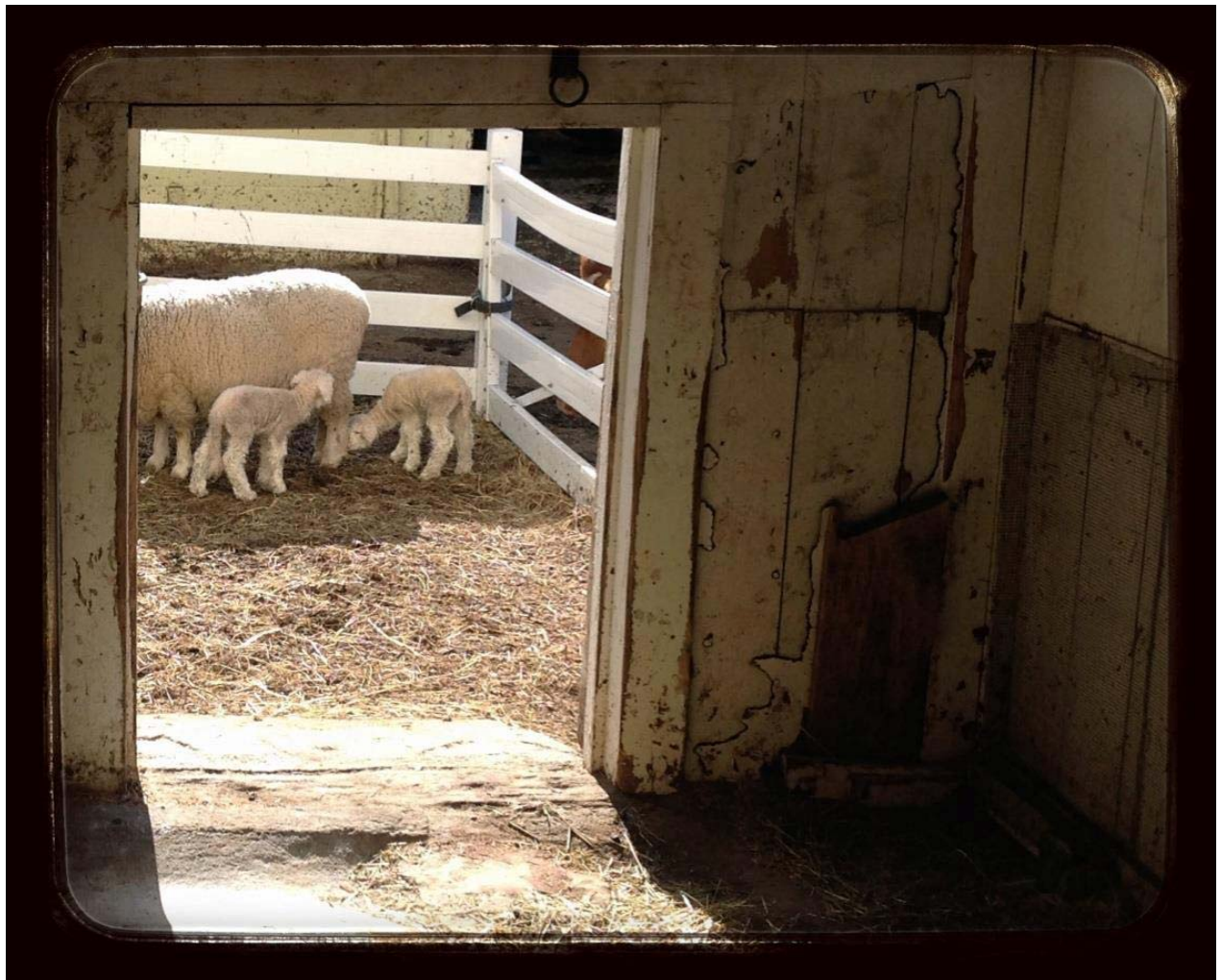




New Pond
Farm
EDUCATION CENTER



REDDING ROAD RACE NEWSLETTER

13 Volume 5

3/29/13

Picture above: Newborn twins at New Pond Farm

1. Pasta Dinner Reminder – Redding Road House

Seatings are still available, \$25 per adult; \$15 for children, <5 is free. Redding runner Barry and another band mate from Bone Dry, <http://www.bmiserv.com/>, will be providing musical entertainment. Seatings are 5:00-6:30 and 7:00-8:30 are limited to 100 people per session. Email me your reservations and if you can't make it to the expo but can make it to the dinner, make sure to email me and we'll bring your race bag to the dinner. If you think you are going, but not sure, please email me anyway as we're trying to get a head count.

