

# [ MILES and MINUTES ]

Publication of the Richmond Road Runners Club

May/June 2017 | Volume 40, Issue 3



## Best Friends

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**Injurious Nutrition** page 11 • **Runner dog how to's** page 16 • **Not today!** page 28



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*Miles and Minutes* is the official newsletter for and by members of the Richmond Road Runners Club (RRRC). The RRRC is a nonprofit organization whose goal is to foster fitness and a healthy lifestyle through running in the metro Richmond, Virginia area. The club is affiliated with the Road Runners Club of America and sponsors nearly 20 races throughout the year with distances ranging from 1 mile to 50K. As a service to the community, the club contracts to provide race services. These services range from renting equipment to full-computerized race timing. The club provides services for over 30 events during the year.

#### Club Officers

Bill Kelly	President
Jim Oddono	Vice President/Operations
Ed Kelleher	Vice President/Communications
Rosie Schutte	Secretary
Ralph Gibbs	Treasurer

#### Function Heads

Mara George	Membership Director
Glenn Melton	Equipment Manager
Jim Oddono	Race Coordinator
Don Garber	Club Historian
	Group Runs
	Technology, Web
Rosie Schutte, Ralph Gibbs	Grand Prix Coordinators
Tammy Harrison	Volunteer Coordinator
Anne Brown	Photography
Tammy Harrison,	Social Media
Mara George, Chris Mason	

#### Miles and Minutes

Crystal Koch Pintac	Editor
Melissa Savage	Graphic Design

**Board of Directors:** Anne Brown, Suzen Collins, Jennifer Culhane, Jamie Ficor, Don Garber, Mara George, Marcy George, Michael George, Frank Gerloff, Ralph Gibbs, Sandra Gray, Mark Guzzi, Tammy Harrison, Ed Kelleher, Bill Kelly, Crystal Koch Pintac, Mike Levins, Sam Lowe, Skeeter Morris, Stephen D. Nolan, Jim Oddono, Chris Piper, Rosie Schutte, Jeff Van Horn, Jason Walters.

**Deadline:** The deadline for submitting letters, articles, pictures and volunteer credits is posted on the club website. Send articles directly to the editorial staff at [milesandminutes@rrrc.org](mailto:milesandminutes@rrrc.org). Please keep article submissions to under 1,000 words. *Miles and Minutes* is distributed six times a year.

**Membership:** RRRC dues are \$5 for students, \$15 for individuals and \$20 for families. The club mailing address is Richmond Road Runners Club P.O. Box 8724, Richmond, VA 23226. Members can renew or sign up on-line at [www.rrrc.org](http://www.rrrc.org). Unless otherwise noted, opinions expressed in *Miles and Minutes* are those of the author, and not necessarily those of the Richmond Road Runners Club.

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## [ EDITOR'S LETTER ]



Joy.

A feeling of great pleasure or happiness. It reaches deep into our soul and lifts us up.

If you have ever seen a dog smile, you have seen joy. They wear a crown of content when snuggling, getting affection, playing with their siblings, or doing the activity they love most such as running.

Dogs are the best running buddy you can have. They only know the way is forward. When you lace up your shoes, put on running clothes, or in some cases, the sound of your watch beeping, they are launched into action. They dance around in circles, excited for the adventure that awaits. Maybe they help you out by getting their leash or standing at the ready by the front door.

Our furry friends come in all shapes and sizes. Don't discount your 15 pound fuzzball just because they have short legs. Nor should you underestimate the staying power of a Great Dane (hint: it isn't far). Even poodles love to get in on the action. It is said that greyhounds are couch potatoes.

Life is fuller when you have a dog to share it with.

To talk to when you think nobody's watching.

To laugh at when they run into stuff because they were too busy staring at the dog across the street.

Or fall into the water they thought was shallow.

To snuggle with during thunderstorms.

This issue is about the furbabies and ways to help them become your running buddy, survive the hot days and keep them healthy so they can stay by your side for as long as possible. Nutrition and hydration are just as important for them as it is for you. When you drink, they need to drink. When you eat, they need to eat.

If you don't have a dog and are unable to adopt one right now, we've included resources to help you resolve that issue by  
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**On the cover:** Chevy the Adventure Dog



Richmond Road  
Runners Club



@rvaroadrunners

# [ PRESIDENT'S MESSAGE ]



## What's next?

If you're reading this article, you're probably a runner and possibly you have done one of RRRC's fantastic training programs – either the Winter Marathon or Half Marathon program organized by Frank Gerloff, or the Advanced

10K program directed by Joy Montrief and Jeff Moore.

You are probably wondering what's next? Let me help you in that selection process.

- One City Marathon . . . . . IT'S OVER
- Shamrock Marathon . . . . . IT'S OVER (Thank God, considering the weather!)
- Shamrock Half Marathon . . . IT'S OVER (Again, thank God!)
- Monument Avenue 10K . . . . . IT'S OVER
- Boston Marathon . . . . . IT'S OVER

So get over it, and just sit back on the couch and eat donuts.

No, I didn't think so.

So, what's really next? You have lots of options. You might have been motivated by watching the Monument Avenue 10K and decided you want to run a 5K or extend your range and run a 10K. We can help you achieve that. The Richmond Road Runners Club has a New Runners Program that meets in Bryan Park. Please check [www.rrrc.org](http://www.rrrc.org) for details. And there are plenty of races and other running events you can sign up for; just go to our website, sign up and show up.

### Let me offer a few suggestions:

- **Checkered Flag 5K/Kids1K**, Thursday, April 27, at Richmond International Raceway. This is a new event, it's a 6:30 p.m. start, the Kids Run is held on the track and the 5K finishes on the track.
- **Carytown 10K**, Sunday, April 30, is both an RRRC club championship race and an RRCA state championship race.
- **Stratford Hills 10K**, Sunday, May 28, is the RRRC club 10K championship race this year.
- **Thanks Dad 5K/Kids Run**, Sunday, June 18, is great way to celebrate Father's Day with a run, maybe topped off with brunch at the Urban Farmhouse in Midlothian.

- **Summer Track Series**, six Wednesday evenings – June 14, 21, 28 and July 12, 19, 26 – at the University of Richmond track, is for runners ages 5 to 95, with a different slate of events each night.
- **Cul-de-Sac 5K Series**, a Monday night summer classic, will be held at Shady Grove Elementary School July 10, 17 and 24. You can always count on two things – lots of fun, and sweaty running.
- **Pony Pasture 5K**, Saturday, July 29, is a great run along the James River, and is followed by the announcement of winners of the RRRC scholarships.
- **Patrick Henry Half Marathon**, Aug. 26, starts and finishes in historic Ashland but takes in lots of Hanover County farmland. We partner with Sports Backers to hold this race.

If that is not enough, Sports Backers offers a marathon and half marathon training program for those with their eyes on big November races. As you can see, there is no shortage of opportunities, and we have tried to eliminate any excuse for you not to train for that next race. You just need to set a goal. The goal of the Richmond Road Runners Club is to support and encourage running and a healthy lifestyle in the greater Richmond area, a place we call home. Our tagline says it all – “We Run Richmond”.

With the warmer weather and longer daylight hours, you have more opportunities to run Richmond. If you want company, see our group run listing at the back of our newsletter. There are 19 groups listed, such as the ROGUE running group, which meets on Tuesdays and Thursdays at 5:30 a.m. at Grove and Libbie. Or, if you're looking for running partners or want to organize a running group, just post a note on the RRRC Facebook page or in the Facebook group RVA Runners.

