL PLACE** to relax, get hydrated, and **SEEK HELP**. *Always carry a water bottle on your runs!*

Safety Tips to Weather the Heat!

Wear as little as possible: Wear apparel that's light in color, lightweight, and has vents or mesh. Also, be sure to wear a hat, shades, and sunscreen with an SPF of 50 or higher.

Drink early and often: Drink 16 ounces of a sports drink an hour before you head out. Then toss down five to eight ounces of sports drink about every 20 minutes while working out. Sports drinks beat water as they contain electrolytes, which increases your water-absorption rate & replaces electrolytes.

Be patient: Give yourself 8 to 14 days to acclimatize to hot weather, intensity of your training. Your body will learn to decrease heart rate, gradually increasing the length and body temperature, & increase sweat.

Seek grass and shade: It's always hotter in cities than in surrounding areas because asphalt & concrete retain heat. Look for shade and run in the early morning or late evening.

Check the breeze: If possible, start with the wind at your back headwind. Running into the wind has a cooling effect, and

Head out early or late: Even in the worst heat wave, it cools off by dawn. Get your run done then, and you'll feel good about it all day. Can't fit it in? Wait until evening, when the sun's

and then run 2nd part with a you'll need that coming back. rays aren't as strong.

Run in water: Substitute one weekly outdoor walk or run with a pool session. If you're new to pool running, use a flotation device and simply move your legs as if you were running on land, with a slightly exaggerated forward lean and vigorous arm pump.

STAY COOL, STAY SAFE AND STAY OUT THERE! Heat won't stop R3!

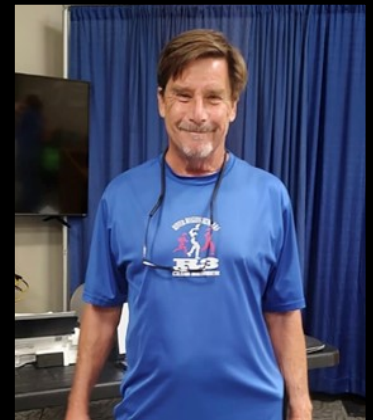
Someone has to be the CABOOSE!

I have been participating in the Double Bridge Run Pensacola since the inaugural race decades ago in the 90's. I've never been in the front pack but this year, I found myself way too close to the pick up wagon! Let me just say, they were behind me the whole way! I even offered to take my number off so they could get ahead of me. It's a bit unnerving when the "we are here to save you" wagon is that close throughout the entire race. They assured me I had plenty of time to finish which I did as I was ahead physically of one person. However, when you check the results, there is my name at the very bottom. Someone reminded me later that "it is a race" and that's when it dawned on me; I am no longer racing. I am enjoying the journey and "participating." It is a race within myself to accomplish the goal of completing nine miles. So I probably won't do the complete double bridge journey again unless I do it solo on a beautiful Pensacola day. I strongly recommend the race as it is one of my favorites. Since I can't stop the aging process, I will adjust my competitions within myself to give me the best challenge and most fun for this happy to just be out there grandmother *Go Granny Go!*

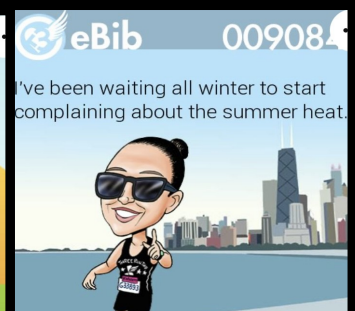
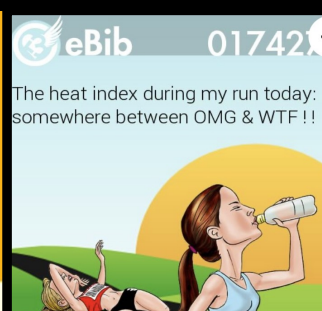


President Pete Ponderings!

I recently elected to have a minor medical procedure. The post procedure instructions included the admonition against running for several days which left me in a funk. When I was able to get back on the neighborhood streets, it was nothing short of a miracle I had survived the intermission in my running routine. This experience made me reflect on how lucky we are that we have the ability and wherewithal to run! In conversations with non-running friends, neighbors and acquaintances that drift into running, their talk invariably includes the reason(s) they are precluded from running; knees, shin splints, heart, desire, etc. This makes me thank my lucky stars that even though I have some infirmities that can make it a bit more difficult at times, I can still put on a running ensemble, strap on my Garmin, and lace up my running shoes to head out the door for a tour of neighborhood or head for a race! And I also thank my lucky stars that I can associate with a wonderful group of like-minded folks, the River Region Runners! As always, keep one foot in front of the other ... *R3 President Pete*



**When you see Pete,
thank him for all he
does for R3! Great job
President Pete!**



Oak Mountain State Park - See it from the Top of a Mountain!

