

RHC New Member Orientation

23 August 2020

Agenda

- ▶ 3:02 PM - Kick-off! Welcome to RHC
- ▶ Housekeeping
 - ▶ Please put yourself on mute
 - ▶ If you want to ask a question, please put it in the Chat function or use the Raise Hand function
- ▶ Quick poll
- ▶ Intro
- ▶ Meet the coaches
- ▶ All the info (lots of talking, lots of slides)
- ▶ Q&A live!

History, Background, Mission of RHC

- ▶ Celebrating our 22nd year!
- ▶ Started as a little running group in Memorial Park, and has grown every year since
- ▶ Last year had a record 400 members register for our fall training programs in the marathon and half-marathon
- ▶ Many of our members are “veterans” - they have been members of the club for many years
- ▶ Our training schedule is for all types of runners, can be modified to suit specific needs, but it’s there to get you to the finish line
- ▶ We run, we have fun, we get the job done!

What to Expect this Season 1 - Comms

- ▶ We are virtual!
- ▶ Hope to be able to run in groups by late September, but it will depend on the Covid-19 situation at the time
- ▶ We have a long list of safety protocols we will follow once we are able run together again: [RunnersHighClub.com](https://runnershighclub.com) ->Covid19 Safety tab/page
- ▶ Until we can run together, we will communicate over email, social media, webinar and phone.
- ▶ All-club email on Tuesdays, coach emails on Thursdays, wrap-up email on Sundays (if needed)
- ▶ Make sure you have safe-listed RunnersHighClubHouston@gmail.com , NoReply@RunSignUp.com and your pace group coach's email
- ▶ Facebook, IG and Twitter are for very broad announcements, general communication and fun, but all important info is sent by email to registered members

What to Expect this Season 2 - Training

- ▶ Training schedule for each pace group will come this week from your coach
- ▶ You will be put into a pace group with a coach to train with for the season. This is based on what you indicated in your registration.
- ▶ Pace group = race goal.
- ▶ We run 6 days a week—it's a lot! Ease into it.
- ▶ The training schedule will indicate which type of run you can do each day—easy pace, tempo, speed/track, recovery, etc.
- ▶ The types of runs are set by a pace
- ▶ There is a list of definitions at the bottom of the schedule
- ▶ There is a max of 10% increase in mileage each week (to prevent injuries)
- ▶ You are free to move pace groups at any time!
- ▶ Think of the season in 3 parts: Foundation, Endurance, Peak

What to Expect this Season 3 - Run Fun

- ▶ Routes - we can't run together yet, but we can suggest where you run!
Coming soon - Route Resources - links to routes that club members have devised that you can do.
- ▶ Track and Tempo workouts start in a few weeks, with separate schedule.
There will also be Resources of where to do these workouts on your own
- ▶ Seminars/Webinars - we usually meet after our long runs for seminars in various topics, but those will be over webinar now! Check the calendar for dates and times. They will be recorded for viewing later if you can't attend.
- ▶ Virtual Happy Hours - get ready for some fun! Meet your teammates, take quizzes, play games, and refine your webinar skills (ha).
- ▶ Running Challenges - coming soon! Make your Saturday long run tons-o-fun with these exciting ways to see the city and make your mark.
- ▶ Check the Calendar tab on the website for more info; all important info will be sent by email

Your coaches!

How many years with club, your pace group, favorite place in Houston to run:

- ▶ 5:00 hour marathon - Patty Tamez Trussel
- ▶ 4:30 hour marathon - Gerry Cashiola
- ▶ 4:15 hour marathon - Kristie Barbee
- ▶ 4:00 hour marathon - Alejandro Haiek
- ▶ 3:45 hour marathon - Heather Carr
- ▶ 3:30 hour marathon - Phi Nguyen

- ▶ 2:30 hour half-marathon - Chris Stacy
- ▶ 2:15 hour half-marathon - Keri Pokrzywa
- ▶ 2:00 hour half-marathon - Patricia Dawson
- ▶ 1:45 hour half-marathon - Maria Lucchesi-Vidal
- ▶ 1:30 hour half-marathon - Jake Tonge

What to Wear

- ▶ Shoes - at least a half-size bigger than your street shoe; get fitted; if your pair is over a year old, or has worn tread, it's time for a new pair
- ▶ Shirt (and jog bra for women), shorts and socks - non-cotton, wicking fabric; light-weight; light and bright colors
- ▶ Accessories
 - ▶ Water bottle/belt/pack (highly, highly recommended)
 - ▶ Hat and sunglasses
 - ▶ GPS watch
 - ▶ Identification/RoadID
 - ▶ BodyGlide or anti-chafe agent
 - ▶ Sunscreen
 - ▶ Post-run clothes and gear

Hydration and Nutrition (Theresa)

- ▶ Hydration is key
- ▶ 12-24 oz of fluids per hour of running
- ▶ Water before, during and after your run
- ▶ Run with water bottle (with a little money and a mask! If you have to go into a store to buy water)

- ▶ Nutrition is very personal
- ▶ Very rough estimate— you burn 100 calories per hour of running (but it depends on many factors)
- ▶ Consider taking in 200 cal per hour of exercise after you hit an hour of running
- ▶ Nutrition during the run: energy gels, gummies, electrolyte drink, etc.
- ▶ Have access to nutrition before, during and after your run

How to Train (Phi)

- ▶ Follow the schedule (really, it works!)
- ▶ Schedule your running time
- ▶ Consider how you will train with other commitments (family, work, school, etc.)
- ▶ Take a break if you need to--you won't get off track if you miss a few days of running

Injuries (Jake)

- ▶ Injuries happen!
- ▶ Very popular ones are in the legs! Shin splints, muscle strain, plantar fasciitis, IT band, feet hurt, bone spur, anything!
- ▶ Newer runners, or those who have taken a long break from running, should be especially careful
- ▶ If you hurt, stop running. Walk back to home base.
- ▶ Rest
- ▶ If pain or issue persists, talk to a doctor
- ▶ Listen to your body - running aches and fatigue vs. serious pain
- ▶ Don't let it linger - a short-term injury can turn into a chronic one if not treated

The mental side of running (Phi)

- ▶ Roadblocks you may face during training
 - ▶ Lack of motivation
 - ▶ Stress
 - ▶ Time constraints
 - ▶ Uncertainty
- ▶ How to meet these challenges
- ▶ Give yourself some grace—it's OK to take a break, it's OK to recognize that you are “not feeling it” this week

Running Dictionary

- ▶ Dude, do you even **cross-train**?
- ▶ I totally **bonked**.
- ▶ Where's the **SAG**?
- ▶ I hit **The Wall** around Mile 18 . . . again.
- ▶ I'm gonna pick up some **Gu** this weekend.
- ▶ What kind of **salt tabs** to you use?

The background features abstract, overlapping green geometric shapes in various shades, including light lime green, medium green, and dark forest green. These shapes are primarily located on the right side of the slide, creating a modern, layered effect.

Q&A Time!

Use the Raise Hand function or
type it in the Chat.

Thank you!

Send all questions to RunnersHighClubHouston@gmail.com

Next all-club email on Tues, Aug. 25
Coach email coming Thurs, Aug. 27