I hope this helps you either start running or continue running with new goals, whether they are simply improving your physical or mental health, setting a PR, qualifying for Boston, training for your first ultra or trail race, or just sharing time with your BFFs.

Gotta Run. ■

*P.S. I wanted to express my appreciation and that of the entire club to Bill Webb, our equipment manager for God-knows-how-many years. Bill (the old guy wearing the University of Tennessee*

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## RRRC Board Minutes

March 8, 2017

**Participants:** President – Bill Kelly, VP Marketing – Ed Kelleher, VP Operations – Jiim Oddono, Treasurer – Ralph Gibbs, Secretary – Rosie Schutte

Sarah Akin, Bill Anderson, Mara George, Marcy George, Michael George, Frank Gerloff, Diane Glaze, Kiersten Helgerson, Jeff Van Horn, Steve Kelley, Mike Levins Jim Marr, Michele Marr, Chris Mason, Glenn Melton, Kirk Milikan, Dean Miller, Skeeter Morris, Sam Lowe, Steve Nolan, Crystal Pintac, Chris Piper, David Trump, Jason Walters, Jeff Wells, Nikkia Young

The February meeting minutes were approved.

### Treasurer's Report – Ralph Gibbs

The board without questions, accepted the financial summary, which was attached as a separate sheet during the meeting.

### Newsletter – Crystal Pintac

The online edition is live! It even has active links to things like our Facebook page and Instagram. Each time [www.rrrc.org](http://www.rrrc.org) appears on the sides of a page. it is also an active link. The printed edition is 48 pages and will be out within a week. This is a thick issue so half of it is in color for no extra cost. The next deadline is Monday April 10, and will feature running with dogs, how to help our pets do well in warmer weather, etc. If you have ideas for stories or want to submit one yourself, send them to me at [milesandminutes@rrrc.org](mailto:milesandminutes@rrrc.org).

### Social Media – Chris Mason, Tammy Harrison

Our Social media platforms are continuing to grow at healthy rates. In the month of February alone our Facebook page visits were up about 5% and we continued to add new members (likes) at a pretty constant rate. We are trying to get a good mix of Richmond runner photos from races, training teams, etc., on our platforms while still making sure we are promoting our upcoming races

Instagram continues to be active and the posts and photos there draw a lot of attention. At this time, this seems to be the hot social media platform. We're planning on ensuring that our races are being promoted there as well as on FB since it does draw a good deal of activity. IG is the current hot spot and we will work to maximize that.

As always we ask that if anyone has any feedback or suggestions for the team please let us know as we're open to them.

### Grand Prix – Rosie Schutte and Ralph Gibbs

The 2017 GP year is underway with 3 races already completed.

### Training Teams:

- Winter Marathon Training Team – Frankie Gerloff.

WMT Athletes running One City and Shamrock concluded their long runs this past weekend (Shamrock Full 20-Half 14- Boston 14) and tapering is on the radar. With One City taking place this weekend (3-12-17) RRRC will be represented well and same with Shamrock. Bon Secours, New Balance and Lucky Road have supported WMT phenomenally this year... WMT2017 will conclude on April 8th when our Boston athletes begin packing for the Boston Marathon on April 15th. There are 70 runners from the program that will be going to Boston.

- Advanced 10K (MOST) – New record 179 runners
- New Runners – Michael Muldowney. A plan to move forward is still under consideration.

### Banquet – Diane Glaze

Everything is being finalized. Awards have been picked up on Monday. Jackets are done. Rehearsal was Monday night. There are still open volunteer slots for about 3 people if anyone can come out and help with either registration or table set up.

Ralph is coordinating Sunday a.m. run with Zoe Romano, which will be held at 8:30 and meeting at Tredegar. Please come out and run! Thanks to everyone for all the help!

### Operations – Jim Oddono

Update calendar and discuss changes and staff needs.

1. **Sweetheart review** – Marcy George - Great success, over 400 runners, new computer system and timing worked well, good time had by all. Thank you weather gods for the great weather day!
2. **Huguenot 3 Miler** – M. Muldowney. The race was a success.
3. **Carytown** – Anne Brown - Everything for Carytown is set to go.
4. **Stratford Hills** – Mike Levins. The race is open.
5. **The SPCA Dog Jog** will be 3/25, Anne Brown will time.
6. Sign ups for the **10k Expo** booth will be online.
7. **Thanks Dad 5k** – Sarah Akin. There may be a "Couch to 5k" program in tandem with the race sponsored by the Manchester YMCA.
8. **Checkered Flag 5k** – Bill Kelly. The finish is on the race track. Bill Webb will drive and RRRC will do the finish line.

### Chip Timing – Mara George

Chip Timing: The test at Sweetheart went very well. At Huguenot we are testing about 20 people. I will update how the test goes at the meeting. The 20 people that received a chipped bib all registered times, except the dinosaur. That bib was destroyed due to heat and a profusion of sweat.

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## RRRC Board Minutes

*continued from page 3*

Bill Kelly spoke with Matt at RSU about the possibility of having quarterly seminars.

### **Volunteers** – *Tammy Harrison*

If the event that you are creating requires volunteers, please let Tammy know when you've created it so that she knows that she can go in and begin the process of getting it open for volunteer registration. If this doesn't happen, the process will be unduly delayed and securing volunteers will be more difficult. In the near future, I will coordinate with David Trump, our new RSU Guru so that new races can be opened and volunteers can then be added.

### **RunSignUp Guru** – *David Trump*

After viewing several RSU how-to videos, spending time with Bill Kelly as he set up Thanks Dad 5K in RSU, and working out access issues with Ralph, I was able to work with Mike Levins to set up Stratford Hills 10K and have it go live on February 28th. Working with Tammy to set up the Cul De Sac 5K Series will be the next RSU learning challenge.

RSU does offer optional features which RRRC may wish to consider, such as age-based pricing, collecting donations, allowing participants to make changes to their registration, providing refunds (with a fee), etc. Once we have more experience with RSU, the board may wish to establish policy on the use of specific features and whether the feature should be standard or optional for RRRC events.

### **RunSignUp Membership Diva** – *Mara George*

People finally have the hang of RunSignUp; I only get about 1-2 emails a week. Expirations emails seem to be going out as scheduled.

### **RunSignUp Webmaster** – *Ralph Gibbs*

All tasks of Webmaster are currently performed by Sean, Matt and Ralph have not been able to agree on a time to meet. Matt has provided tutorials and examples of what can be done with our website on the RunSignUp platform. Ralph has been reviewing them. All need to meet soon or Ralph will meet with Matt alone. Sean does not seem to want to be involved. Nikkia Young will jump on board to help with the website. We own the RRRC domain.

### **Marketing** – *Ed Kelleher*

The RRRC's nascent Marketing Committee is faced with two high-priority challenges:

1. to develop a set of guidelines governing race sponsorships, and
2. to set up a price structure for advertising in the club's print and digital media.

### **Sponsorships**

Efforts are currently under way to construct guidelines governing how much an event director should expect for a potential sponsor and what the sponsor should expect in return.

For instance, if an organization approaches a race director with an offer to sponsor that race, the RD needs to know if that offer is in the ballpark of however much financial or in-kind support the club expects for that level of event. And the potential sponsor, in turn, needs to know what specifically the club is offering in return – tent space at the race site, logo on race T-shirt, logo on all race advertising, etc.