Looking to run with your friends on the 4th of July but don't want to travel far? The 43rd Annual Peavine Falls Run in the beautiful Oak Mountain State Park in Pelham, Alabama is just a short drive from Montgomery. This 8.2-mile course consists of 6.9 miles of rolling asphalt road and 1.3 miles of dirt trail. The course climbs the Peavine Falls Road for approximately 3.5 miles (with an increase in elevation of about 460 feet) to the Peavine Falls parking lot and then back down the same road until turning onto the single-track trail. The course has a lot of welcoming shade and cooler temps. I always struggle going up the mountain but feel ex"hill"arated descending. At the dirt trail, it's careful footing for me, as I have witnessed others' battle wounds. Conquer this course and feel invincible! There is so much to do at the park after the run. Biking, horseback riding, inflatable aquapark obstacle course, golf, two beaches with swimming areas, three fishing lakes, picnic areas, and horseback riding just to name a few. One thing I have never done even though I have run this race for many years, is actually go to the Peavine Falls. Looks beautiful but the picture doesn't capture the experience. Hmmm... maybe this year! *Thank you Irene and let's all plan to visit the falls this year!*



The Rick Melanson
PEAVINE FALLS RUN
Oak Mountain State Park

 300 Miles R3 Tumbler	 1000 Miles Embroidered R3 Jacket **If you have already earned a jacket, you will get a patch and may choose from the other tier prizes based on this year's mileage	 500 Miles choose a bag or towel
 750 Miles choose a braie or tank	 1200 Miles - Visor	

Great
Prizes!
Great
Fun!
Love
R3!



R3 Road Trip to the Lone Star State!



On an unseasonably warm weekend in March a group of R3 members ventured to the vast, open wilderness known as Texas to remember the Alamo. One of my biggest motivations to actually train for this event was knowing this lovely bunch would be joining me in my new city of San Antonio. Imagine my surprise that even Cynda made it out for ...you guessed it...the donut dash the day before the marathons. This crew made sure to explore the city's delights, to include ghost tours and finding a new cherished bakery. Imagine my surprise when the R3 team showed up to our pre-race pasta night with loads of pastries and cakes so we could all try a little of each. Delicious! Oh, this is supposed to be about the race.....my bad. In the early, dark hours of the race we found each other before the cannon blast ignited the field of runners onto the course.

The route brought us past the Alamo, through downtown, along the famous Riverwalk and around Mission Concepción before returning to Alamo Street for the after-party. Feeling the 70+ temps, my mind was focused on reuniting with the R3 faces who had been patiently waiting for me to finish the marathon while they sampled local fare of breakfast tacos. As we smiled brightly, holding our unique finishers medals memorializing the last stand at the Alamo I knew that morning that these memories would be the ones treasured. It's not the turn-by-turn directions of the course, & it's not the finish time, but the experiences we create along the way that imprint on our hearts in a meaningful way. Love, Jen



Importance of Cross Training—R3 Swims & Bikes too!

Cross training is a way to vary your fitness program by combining different types of exercise activities. ***Workouts without some variability increase your risk of sustaining an injury from repetitive strain or overuse.*** An ideal cross-training routine includes cardiovascular exercise, strength training, and flexibility exercises like yoga or Pilates. Cross training has several benefits, including full body conditioning; improving skill, agility and balance; flexibility in training plans; and the opportunity to continue training while injured.

A balanced, weekly cross-training program might look like this:

- **Aerobic exercise:** Three times a week for at least 30 minutes. Alternate activities such as walking, swimming, running (of course!) dancing, and stair climbing.
- **Strength training:** Twice a week (not consecutive days) for at least 30 minutes, working each major muscle group. Try to do different exercises for each muscle group on alternate days, or use different resistance tools, such as free weights or stretch tubing.
- **Flexibility exercise:** Every day for at least 5 to 10 minutes. Stretching exercises may be done daily, but be sure to warm up your muscles with stretching.

R3 Members Cynda, Jason and Irene got in some great cross training recently by competing in the Montgomery Triathlon this year. Ask them how it felt jumping off a perfectly good riverboat into the Alabama River! Swimming, biking and running are excellent examples of mixing up your workouts! Try a Tri!



**Thank you Volunteers
Genie, Beth & Barb!**

Helpers such as these ladies keep the club running smoothly!
Become an R3 Volunteer!

Looking for R3 Newsletter Editor & Writers!

Volunteer Opportunity! It has been five years or longer that I have had the joy of gathering club news for our newsletter. I am looking for a replacement now as time to share the joy! If you are interested in taking over the R3 newsletter please let me know. My cell number is 334-315-0723. Please become involved by gathering news or at the very least, become a contributing writer for various articles. Jen Negley and Kelly Owens have both been valuable helpers throughout the years. It is a fun way to get to know and learn about R3 members. Sign up today!