NAME	_____	
SEATING	_____ 5:00-6:30	_____ 7:00-8:30
ADULTS	_____ (\$25)	
KIDS (5-12)	_____ (\$15)	
YOUNG KIDS	_____ (FREE)	
TOTAL	_____	

Check made out to REDDING ROADHOUSE (not Redding Road Race) and mail to:

John McCleary
Redding Road Race
67 Picketts Rd
Redding, CT 06896

2. Greybeards Muddy Mayhem Race

If you want to run another Town of Redding race, the mail-in Registration is on the next page. If you are interested in running with members of the Redding Running Club, we will be parking 2 miles away, running 2 miles to and from the race and, of course, running the race (making it a 7 mile run).

Greybeards Muddy Mayhem Trail Run

5K-ish/ Family Fun Run

Topstone Park, W. Redding, CT

Saturday, April 6th, 2013

In case of extreme weather conditions, race will be rescheduled for Sunday, April 7th, 2013.

Please call (203) 938-5036 x3 to confirm.

11:00 a.m.-Kids' Fun Run, 11:30a.m.-5K Run

ALL RUNNERS MUST ARRIVE PRIOR TO 10:45 a.m.-gates will be locked!

Course Description:

All runners compete on the same approximately 5K course. The course is a trail run through muck, mud, and loose rocks around beautiful Topstone Pond (old shoes recommended). The kids' fun run will be on a relatively flat and straight course.

Pre-Race Entry:

Postmarked before April 1st, 2013:

Adults-\$20

Kids (13 and under)\$15

After April 1st/Race Day:

Adults-\$25

Kids (13 and under)-\$20

Note: Race is limited to first 175 registered runners. If you would like to register the day of, please call the number listed above to see if there are any existing spots left.

Race day registration closes at 10:30 a.m.

Race T-shirts to the first seventy-five pre-registered runners

Race Director: Dan Sullivan 203-938-0374 E-mail: danandwendy@aol.com

Directions:

The race starts and finishes at Topstone Park, located on Topstone Road, W. Redding, CT, 06896. From Route 7, turn onto Topstone Road, and proceed straight over the train tracks and up the hill. The park entrance will be on your right side just after the road turns into a dirt road. Please turn in to park and please follow parking attendants.

Registration form for Greybeard's Muddy Mayhem Trail Run:

Name: _____ Age: _____ DOB: _____
Gender: (circle) M F
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ E mail: _____
In case of emergency, contact: _____ Phone: _____
Signature: _____
Parent Signature (if under 18): _____
Circle T-Shirt Size: S M L XL XXL

Make checks payable to Town of Redding, Mail checks to Redding Parks & Recreation Department, P.O. Box 1071, Redding, CT, 06875 Attn: Muddy Mayhem

Postmarked before April 1st, 2013:

Adults-\$20

Kids (13 and under)- \$15

After April 1st/Race Day:

Adults-\$25

Kids (13 and under)-\$20

Liability Waiver for Greybeard's Muddy Mayhem Trail Run:

I submit this affidavit and waiver to the Town of Redding – Park and Recreation Department and the Redding Greybeards charity organization with the understanding that the information provided herein by the undersigned will be relied upon to verify my eligibility and acceptance of liability to participate in a woodlands trail run through Redding Topstone Park over a distance of more than 4 kilometers.

I acknowledge and understand that running a trail race is a potentially hazardous activity. I should not enter and run in this event unless I am medically able and properly trained. I hereby agree to abide by all decisions of a race officials relative to my ability to safely complete the run. I assume and accept sole responsibility for all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including temperature and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me.

I further understand that the Town of Redding is not providing accident insurance and that costs incurred due to injury to myself and/or the minor child named below while participating in the activities listed on this form are my sole responsibility. I release and hold harmless the Town of Redding from any injuries incurred in this event as part of Town recreational activities. I understand photographs of my participation in the run may be used by the department for promotional or advertising materials unless I otherwise notify the department in writing. Entrants who are younger than 18 years of age as of April 1, 2013 must have their parent or guardian's permission to participate in this event indicated by their signature(s) below.