Sponsorships would apply to races and training teams as well. The concepts being explored are 1. A single presenting sponsor for each event, along with a tier of gold, silver, bronze sponsorships in support of RRRC on an annual level, and 2. The option for a potential sponsor to choose from among a tier of presenting, gold, silver and bronze sponsorship levels for a particular event.

### **Advertising Price Structure**

The need for an updated price structure for advertising is evidenced by a number of factors. Our newsletter, Miles and Minutes, has not changed its advertising rates in at least five years. The shift from the RRRC message board to social media (Facebook, Instagram, Twitter, etc.) as the primary source for interaction between the club's leadership and membership opens up social media advertising opportunities. But if we go that route – advertising on social media – it needs to be managed efficiently and according to published ad rates. Whether to do this – and if so, how much to charge – needs to be studied thoroughly. We are on the outlook for members with digital marketing expertise.

We are currently looking for a sponsor for Turkey Trot. It will be the 40th running of the race and it is a possibility to have medals at the end of the race this year.

### **New Business**

■ *Karl Cover* – Sportable will be providing guides for eight visually impaired athletes for the upcoming Monument Avenue 10K on April 1st. They would appreciate it if the board would consider providing the entry fees for the necessary eight guide runners that will be accompanying the athletes. The cost beginning March 1st is \$45 per person so they would like to request a total of \$360 to be disbursed among the guides. The motion was moved, seconded, and approved.

■ *Crystal Pintac* – Run to the River is a 10k put on by the Neighborhood Resource Center and will begin and end at Stone Brewing or Triple Crossing (still in discussion with Stone, Triple Crossing is the backup) in the East End.



RRRC used to time the race back in 2009-2011 then it went away and we'd like to bring it back as a club race for several reasons, the most important being the community. We are shooting for a date of October 21/22 or 28/29, whichever will coordinate with the MTTT schedule best in order to increase the possibility of participation and reduce competition. The Richmond running community will participate as well as families who currently have children enrolled at the Neighborhood Resource Center. This has been a big fundraiser for the NRC in the past and we'd like to continue to help in that endeavor. We are currently working on getting sponsors, to include a naming sponsor(s) if able. It used to be Rockett's Landing but they do not wish to participate.

There was discussion about making this a club race. It was discussed that RRRC avoids raising money for any specific group as we do not want to show preference for the groups we support in the community. Chris Piper brought up that money from Moonlight 4 Miler was given to the Meg Menzies organization. Bill Kelly answered that the money given at that race was collected separately and not collected as part of the race fee. Chris P. suggested that this race is all set up with a plan and a budget and could easily be made into a club race. It was suggested by Bill Kelly, that the most efficient way to proceed would be for the race to be a contract race, therefore all the money would stay with Resource Center. Discussion on this race was tabled at this time.

- *Crystal Pintac* – Global Running Day would be celebrated on 6/7. Last year's event was a huge success and we'd like to continue to build on that. We are currently working on sponsors with Lucky Road, 3Sports and Roadrunners Store agreeing to continue supporting the event. We will be reaching out to others like New Balance, Boho, Endurance, McDonald's. Chris Mason knows of a BBQ restaurant wanting to get involved as well as others. We seek to make this a yearly RRRC event to help bring more exposure to the club, maybe a membership drive can evolve and perhaps this can morph into our summer social. Our plan is to get enough sponsors to cover the cost of the park rental. We are adding a Family Field Day event in conjunction with the 1/3 mile trail/road runs to help encourage families to attend. We will keep the same schedule of events as last year: 6:05pm picture, 6:15ishpm get into run groups, 6:20ish set off on the runs. Food trucks will hopefully be in attendance, we want to make this a Food Truck Court Event if it works with their schedule. All we're asking of the club is to help make it successful, if you have ideas for sponsors send them our way, and that's it. The goal is for this not to cost the

club any money at all. During the discussion, Bill Kelly reminded the organizers that there needs to be a signed waiver for any runners in a race affiliated with the event. Jim Oddono made a motion to give funds, supporting the event, in the amount, not to exceed \$1,000. Ed Kelleher seconded the motion and it was passed by the board.

A reminder was brought up that the "Boston" movie would be at Cinebistro on 4/19.

The meeting was adjourned at 7:06 p.m. ■

## RRRC Board Minutes

*April 12, 2017*

**Participants:** President – Bill Kelly, VP Marketing – Ed Kelleher, VP Operations – Jim Oddono, Treasurer – Ralph Gibbs, Secretary – Rosie Schutte

Alan Baugh, Anne Brown, Jennifer Culhane, Dawn Eberhard, Mara George, Marcy George, Michael George, Frank Gerloff, Diane Glaze, Kiersten Helgersen, Crystal Koch Pintac, Sara Lasker, Mike Levins, Jeff Luke, Jim Marr, Michele Marr, Chris Mason, Glenn Melton, Craig Minyard, Skeeter Morris, Steve Nolan, Rebecca Randolph, David Trump, Andrew Van Deren, Jake Wiseman, Nikkia Young

The March meeting minutes were approved.

### **Treasurer's Report** – *Ralph Gibbs*

Quick Book conversion – Ralph met with Michael Muldowney and Chris Mason to plan out a conversion from Quicken to QuickBooks Online. They discussed making a clean cutover from one to the other and not import the old data, but balances only. Mike will work with Bill Webb to create the chart of General Ledger accounts once provided with a current trial balance from Quicken.

When that is established (and approved by the Finance Committee), they will set up QuickBooks Online with the new GL accounts and use project accounting for races, etc.

A potential cutover date of October 1 was identified and will allow for 3 months to close out any residual entries in Quicken by years end. The Quicken data will be archived for future reference and QuickBooks will be used from 1 October 1.

### **Marketing report** – *VP Marketing, Ed Kelleher*

Ed presented a blueprint for race sponsorships and community partnerships. This information will follow the April meeting minutes.

### **Operations** – *VP Operations, Jim Oddono*

Club race and contract calendar review. Designate staffing for

*continued on page 6*

## RRRC Board Minutes

April 12, 2017

upcoming races. There will be an equipment manager position vacancy by Bill Webb. He has designated Stratford Hills 10k as his last race. Glenn Melton has agreed to take on the position as a replacement.

There are currently 4 contract races on the calendar for 22 April and volunteers are needed. Additionally, there is the Checkered Flag 5k on 27 April.

### Volunteers – Tammy Harrison

A report was submitted in Tammy's absence. She is extremely appreciative of her collaboration with David Trump, who is our in-house RunSignUp expert.

### Training Teams

■ **WMT** – *Frankie Gerloff* – WMT 2017 season concluded on Saturday, 8 April with our Boston athletes running their last 8 miles. 30(+) team members will be running Boston on 17 April. 340 athletes participated with WMT for 20 weeks competing in half and full marathon races in March & April. Bon Secours and Lucky Road provided unparalleled support throughout our training module and I know all our athletes appreciated their professionalism and commitment of time. This program takes 7-8 months to organize and set up, and RRRC is appreciative of the time and commitment taken to undertake this training program.

■ **ADV 10K** – *Bill Kelly* – The Advanced 10K set a record of 178 runners, several with PR. We have a reunion run on Saturday 4/8/17 from the church, and will be sending out a survey to identify the strengths and weakness of the program to improve for next year and achieve our new goal of 200+. Joy Montrieff and Jeff Moore did a fantastic job with the program, their interjection of energy and socials after each track workout made the program special. It's always difficult to give up control, but when you get results like this, it makes the next time easier.

■ **New Runners** – *Diane Glaze* – Beginners running group should be starting up in a month or so. With Mike M. away, Herv Sherd is taking over leading the group. Steve and Diane Kelley will be there coaching. Anyone who wants to come out and help is welcome, we need all paces. Haven't talked to Herv yet about details. More to come.

### Banquet – Diane Glaze

The banquet is completed and we welcome any feedback about the event. Diane plans to set up a debrief with Nancy to review what went well and what we can improve on.

### Grand Prix – *Rosie Schutte, Ralph Gibbs, P.B.I.T. Colleen Moore*

The first quarter has been distributed to the GP participants and corrections have been made. Race directors please remember to circulate a volunteer sign-in sheet and forward it on after the race.

**Scholarship Committee** – Sam Lowe was unable to attend, but reported that applications were distributed to area high schools and he looks forward to this year's applicants.

### Social Media – *Chris Mason*

Social media is continuing its upswing as our Facebook page has reached 21,000 people over the past 30 days and we have added an additional 56 followers to the page as well. We have continued to highlight local runners taking part in local events, such as the run with Bart Yasso, while not losing sight of posting about any upcoming RRRC races and events. The team is always thinking of new and creative ways to drive traffic to Facebook as it is one of the main ways our members get information about us.

Our Instagram following also continues to grow and we are being 'tagged' in an increasing amount of other Instagram member posts. When we are tagged in other posts it is beneficial as it helps to keep us in various other news feeds as well as helps to continue spreading our 'brand'. We are also noticing that we are averaging 50-75 likes on most of our posts which shows us Instagram is another important part of our social media presence.

There was discussion about partnering with the Martin Agency or VCU to make a video of our club and its activities. It is felt this would be a wonderful tool to be used by Social Media to promote our club to a broader audience.

### Newsletter – *Crystal Koch Pintac*

Newsletters have been passed out to stores and every last copy was given away at the expo. There are about 30 or so left that will be used for RRRC marketing by Sarah Akin and Sarah Bain at the REI event in May.

The issue coming up won't be as full and will feature dogs, dog safety, etc. It's warming up and lots of us love running with our dogs on the road and dirt. This past Monday was the deadline. The next deadline is 10 June.

### RunSignUp

■ **Membership** – Mara George – Everything is going well. Mara has received a couple of emails lately from people who think their memberships have expired because they haven't received an eNews in a while. Perhaps we need to start sending out the emails again.

■ **Race posting** – Dave Trump – Set up the club's April contract races in RSU, and assisted Tammy in posting



them for volunteer sign up. Set up May's contract races in draft mode in preparation for posting.

The Summer Track Series has been set up in RSU (currently in draft mode) to minimize on-site registration, obtain agreement to the waiver, speed up check-in at the track, give directors insight into the number of runners interested in specific events, and reduce the use of paper. It is set up as one "race" with the ability for runners to sign up for various events on multiple days. Volunteers similarly can sign up to volunteer on different days. Since this is a no-fee series, we will test the feature that allows the user to change their events after initial registration.

Used a "test race" to explore how to use RSU to set up a race series (e.g., Cul-de-sac 5K), set up donations (e.g., Pony Pasture 5K), and set up referral refunds and coupons.

Added a sponsor logo and hyperlink for Urban Farmhouse to Thanks Dad 5K. Made offer to race directors to do the same for other races as sponsors are confirmed.

Added a menu button to all races that briefly describes the Richmond Road Runners Club. Asked RSU to add a feature to tag all club members as part of registration whether or not they received a club discount.

For current active races, uploaded 2016 participant lists (name and email) from RaceIt into RSU so that the race director can use the RSU platform to reach out to the prior year's participants.

RSU Feature Update: RSU makes it easy (and with no processing fee for the user or the club) to offer a small refund if a participant gets friends to register. With the referral offer, you can provide the new registrant with a small discount. These tools in conjunction with social media may be useful when the club's desire is to build interest and participation in a new race. RSU reports races that use referral rewards get 7-13% of registrations from referrals, so race directors would need to take that into account when pricing the race and setting the value of a referral refund or coupon.

#### **Website** – *Nikkia Young*

Currently, Nikkia is working to learn about the site, its structure and how to shape the site to meet the needs of the club. Once we learn a little more about it, Ralph and Nikkia will chat with Matt at RSU about moving forward.

#### **New Business**

1. **RRCA Annual Convention** – *Craig Minyard, National Treasurer*  
Observations from the RRCA convention in Detroit. Promoting (getting on the radar) of next year's 60th anniversary convention in DC. The convention dates

are April 4-8, 2018, and will be in conjunction with the Cherry Blossom 10 Miler. Craig will get us the name to contact for volunteer opportunities.

2. **Women's Self Defense for Runners** – *Ellie Basch* sent a presentation for a self-defense seminar for female runners to be given locally. Bill Kelly proposed that the club should give \$500 to fund these seminars. The motion was seconded, and passed.
3. **Team Ian's Running Chair support request.** Team Ian sent a request for a donation to help fund a new running chair for Ian, a United Athlete member, who has outgrown his current running chair. A \$500 donation was proposed, seconded, and passed.
4. **Contribution to James River Park System** – *Mark Guzzi* made the following proposal for a contribution to the James River Park System: The RRRC will make a \$600 cash contribution to the James River Park System, which will be utilized in funding the materials needed to replace a 4'x16' wooden footbridge on the Buttermilk Trail. The proposal was seconded, and passed.

The meeting was adjourned at 7:15 pm. ■

## **Editor's Letter**

*continued from page 1*

"borrowing" a mutt for a few hours. We hope you will take advantage of these very awesome programs. The dogs need you as much as you need them.

And most importantly, love your pups. They support us unconditionally, through good and bad, let's do the same for them.

Chevy says he looks forward to seeing y'all out there.

Happy running! ■

**Crystal Koch Pintac** | *Editor*

## **President's Message**

*continued from page 2*

*cap you see at most club races) has decided to hand in the keys to the RRRC equipment truck after Stratford Hills 10K on May 28. He will be sorely missed. But we are fortunate that Bill's assistant, Glenn Melton, has agreed to take over. Glenn has big shoes to fill, but I am sure he is up to the task. Please say thanks the next time you see Bill or Glenn. And with the addition of our new chip timing equipment, Glenn will need some extra help, so don't hesitate to lend a hand. We're all in this together.*

**Bill Kelly** | *President*

# [ VOLUNTEERS ]

**Volunteers – we love you!** *Volunteers are the lifeblood of any organization. A special “thank you” goes out to all of the individuals and families who have generously volunteered their time and energy to support the following races. All club members who volunteer at club and contract races and register for the club’s Grand Prix competition receive credit in the Grand Prix and a complimentary invitation to the annual “RRCA Runners Banquet.”*

## Huguenot 3 miler

**March 5, 2017**

**Race Director:** Mike Muldowney

### Packet pick-up

Christopher Cruz, Marcy George, Megan Molnar, Colleen Moore, Joseph Morales, Dawn Walker

### Race Day

Sarah Akin, Kristin Bauer, Megan Bishop, Kevin Bruny, Eric Collins, Maureen Dingus, Charles Edwards, Michael George, Mary Beth Hall, Julie Jones, Kaitlyn Jones, Ed Kelleher, Mike Levins, Terry Miffleton, Kirk Milikan, Marky Nydane, Rebecca Randolph, Elizabeth Thomas, David Trump



We did it! We chip timed our very first race and it was a success! Thanks to these awesome volunteers that made it all possible!