Having read this waiver, understanding and knowing all of these facts and in consideration of your accepting my entry, I, for myself (and/or minor child indicated below) and anyone acting on my behalf, waive and release the Town of Redding and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Participant's Name: _____ Date: _____
(Please Print)

Participant Signature: _____
(Signature)

Signature of Parent/ Legal Guardian is required below if participant is under the age of 18:

Parent Signature: _____ Date: _____

3. Carpooling

I'll mention this many times in the next month, but, please do your best to carpool on race day. Last year the parking area at the farm seemed to be about 2/3rds full and we've increased runner count by about 33%, so it may be tight. We also have parking available at the Fire Station on Umpawaug (.19 miles from the farm) and will utilize it if the farm fills up. Hint: you may want to arrive early so you're not parking at the fire station and rushing to the farm. It'll also give you time to eat/drink something before the race.

4. Pink Shirts- Women only

The women fit shirts are purple. Unfortunately/fortunately they don't have enough in purple to fill our large order, so, we're going to supplement with pink shirts. I know people have a love/hate relationship with pink, but if you lean on the love side you may be able to get a pink one. We won't be reserving pink ones, they'll be handed out on a first come first served basis, and there won't be a lot of them. So, when you pick up your race bags you can request a pink one, if there are any left (they probably won't last past expo day)

5. Expo and Race Day Back Pickup

Bag pickup is going to be an easier, more efficient process, this year. It's going to be an "assembly line" process where you pick up your bib, shirts and each of the race gifts (there are a lot) at individual tables under the tent. Here's the process:

- a. Find out your bib number (you will be emailed it before the race and, if you forget, there will be an alphabetized list at the race too) and pick up your bib at one of the 6 bib tables at the beginning of the assembly line (sorted by bib number).
- b. When you get your bib you will also be given a big race bag, provided by Amica, to collect the rest of your stuff.
- c. On the back of your bib is the size of the shirt(s) you ordered, the next 3 tables in the assembly line have the race shirts.
- d. Continue down the assembly line to collect all the rest of your gifts (it's kind of like trick or treating – so relive your youth for a while!!).

This assembly line process is good for you as it shows you all the stuff you get (things won't go unnoticed in the race bag) and it's great for us in that we don't have to spend days stuffing bags. I think the entire process will be very quick.

Notes:

1. Piglet Prance Bags will be stuffed by us (as piglets will have their own unique gifts) and little piglets will have their own table to pick up their bag.
2. Mighty Cow runners get an extra gift at the end of the assembly line – make sure you pick it up. The back of your bib has a special Might Cow marking.
3. Also at the end of the assembly line is the baggage drop, if you want to leave your stuff with us during the race (note: If you have enough time, you car will be parked right near the tent, so, you can drop off your stuff there too.)
4. After you exit the gift assembly line, you will conveniently be in the food area, so eat!! 20 port-o-lets will be nearby too. A logistic diagram of this whole process is below– note the new start and finish lines and massage tent.



6. Hospital Study in Hartford

I've taken enough money from you, here's a potential way to give you back some \$\$.

From Sarah:

I am a researcher at Hartford Hospital and we are conducting a research study on runners. I was wondering if there was any way we could post a description of our study in any email distributions or newsletters associated with your Road Race event on May 5th to help with recruitment. The information is below:

Participants are needed for a research study at Hartford Hospital examining the effects of cholesterol-lowering medications on exercise performance in athletes. Individuals over age 40 who train in endurance activities at least 5 hours per week and take cholesterol-lowering medications called statins (examples are Lipitor, Zocor, Crestor, simvastatin, atorvastatin, etc.) are needed. **We are primarily seeking recreational and competitive runners**, but also swimmers, triathletes, and other active individuals. The protocol involves 4 visits to Hartford Hospital. **Subjects will be compensated \$100 for their time and receive valuable health information, including VO_{2max} testing.** We are also in need of control participants who do not take statins. If you are interested, please contact Sara at sgregory@harthosp.org or (860)545-4759.

7. March of Dimes

Marycatharine, one of our local runners is trying to get 75 donators for the 75 years of the March of Dimes.

MaryCatherine:

For 75 years, the March of Dimes has worked for stronger, healthier babies by developing and implementing programs that will ultimately improve the health of babies.

“The birth of a baby is a special moment for every family. Babies born today and in future generations will live longer and healthier lives, in part, because of 75 years of March of Dimes commitment to the health of mothers and babies,” said Dr. Jennifer L. Howse, President of the March of Dimes. “Today, we are hard at

work to prevent premature birth, which affects nearly a half million babies every year, so that one day all babies will get a healthy start in life.”