Talented trusted timers timing tremendously.

## SPCA Dog Jog 5k

**March 25, 2017**

Bill Anderson, Andy Beyer, Dawn Eberhard, Gabby Flynn, Joseph Flynn, Mark Guzzi, Gail Holstrom, Taylor Hoy, Gary Leader, Jennifer Levin, Sarah Lewis, Jeff Luke, Stephen Nolan, Rebecca Randolph, Bill Webb, Lucia Zolea

## Monument Avenue 10k Expo

**March 30-31, 2017**

### Thursday

Mara George, Mary Beth Hall, Bill Kelly, Jim Oddono, Rebecca Randolph, Nikkia Young

### Friday

Sara Akin, Andy Beyer, Mara George, Marcy George, Ralph Gibbs, Martha Hodges, Julie Jones, Ed Kelleher, Bill Kelly, Chris Mason, Colleen Moore, Kristen Osenga, Won Rinthalukay

## RRRC Banquet

**March 11, 2017**

Sarah Akin, Marcy George, Ralph Gibbs, Diane Glaze Kelley, Eichel Hamaker, Tammy Harrison, Nancy Jakubec, Ed Kelleher, Bill Kelly, Michele Marr, Karen McCarthy, Colleen Moore, Lou Norton, Jim Oddono, Rosie Schutte



## Pain on Bottom of Heel: Faulty Shock Absorption

By Damien Howell, PT, DPT, OCS



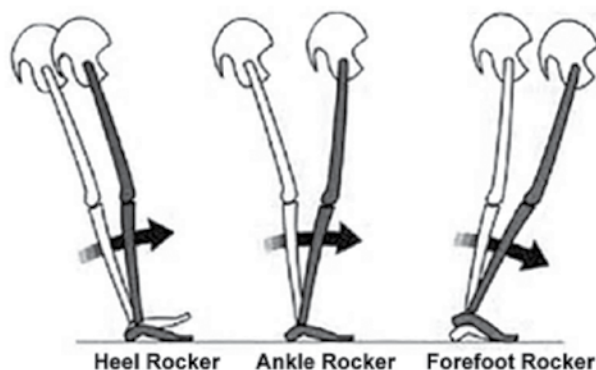
Pain on the bottom of the heel (plantar heel pain) is a complex problem with variable diagnoses and explanations. And, with variable diagnoses there should be variations in treatment. Unfortunately, the common treatment recommendations do not recognize such variability.

Not all pain on the bottom of the heel is the same and not all pain

on the bottom of the heel is plantar fasciitis. There are other tissues that can be injured besides the plantar fascia. It could be a tendinopathy of the intrinsic muscles of the foot. Or it could be calcaneal fat pad injury.

While it is important to identify the tissue diagnosis, it is even more important to identify the how and when a tissue is subjected to abnormal and excessive forces. Identifying specific movements and directions of those movements that contribute to the injury and which forces contribute is critical to identifying the appropriate treatment for the injury.

When walking or running, when the foot is on the ground, it is called the stance phase. Swing phase is when the foot is in the air. Stance phase is assumed to have more importance than swing phase as this is when forces created by gravity and body weight are the greatest. The forces during swing phase are relatively small, as compared to the forces that occur during stance phase. Stance phase is divided into three periods.



The initial period of time during stance phase has been given different names: heel rocker, foot strike, or initial contact. The primary function during the heel rocker is absorbing force or impact of striking the ground.

The second part of stance phase is called ankle rocker, mid stance, or loading response. The primary function during ankle rocker is to provide stability and postural support. It is likely that standing is equivalent to prolonged ankle rocker mechanics. Intervention addressing plantar pain that is related to faulty mechanics during ankle rocker should use tactics that improve stability and postural support such as rubber mats to stand on, fresh supportive shoes, appropriate shoe inserts and strengthening exercises for the intrinsic muscles of the foot. Of course spending less time standing makes sense.

The third time period of stance phase is called forefoot rocker, terminal stance, or heel-off to toe-off. The primary function during forefoot rocker is propulsion forward and energy conservation. More in-depth discussion of heel pain occurring during the forefoot rocker can be found in the article "Pain at the bottom of the heel: too much big toe motion".

The following discussion is how to identify whether plantar heel pain may be occurring because of faulty movement during the heel rocker, and will identify actions to avoid (don't do) and interventions (do).

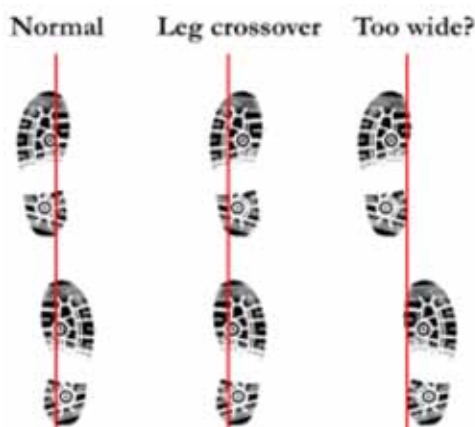
### If you are feeling this:

- The soft fatty tissue on the bottom of the painful heel looks and feels different than the non-painful heel (it may appear puffy, red, or relatively compressed and thin)
- The sole of the shoe at the back and bottom of the heel on the painful side is compressed and worn out (notice right shoe sole is more compressed in figure below)



- You take long steps or strides
- You make a loud sound at foot strike, friends accuse you of walking loud
- You have an accentuated heel strike when walking, or prolonged period of time when only the heel is contact with the ground, best described as "goose step walking"

- The painful foot frequently crosses the midline of the body when striking the ground (leg crossover in figure below)



- The knee hyperextends at foot strike
- When standing for prolonged periods that you frequently stand with a majority of weight on the leg with the painful heel, often with pelvic drop and/or knee hyperextension can be described as “standing with an attitude” posture
- Stand and carry or hold a child on the hip of the painful side
- You have weakness when performing unilateral heel raises
- You have gained body weight and your Body Mass Index is “overweight” or “obese”



### Then don't do this:

- Spend time barefoot, wear flip flops, low thin sandals, or shoes with low heels
- Walk/run with a loud foot strike
- Walk/run with the foot striking the ground crossing the midline of the body
- Walk/run/stand with knee hyper-extended
- Stand with a majority of weight on painful side, carry child on painful side, stand with an attitude posture, stand with feet crossed with majority of weight borne on painful heel
- Sit with knees crossed
- Iliotibial band (IT band) stretching exercises
- Walk/run with accentuated heel strike and stand with hyperextension of knee and avoid stretching exercises for the calf muscle.
- Eat too many calories

### Do the following:

- Replace worn shoes by selecting shoes with a relatively higher heel, good cushioning, and the heel of the shoe should be beveled (in figure below the shoe on left has beveled heel, shoe on right has out flare heel)



- Use soft heel cups
- Consciously modify gait: walk quietly; take shorter steps; take more steps per minute
- Keep foot strike on the same side of the midline of the body, when walking/running keep daylight between knees
- Walk with more knee flexion, and more of a foot flat foot strike
- Heel raise strengthening exercises with knee in slight flexion to strengthen the gastrocnemius muscle
- Stand with weight equally distributed on both feet
- Decrease caloric intake and increase caloric expenditure

As you can see from the above lists, pain on the bottom of the heel can be a complex problem. The list also demonstrates there are many active interventions available for the individuals with plantar heel pain. Contrast this to common passive interventions such as medications, injections, acupuncture, various types of massage, and ultrasound therapy which do not address potential contributing factors, and have short term effects.