As a past recipient of my requests for support, you know this is an important cause to me and my family. Since my 50th birthday, I have tried (and succeeded) to have as many donors as my age each year by walk day.

With the March of Dimes celebrating such a special anniversary - I am raising the bar - and looking for 75 names on my donor sheet by this year's walk. 34 people have contributed so far - only 41 more to go with 40 days left to Walk Day..

SPECIAL PRIZES TO MY 25TH (ALREADY CLAIMED!), 50TH, 75TH DONOR!

Please use the link below to make a donation and keep me moving towards my goal!

Marycatherine

To make a donation, visit my personal Web page at http://www.marchforbabies.org/Mc_Caroline_Angela
If you would like to learn more about March for Babies, visit the Web site at www.marchforbabies.org.

8. Runner Story – Joe G.



I'll be 59 this year. I started running in 2010. In 2011 I ran four half marathons with the last one being in September of that year. Late in that year my running times increased and I felt fatigued. In January 2012 I was diagnosed with Acute Lymphoblastic Leukemia. The treatment protocol consisted of eight cycles a week of inpatient chemotherapy and a two week recovery period. While in the hospital, when I was disconnected from the intravenous once a day for an hour, I would go to the stairway and do 10-15 flights. Then I found out the stairways were for employees only. So I started to take the elevator to the ground floor and run laps around the block (I never checked to see if the roadways were for employees only too!!). During the first recovery week the juices would have their effect and I would need transfusions. During the second recovery week I would get in a couple of runs before the cycle would start over again. I did a number of certified runs during the first six months of 2012 - mostly 5ks with a 4 miler and trail run in the mix. The eight chemo cycles were completed in July 2012. Since then I've been trying to do a certified run a couple of times a month.

Stepping up to the start line today carries more emotion than any start line in 2011. The "Run for The Cows Race" will be the first half marathon that I've signed up for since Sept. 2011. I'm looking forward to that start line.

Joe G.

John: We're proud to have you Joe!!

9. Interesting Runner's World Article

If you don't get Runner's World Magazine, this is a pretty interesting article. If you constantly get reoccurring injuries, this may be a technique you may want to try.

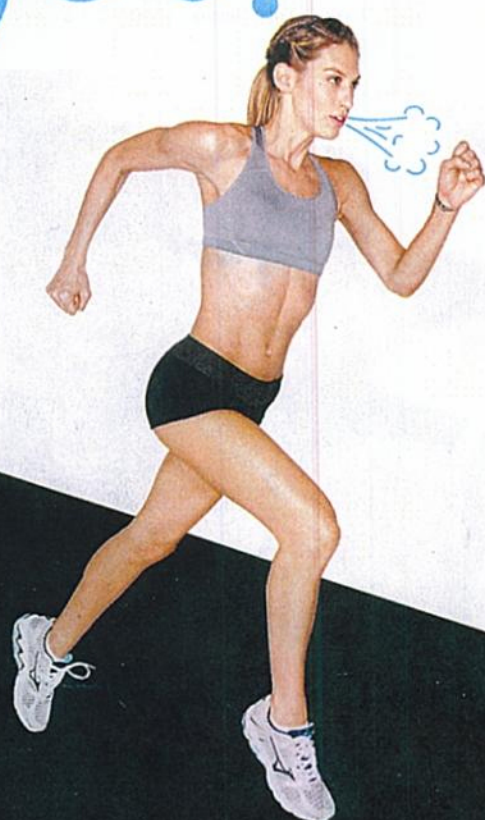
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[Repeat]



R U N N I N G *On* A I R

A revolutionary
way to breathe
can help you
run better and
sidestep injury



BY
BUDD COATES
WITH
CLAIRE KOWALCHIK



I**N MY EARLY DAYS AS A RUNNER**, I, like most, didn't give any thought to my breathing. I took up the sport in high school—back in the '70s—and as a senior on the cross-country team, I won the individual league championship, a good but not great accomplishment. I continued to run at Springfield College in Massachusetts, where I majored in physical education. We raced often with little time to recover, and as a consequence, I was injured often. When injury constantly forces you to take time off, you lose a lot of quality training time. As renowned coach and exercise physiologist Jack Daniels puts it, "It's easier to stay fit than get fit."

I spent lots of time in the college's physiology building (there were no cross-training facilities) on a Monarch test bike, pedaling away to maintain my conditioning. Afterward, I went digging into the research to find a solution to my predicament. Eventually I came across an article called "Breath Play," by Ian Jackson, a coach and distance runner, which related breathing cycles with running cadence. Later I found a study by Dennis Bramble, Ph.D., and David Carrier, Ph.D., of the University of Utah, explaining that the greatest impact stress of running occurs when one's footstrike coincides with the beginning of an exhalation. This means that if you begin to exhale every time your left foot hits the ground, the left side of your body will continually suffer the greatest running stress.

Hmm. My most frequent injury was to my left hip flexor. So I began to think, what if I could create a pattern that coordinated footstrike and breathing such that I would land alternately on my left foot and then right foot at the beginning of every exhale? Perhaps I could finally get healthy. It was worth a try.

I developed a pattern of rhythmic breathing and began using it between my junior and senior years of college. I ran well enough my senior year to earn my one and only varsity letter. I also trained for and ran my first marathon the winter before graduating from Springfield and finished in a respectable 2:52:45.

I continued to work on a rhythmic breathing method of running while pursuing my master's degree in physical education and exercise physiology at Illinois State Univer-

sity, during which time I trained for my second marathon. I homed in on a five-step pattern for easy training and a three-step cycle for faster running. I used the three-step pattern during that second marathon and ran an incredibly even 2:33:29. Now I knew I could manage my effort through rhythmic breathing with a great deal of success. Since then, I've taught this method to the many runners I've coached over the years. It can work for you, too.

HEALTHY STEPS

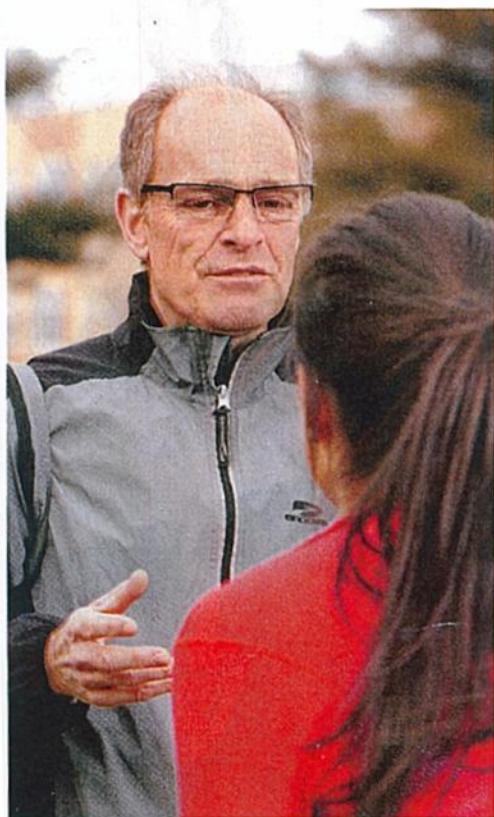
RHYTHMIC BREATHING can play a key role in keeping you injury-free, as it has for me. But to understand how that can happen, first consider some of the stresses of running. When your foot hits the ground, the force of impact equals two to three times your body weight, and as research by Utah's Bramble and Carrier showed, the impact stress is greatest when your foot strikes the ground at the beginning of an exhalation. This is because when you exhale, your diaphragm and the muscles associated with the diaphragm relax, creating less stability in your core. Less stability at the time of greatest impact makes a perfect storm for injury.

So always landing on the same foot at the beginning of exhalation compounds the problem: It causes one side of your body to continuously absorb the greatest impact force of running, which causes it to become increasingly worn down and vulnerable to injury. Rhythmic breathing, on the other hand, coordinates footstrike with inhalation and exhalation in an odd/even pattern so that you will land alternately on your right and left foot at the beginning of every exhalation. This way, the impact stress of running will be shared equally across both sides of your body.