The above discussion addresses faulty mechanics only during heel rocker. There are two other time periods during stance phase ankle rocker and forefoot rocker. Plantar heel pain could result from a combination of faulty mechanics of more than one of the time periods of stance phase requiring a combination of and variations in treatment strategies. Some interventions such as decreasing Body Mass Index are applicable across all three time periods of stance phase. Some interventions vary across the three time periods of stance phase such as calf stretching which is not indicated during heel rocker and may be indicated in ankle rocker. Evaluation by a healthcare professional can help demystify this complex problem. ■

*Damien Howell is a board certified orthopedic physical therapist. If you have questions, comments, or suggestions you can reach him at [Damien@damienhowellpt.com](mailto:Damien@damienhowellpt.com)*



## The 8 Causes of ALL Runners' Injuries and How to Avoid Them

By George Lane, DPM, FACPSM, FACFAS



In the previous edition of Miles and Minutes, the concept of 8 general causes of all running injuries was introduced as well as one of the most common contributors: errors in training.

This time we will consider nutritional issues as key to our running fitness. Our diet creates the building blocks of body structure. Just as quality construction products allow a well-built house to hold up better over time, a healthy diet does so for the

body of the endurance athlete. Depending on the nutritional deficiency, injuries such as stress fractures and muscular breakdown can occur, as well as a delay in recovery from such injuries. Nutritional errors can lead to injury through a number of mechanisms. Four of the most common of these errors are as follows:

1. Not hydrating properly. Dehydration or over-hydration and resultant imbalances of key salts, called electrolytes, affected by sweat production can not only hamper running performance but can also lead to injury by altering the optimal resources required for muscles to function properly, increasing the potential for muscle damage.

Hydration and electrolyte balance is a very individualized matter as the amount one sweats- and the salt concentrations - vary from person to person. However, it is generally accepted that one should absolutely take in water or a drink containing electrolytes when they are feeling thirsty during a workout. We should also consider consuming 16-24 ounces of water and a salty snack 1-2 hours before, and then drinking an additional 8-12 ounces of water 10-20 minutes before our run. Consuming a few ounces of water or electrolyte drink every 20-30 minutes, or slightly more frequently on a hot/humid day, during a run longer than one hour is also a sound practice. After running, drinking enough water or sports drink to make up for the amount of weight you lost during the run is also recommended. Starting your day with a glass of water is never a bad good idea; it'll help prevent an early deficit in your hydration level.

2. Not maintaining appropriate vitamin D intake, which a study reported to affect 75% of runners, can significantly increase the risk of developing a stress fracture in a bone of the lower extremity or pelvis. An important natural source of vitamin D is direct sunlight exposure to our skin; however, increased sun exposure increases the risk of various forms of skin cancer, especially to those with a fair skin complexion.

Consider getting your vitamin D level tested with bloodwork at your annual checkup to make sure you are in normal range. Taking a daily vitamin D supplement may be necessary to maintain normal levels.

3. Not fueling properly during or after a workout can deprive the body of key molecular resources required to rebuild the tissues that were broken down during the workout, leaving them in a weakened state when they are next required to perform.

For this, it is recommended to consume a beverage with a moderate amount of protein and carbohydrate, such as a tall glass of chocolate milk, within 30 minutes after a workout. For runs longer than 90 minutes, one should also add carbohydrate and protein supplementation every 45 minutes or so, starting 45 to 60 minutes into the run. Many products specifically designed for this purpose, can be found at most running specialty stores. For more information on this subject, see: [http://running.competitor.com/2013/09/nutrition/race-fueling-made-simple\\_8633](http://running.competitor.com/2013/09/nutrition/race-fueling-made-simple_8633)

[http://running.competitor.com/2014/07/nutrition/everything-you-need-to-know-about-energy-gels\\_44642](http://running.competitor.com/2014/07/nutrition/everything-you-need-to-know-about-energy-gels_44642)

<https://runnersconnect.net/what-is-good-to-eat-after-a-run>



4. Not eating a full well-balanced diet can also deprive the body of key nutrients required to maintain and repair tissues that have become damaged through exercise.

This involves not only eating a reasonable balance of healthy carbohydrates, proteins, and fat (see examples below), but also not under or over-eating. Breakfast is an important meal not to skip, as your body has already gone without nutritional intake during your sleeping hours and further delay can be detrimental.

Heavy training burns a larger amount of calories and it is important to increase your caloric intake accordingly which is best done with quality foods. It is important to eat foods rich in a variety of vitamins and minerals. Vitamin and mineral supplements may be helpful to individuals with deficiencies; however, one must be careful not to take inappropriate or excessive supplements that may be detrimental to health and performance.

Some individuals may be deprived of important nutrients or affected adversely due to food intolerances, of which they may not be aware, such as gluten sensitivity or celiac disease. Gluten intolerance, which is thought to affect 15% of the U.S. population, has certain telltale symptoms as discussed in the following link: <http://www.mindbodygreen.com/0-7482/10-signs-youre-gluten-intolerant.html>.

Guidance from a qualified expert in sports nutrition should be considered if there is any concern that your running injuries, especially those involving muscle or bone damage, may be related to dietary issues.

The following lists provide examples of foods from the key macronutrients - proteins, carbohydrates, and fats. There are countless ways the healthy foods and ingredients on these lists can be combined to provide a delicious, healthy, and well balanced diet for runners. Examples can be found here: <http://www.runnersworld.com/recipes-for-runners>

Fats good for your heart, your cholesterol, and your overall health:

### Monounsaturated fat

- Olive oil
- Sunflower oil
- Sesame oil
- Olives
- Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)
- Canola oil
- Peanut oil
- Avocados
- Peanut butter

### Polyunsaturated fat

- Soybean oil
- Safflower oil
- Flaxseed
- Corn oil
- Walnuts
- Soy milk

- Almond milk
- Sunflower, sesame, and pumpkin seeds
- Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)
- Tofu

### Saturated fat *gets mixed opinions regarding health benefits*

- High-fat cuts of meat
- Butter
- Ice cream
- Palm and coconut oil
- Whole-fat dairy products (milk and cream)
- <http://www.webmd.com/heart-disease/news/20140320/dietary-fats-q-a>
- Chicken with the skin
- Cheese
- Lard

### Trans fat "BAD" fat: avoid intake

- Commercially-baked pastries, cookies
- doughnuts, muffins, cakes, pizza dough
- Packaged snack foods (crackers, microwave popcorn, chips)
- Stick margarine
- Vegetable shortening
- Fried foods (French fries, fried chicken, chicken nuggets, breaded fish)
- Candy bars

### Great Carbohydrate Sources for Runners

- Bananas
- Berries
- Whole grain bread
- Tomato sauce
- Oatmeal
- See <https://runnersconnect.net/pick-a-better-bar-before-a-run>
- See [http://running.competitor.com/2014/04/photos/the-10-best-carbohydrate-sources-for-runners\\_12953](http://running.competitor.com/2014/04/photos/the-10-best-carbohydrate-sources-for-runners_12953)
- Brown rice
- Low fat yogurt
- Whole wheat pasta
- Healthy energy bars

### Great Protein Sources for Runners

- Albacore tuna
- Low fat chocolate milk
- Skinless chicken breast
- Eggs
- Low-fat or Greek yogurt
- Whey protein isolate
- Pea protein See: [http://running.competitor.com/2014/02/photos/the-11-best-proteins-for-runners\\_19291](http://running.competitor.com/2014/02/photos/the-11-best-proteins-for-runners_19291)
- Wild salmon
- Almonds
- Roasted turkey breast
- Grass fed lean beef
- Soy protein

*Dr. George Lane, a podiatrist at Adult & Child Foot & Ankle Center in Midlothian, VA, is a fellow of the American Academy of Podiatric Sports Medicine, as well as board certified by the American Board of Foot and Ankle Surgery. If you have any comments, questions, or suggestions, you can reach him at [footmender@aol.com](mailto:footmender@aol.com).*

# Running with Kona and Sable

By Ellie Basch

**M**y girls, Kona and Sable, are runner dogs, and have different running personalities.

Kona, a 5-year old American pit bull, is a chill, relaxed runner. She frequently lags behind me and likes taking sniff breaks. When a smell piques her interest, she throws her muscled self like a dead weight and forces me to stop and wait for her.

Sable, a 3-year old black lab mutt, on the other hand, is a competitive runner. She has to be at the very front of our pack, speeds up when someone passes us, and other than when she needs to pee or poop, there's no stopping break in her DNA.

As different as their running personalities are, one thing is the same: they are fantastic running companions and they get me out the door to be active.

My husband and I adopted the girls two and a half years ago. We got Kona from the Richmond SPCA, and then a week later we got Sable from an acquaintance. Kona immediately protected Sable, who was 9 weeks old. She taught Sable the ways of the dogs, and sparing us from sharp puppy teeth, house-breaking mishaps, and furniture chewing. Sable, missing her mom, – immediately bonded with Kona. They've been inseparable ever since.

Sable, a natural swimmer, later taught Kona how to swim in the James. Her muscular pit bull body is not exactly built for floating, but Kona has come to love swimming. Or, more accurately, wading into the water behind Sable, then tackling her to steal the stick Sable has retrieved.

These two pups take turns keeping me company on my weekday morning runs through the near West End and Fan neighborhoods. Decked out in our reflective vest and headlight (for me), and lighted leash and collar (for them), we run 5 or so miles twice a week before the sun rises over the horizon. On either Saturday or Sunday, we pile in the car and go to Pony Pasture or Belle Isle for a family trail run and a swim (for them).

Running with them is full of joy.

I constantly pay attention to them like a helicopter parent: making sure Sable doesn't pull on the leash too much, or cajoling Kona to speed up when she would rather stop and sniff some tree trunk. But seeing their relaxed gaze, wide smile, lolling tongue, perked ears, and bouncy steps, I'm glad I have dogs who love running as much as I do.

*continued on page 19*





# Of Mutual Benefit

## Run/Walk with a Shelter Dog

By Ronda Ford

As runners, we're certainly motivated by the company we keep. I'm forever grateful to the various running companions over the years that helped me remain committed to the routine of running – but also helped me appreciate the value of the comradery.

My running buddy these days is the best companion of all. She runs whenever I want to, for as long (or short) as I want to, she never whines (or tells me not to) and she's always happy just to accompany me.

How do I know this? Well, it starts with the jumping around at just the mention of the word "run". Then it's the nose crammed against the gate in anticipation of it opening. And as we get underway, it's the sassy trot, pricked up ears, tail up and wagging like a flag, tongue hanging out the side of her mouth and that frequent smiling glance over the shoulder that tells me she's the happiest creature in this world.



Trigger

If you too want to feel this tremendous display of joy, I recommend adopting a dog. If you're not able to, then please consider one of these alternatives: **SPCA Running Buddies**, **Richmond Animal Care and Control** or **Hike a Houlagan**.

Not only will it bring joy to your life, but it will make a dog smile. And who knows, it may motivate you to become not just a better runner, but a better person.

### Richmond SPCA Running Buddies

<https://richmondspca.org/runningbuddies>

Run or walk SPCA shelter dogs along a 3.1-mile course in the neighborhood of the Northside Robins-Starr shelter during any of the three scheduled times: Saturdays at 8:30 a.m., Sundays at 9:30 a.m. and Wednesdays at 5:30 p.m. Volunteers must be at least 18 years old. Before participating in the program, you must complete SPCA volunteer orientation training and dog handling training and commit to at least six service hours per month for a period of six months.

**Robins-Starr Humane Center, 2519 Hermitage Road, Richmond**

**Volunteers & Programs Coordinators: Michelle Russell**  
([mrussell@richmondspca.org](mailto:mrussell@richmondspca.org)) or **Wilson Nelms**  
([wnelms@richmondspca.org](mailto:wnelms@richmondspca.org))

**804-521-1329**

<https://www.richmondspca.org>

### Richmond Animal Care and Control

[www.richmondgov.com/AnimalControl/Volunteer.aspx](http://www.richmondgov.com/AnimalControl/Volunteer.aspx)

RACC welcomes volunteer dog walkers and runners at convenient times throughout the week. Open volunteer orientation, a prerequisite for walking the dogs, is held every Saturday at 11 a.m. By working with the animals and providing additional human interaction, volunteers can increase an animal's chances of adoption.



Erin Williams

People who aren't interested in walking a dog but would like to help can pay for a walk with Canine Adventures. The dog-walking service takes the sponsored shelter dog on a two-hour hike, complete with a swim in the James River.

**1600 Chamberlayne Ave., Richmond**

**Adoptions: 804-646-5575**

**Main phone line: 804-646-5573**

**<http://www.richmondgov.com/AnimalControl>**

## Hike a Houlagan

**[www.houlagansrest.com/HAH.html](http://www.houlagansrest.com/HAH.html)**

Houlagan's Rest, a non-profit dog rescue group, hosts Hike a Houlagan every Saturday at 11 a.m. at Powhatan State Park (weather and holiday schedules permitting). The goal of HaH is to build the dog's confidence through controlled leash walking with gentle correction and encouragement. Interested participants must first fill out a volunteer application and a waiver.

Runners are encouraged to join this group outing and will need to be ready to stop running if the dog decides they've had enough or the heat gets to them. HaH has had energetic hikers and dogs who have run most of the course in the past. Let HaH know beforehand you'll be coming to run so they can make sure to bring the correct dog.

**10138-D Hull Street Road, Midlothian**

**804-858-3651**

**<http://www.houlagansrest.com>**

## Running Events for Fido:

- **Forest Hill Run for the Hills 5k:** March
- **SPCA Dog Jog** (5K run for humans & 1 mile run/walk for dogs): March

- **Friends of Richmond K-9 5K for K-9s:** 22 April 2017 at 9:00 a.m. at Byrd Park
- **Dominion Riverrock Filthy 5K** (run on Belle Isle trails includes brief river swim followed by run through mud pit at finish): 19 May 2017

Requirements for participating in running events: friendly, well-behaved dogs must be under owner's control at all times, up-to-date on all shots, dogs must be on 6' *non-retractable leash*, owner must provide bags for potential poop pick up.