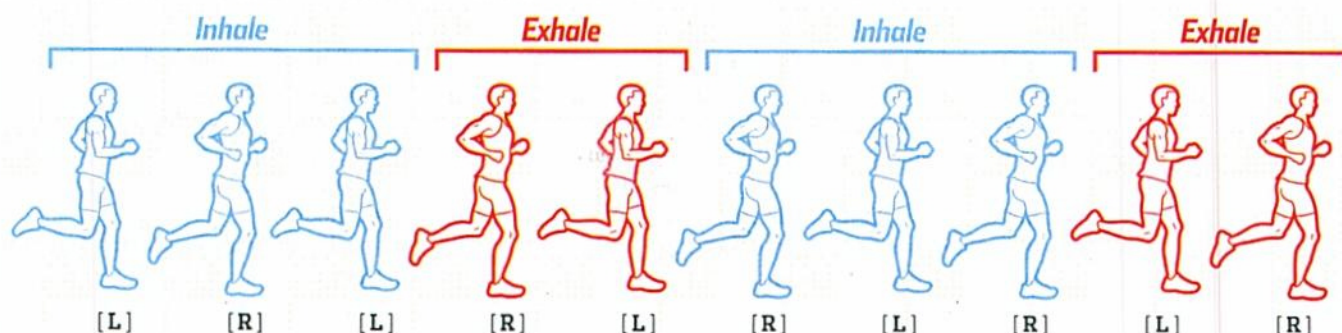
An analogy would be if you loaded a backpack down with books, notebooks, and a laptop and then slung it over your right shoulder. With all this weight on one side of your body, you'd be forced to compensate physically, placing more stress on one side of your back and hip. But if you were to slip that same heavy backpack over both shoulders, the load would be distributed evenly. You'd put your body in a position to better manage that stress, and your back would stay healthy.

It stands to reason that if one side of the body relentlessly endures the greater impact stress, that side will become worn down and vulnerable to injury. Rhythmic breathing allows a slight rest to both sides of the body from the greatest immediate impact stress of running. But there's more to it than a pattern of footstrikes, exhales, and inhales that keeps you injury-free. Rhythmic

BREATH MASTER
Budd Coates coaches
employees at Rodale,
RW's parent company.



Photograph by JOSHUA SIMPSON



**The singular point of all rhythmic breathing patterns is this:
Exhale on alternate footstrikes as you run.**

breathing also focuses your attention on your breath patterns and opens the way for it to become the source of how you train and race.

EXHALE STRESS

ATTENTION TO BREATHING has a long history in Eastern philosophy. Dennis Lewis, a longtime student of Taoism and other Eastern philosophies, teaches breathing and leads workshops throughout the United States at venues including the Esalen Institute and The Kripalu Center for Yoga and Health. In his book, *The Tao of Natural Breathing*, Lewis shares the following Taoist belief: "To breathe fully is to live fully, to manifest the full range of power of our inborn potential for vitality in everything that we sense, feel, think, and do."

In Hinduism, yoga teaches pranayama—breath work. *Prana* means breath as a life-giving force: The work of breathing draws life-giving force into the body. And that work is accomplished through diaphragmatic breathing, or belly breathing, which means that as you inhale, you contract the diaphragm fully to allow maximum volume in the thoracic (chest) cavity for maximum expansion of the lungs and maximum intake of air. Rhythmic breathing does the same thing, drawing the breath—the life force—into the body through controlled, focused diaphragmatic breathing. Through rhythmic running we breathe fully and, as the Taoist would say, realize our vitality.

Rhythmic breathing also creates a pathway to a deep centeredness. Practitioners of every style of yoga, martial arts, relaxation, and meditation use breath work to connect mind, body, and spirit. In the martial arts, this inner connection and centeredness allows more immediate and precise control of the physical body.

The same can be accomplished in running through rhythmic breathing. You achieve cen-

teredness first by focusing your mind on fitting your breathing to an optimal footstrike pattern. Then your awareness of breathing links mind and body and creates a smooth pathway to gauging the effort of running. Rhythmic breathing helps you feel your running, and that ability to feel your running allows you immediate and precise control.

Yoga teaches that controlling your breathing can help you control your body and quiet your mind. When we allow ourselves to become distracted by trying to match our running effort to a pace we've defined with numbers on a watch, we break that mind/body connection. We open up a gap where stress and tension can enter. And we create a disturbance in the flow of running that hinders our success and enjoyment. Rhythmic breathing is calming, and awareness of breathing draws your focus toward calm. It allows you to remain as relaxed as possible, quieting any stress in the body that could inhibit performance. And if you should feel a twinge of tension or discomfort, you can mentally "push" it out of the body as you exhale.

During moderate or long runs, rhythmic breathing allows me to slide easily into an effort and pace at which everything glides on autopilot. My breathing is comfortable, my cadence is smooth and even, and the rhythm of both combines for that "harmonious vibration with nature."

FROM THE BELLY

BEFORE LEARNING the rhythmic patterns that will take your running to a new level, you must first become a belly breather, that is, learn to breathe from your diaphragm. When you inhale, your diaphragm contracts and moves downward, while muscles in your chest contract to expand your rib cage, which increases the volume in your chest cavity and draws air into your lungs. Working your diaphragm to its fullest potential allows your lungs



Breath Works

Rhythmic breathing achieves in the microcosm of running the same thing that a pattern of hard/easy training accomplishes in the macrocosm. If you run hard day after day with no letup, you will become injured. A relentless regimen of hard running leaves no time for recovery. It stands to reason that if one side of the body relentlessly endures the greater impact stress, that side will become worn down and vulnerable to injury.

to expand to their greatest volume and fill with the largest amount of air, which of course you need for your running. The more air you inhale, the more oxygen is available to be transferred through your circulatory system to your working muscles. Many people underuse their diaphragm, relying too much on their chest muscles and therefore taking in less oxygen, which is so important to energy production. The other downside of breathing from your chest is that these muscles (the intercostals) are smaller and will fatigue more quickly than your diaphragm will. To rely less on your chest muscles to breathe, you'll want to train yourself to

the ground more often when your body is at its most stable—during inhalation.

Let's start with a 5-count or 3:2 pattern of rhythmic breathing, which will apply to most of your running. Inhale for three steps and exhale for two. Practice first on the floor:

1. Lie on your back with your knees bent and feet flat on the floor.
2. Place your hand on your belly and make sure that you are belly breathing.
3. Breathe through your nose and your mouth.
4. Inhale to the count of 3 and exhale to the count of 2. You might count it this way:



Your foot strikes the ground at the beginning of exhalation, when impact stress is the greatest and core stability is lowest. It's the perfect storm for injury.

breathe from your belly, that is, with your diaphragm. Practice belly breathing both lying down and sitting or standing, since you should be breathing diaphragmatically at all times—whether you're running, sleeping, eating, or reading a book. Here's how to learn the technique:

- Lie down on your back.
- Keep your upper chest and shoulders still.
- Focus on raising your belly as you inhale.
- Lower your belly as you exhale.
- Inhale and exhale through both your nose and mouth.

ESTABLISH A PATTERN

MANY RUNNERS develop a 2:2 pattern of breathing, meaning they inhale for two footstrikes and exhale for two footstrikes. Some breathe in for three steps and exhale for three steps. Both have the same result—your exhale is always on the same side. Breathing patterns that extend the inhale will shift the point of exhalation alternately from left to right or from right to left, from one side of the body to the other. The singular point of all rhythmic breathing patterns is this: Exhale on alternate footstrikes as you run. You never want to continually exhale on the same foot.

The rhythmic breathing patterns I recommend call for a longer inhale than exhale. Why the longer inhale? Your diaphragm and other breathing muscles contract during inhalation, which brings stability to your core. These same muscles relax during exhalation, decreasing stability. With the goal of injury prevention in mind, it's best to hit

"in-2-3," "out-2," "in-2-3," "out-2," and so forth.

5. Concentrate on a continuous breath as you inhale over the 3 counts and a continuous breath as you exhale.
6. Once you become comfortable with the inhale/exhale pattern, add foot taps to mimic walking steps.

When you feel confident that you have the 3:2 pattern down, take it for a walk. Inhale for three steps, exhale for two, inhale for three steps, exhale for two. Finally, of course, try out your rhythmic breathing on a run—inhaling for three footstrikes and exhaling for two. A few key points: Inhale and exhale smoothly and continuously through both your nose and mouth at the same time. If it seems difficult to inhale over the full three strides, either inhale more gradually or pick up your pace. And lastly, do not listen to music while learning to breathe rhythmically. The beats of the music will confuse the heck out of you.

NOW GO FASTER

YOU WILL FIND that the 3:2 breathing pattern works well when you are running at an easy to moderate effort, which should make up the majority of your running. Let's say, however, you are out for a comfortable five-miler and about midway you come upon a hill. Because your muscles are working harder, they need more oxygen. Your brain also signals to your respiratory system that you need to breathe faster and deeper. You reach a point running up the hill when you can no longer comfortably inhale for three steps and exhale for two.



Breath Test

Do you breathe from your diaphragm? Lie on your back, put your hands on your belly, and breathe. If your hands move up and down, you are using your diaphragm. If your hands remain still, you will likely notice that your chest is moving up and down, which means you are depending too much on your intercostals—the small muscles that raise and lower your upper rib cage.



Ditch the Stitches

Side stitches: We've all experienced those annoying sharp pains. Swedish exercise physiologist Finn Rost offered the theory that when the diaphragm moves upward during exhalation and organs drop down during footstrike, the tension created forces the diaphragm into spasm. Owen Anderson, Ph.D., author of *The Science of Running*, supports this, saying, "Since the diaphragm is in the up position when you are breathing out...stitch chances are maximized when footstrike and exhalation are synchronized on one side of the body." Studies show that the majority of runners experience stitches on their right side. Become a rhythmic runner—alternating your exhalations—so you can avoid side stitches altogether.

It's time to then switch to a 3-count, or 2:1, rhythmic breathing pattern: Inhale for two steps, exhale one, inhale two steps, exhale one. You're breathing faster, taking more breaths per minute, and this odd-numbered breathing pattern will continue to alternate the exhale from left foot to right, dispersing the impact stress of running equally across both sides of your body. Once you've crested the hill and are running down the other side, you might continue in this 2:1 pattern until your effort and breathing have recovered and you slip back into your 3:2 cadence.

When you begin breathing rhythmically, it's a good idea to consciously monitor your breathing patterns, although it's not necessary to do so throughout your entire run. Focus on your breathing when you start out, evaluate your breathing as your effort changes—such as when you climb a hill—and then simply check in at random intervals to make sure that you haven't fallen into a 2:2 pattern. Over time, the 3:2 and 2:1 rhythmic patterns will become automatic.

Not surprisingly, the 2:1 breathing pattern also comes into play during speed training and racing. I originally began to use rhythmic breathing as a way to run injury-free. When I realized it was working with easy and moderate runs, I was afraid to break away from it during hard training workouts, and through trial and error learned to follow a 5-count rhythmic breathing pattern during an easy run or a long run and a 3-count rhythm for interval training and racing. Rhythmic breathing allowed me to complete my last year of competitive college running with moderate success. It would allow me to go on to qualify for four Olympic Marathon Trials and to set a PR of 2:13:02.

FIND YOUR LEVELS

ON YOUR NEXT RUN, do some "breath play," as Ian Jackson would say. Start out in a 3:2 breathing pattern at a very easy effort—your warmup. This is a comfortable pace at which you could converse easily with a running partner. How does it feel? Notice the depth and rate of your breathing. After 10 minutes, pick up your pace just a bit to an effort that requires you to breathe noticeably deeper while you continue to run within the 3:2 breathing pattern. You should still be able to talk with your

running buddy, but you'll be glad for those periods in the conversation when you get to just listen. Run at this pace for a few minutes and tune into your body, feel your breathing—your lungs expanding, your belly rising.

Now pick up your pace even further while holding the 3:2 breathing pattern. At this point, you'll be breathing about as deeply as you can, which makes the effort uncomfortable. You are now experiencing a difficult rhythmic breathing effort. And you'd rather not. So you convert to a 3-count, or 2:1, breathing pattern—inhaling for two steps and exhaling for one. You're taking more breaths per minute, in a pattern that still distributes the impact stress equally across both sides of your body. Notice that the effort of breathing becomes comfortable again. You will be able to talk some. Running will feel comfortably fast again. Spend a few minutes at this pace and effort, focusing on your breathing and on your body.

Now increase your pace, forcing deeper breathing. You are running at a serious level that does not allow you to talk. Up the pace again. You are breathing about as deeply as you can, but the difference is that you are also breathing about as fast as you can. And, of course, your pace is much quicker. You can't hold this effort for very long. It might feel like you have no place else to go, but you do—to a pattern of 2-1-1-1, which allows you to breathe faster. You switch to the following: Inhale for two steps, exhale for one, inhale for one, exhale for one; inhale for two steps, exhale for one, inhale for one, exhale for one; and so forth. This is the effort you will put forth for your kick at the end of a race. Or you can use this to help you crest a steep hill during a race.

Once you've tested the 2-1-1-1 pattern, slow down, ease up, and allow your breathing to return gradually to a comfortable 3:2. The more you use rhythmic breathing in training and racing, the easier and more automatic it becomes.

As you use rhythmic breathing in your training and racing and tune in to your breathing efforts and paces, you will learn to run from within, in complete harmony with your body. You will discover the natural rhythms of your running, which will lead you to improved performances but also to experience the pure joy of running. **EW**



The Whole Story This article was adapted from *Running on Air: The Revolutionary Way to Run Better by Breathing Smarter*, by Budd Coates, M.S., and Claire Kowalchik (Rodale, 2013). The book teaches how to use the principles and methods of rhythmic breathing across all levels of effort. It includes training plans for distances from 5-K to the marathon, as well as strength-training programs and stretching workouts. Available at runnersworld.com/books.

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