## Dog-friendly events in Richmond

*(from RTD article by Kevin Morley, 14 Aug 2016)*

- Most farmer's markets
- **Richmond Squirrels "Bark in the Park":** Monday home games
- **Fidos After Five at Lewis Ginter Botanical Garden:** 2nd/4th Thursdays
- **Friday Art & Wine at Virginia Museum of Fine Arts** (on lawn outside of building)
- **Yappy Hour at Strangeways Brewing:** 3rd Wed, April – October
- **Pups & Pints at Ellwood Thompson's:** 2nd Thursdays
- **History Hounds at Valentine Museum** (check schedule)
- Stoney Point Fashion Mall
- RTD Fido Fest
- Woofstock to benefit Richmond Animal League ■



Jerry McCurdy

# How to Train Your Dog to Run with You

By JT Clough, Active

This article was originally posted at <http://www.active.com/running/articles/how-to-train-your-dog-to-run-with-you>

Dogs make great running partners. They're enthusiastic and motivated, and they act as a good reminder that your workout is waiting.

The problem is that not all dogs are ready to run. No matter how energetic they seem at the house, if your dog isn't in running shape, you might end up walking him back home.

Try these four tips to get Fido ready to hit the ground running.

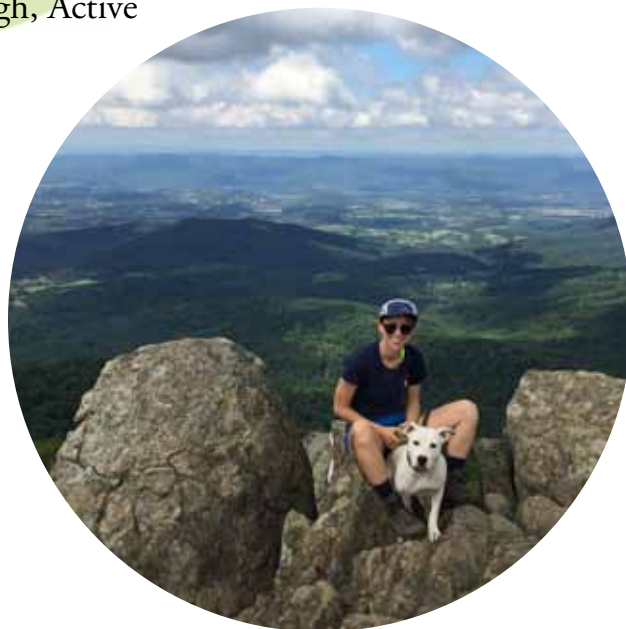
## Basic Training Tips

Before you start running with your dog, make sure he is healthy and ready for the exercise. Dogs that are too old or too young might not be able to handle a running program. In fact, dogs that are younger than 18 months should stick to walking. Puppies' bones are still developing up to 18 months old and running can impact the development of bones for optimal long-term physical integrity. Walking with a younger dog will help build a strong base for a future running program.

For dogs that are 18 months or older, start the same way you would. If your dog is new to running, don't set out for a 5-mile run. Start slow and build your mileage together. Consistency over time is the best approach.



Mr. Jingles



Bader (as in Ruth Bader Ginsberg)

## How Far To Run

Start with a 10-minute run and then add 10 minutes each week until you reach your desired time or distance. Gradual build up allows for the muscles and connective tissue to adapt and grow to the activity without injury.

With time, your dog will adapt to your pace. This can be frustrating in the beginning. Many dogs want to go much faster than you are capable of and you find yourself trying to hang on to the leash. Others dogs may lag behind and appear distracted, which leads many dog owners to think their dog doesn't like to run.

In both cases, the dog simply doesn't know what he's supposed to do. You have to teach him how to be a runner. With a little patience and time, the two of you will be running side-by-side at a good pace.

## Leash Training Tips

Dogs that already walk nicely on a leash will transition to running with ease. A dog that pulls can be challenging.

The first thing to do is shorten the leash. If you have a 6-foot leash, and you let your dog get in the habit of walking ahead of you, he'll continue to pull. Instead, keep the leash short enough that your dog is by your side, 2 to 3 feet at the most.



## 5K or 10K Training Plan

There are many 5K and 10K running plans to help you build distance and pace. You can try one of those or start out with something even easier.

To start, figure out your average mile time. Use a local track or mark the distance in your car and then time your mile run at a comfortable pace.

Once you have a comfortable pace, take that time and multiply it by the miles to get your run time for a 5K (3.1 miles) or 10K, (6.2 miles). Example: 11-minute mile x 3.1 miles = 34.1 minutes

Begin running with your dog 10 minutes every other day for a week. Then, the next week add another 10 minutes to your running time. Continue training every other day. The third week add another 10 minutes. The fourth week add another. Continue this process until you reach your projected time. Once you reach your projected time, keep running with your dog.

It will take time and patience to get your pup ready, but with a little guidance and practice you'll end up with one of the best running partners you could hope for. ■



Oakley

# 4 Things To Know About Running With Your Dog In Hot Weather

By Fara Rosenzweig



Grady

This article was originally posted at [http://womensrunning.competitor.com/2016/05/run-2/4-things-to-know-about-running-with-your-dog-in-hot-weather\\_59052#VPyKsDgRg2cflwax.97](http://womensrunning.competitor.com/2016/05/run-2/4-things-to-know-about-running-with-your-dog-in-hot-weather_59052#VPyKsDgRg2cflwax.97)

Longer days and warmer weather bring scenic views and ideal conditions to workout outside. It's also an opportune time to bring your favorite four-legged friend out and about again – plus everything is always better with your furry friend by your side.

Bryan Bailey, known as 'The Wolf Whisperer,' says "In the wild, wolves living in the Northwest, Canada and Alaska, are subjected to extreme cold for nearly nine months out of the year. Escaping the cold is impossible for the wolves because of the lack of natural shelter. However, avoiding the high heat and humidity of the summer months is easily accomplished by moving to higher altitudes, burrowing into the ground, wading into a shallow creek, or lying in the shade," explains Bailey.



Gracie

Therefore, wolves with very thick fur coats have the ability to go long periods without food to conserve energy. Because domestic dogs are still genetically linked to their wolf ancestors, they share the same ability to withstand cold more than heat.

While you're ready to hit the ground running with your pup, there are a few precautions you should take into account before you lace up, leash up and go. From breathing patterns and water intake to surface and breed types, use his tips and guidance to run safely during the warmer months.

### What to Consider When Selecting a Running Dog

Because many dogs have been bred with various breed types, the physical capabilities have changed. Bailey points out breeds with shorter muzzles, such as Pugs, Bulldogs, Lhasa Apsos, ShihTzus and Boston Terriers, have a much harder time with breathing compared to breeds with typical, elongated muzzles. Since dogs pant to cool down, breeds with shorter muzzles have a harder time breathing and won't be able to cool down in warmer weather.

Another change that has severely degraded the running capabilities of certain breeds is the shortening of the length of the legs while extending the torso. Breeds such as Welsh Corgis, Bassett Hounds and Dachshunds will have a harder time working and will spend much of their energy just trying to keep up. A half mile will most likely gas them out.

Lastly, obesity has become a major issue with dog breeds in the United States. According to the Association for Pet Obesity Prevention, over 53 percent of American dogs are classified as obese. Bailey says attempting to run an

overweight dog can lead to the same problems that could occur to an overweight human runner. These problems can range in severity from muscle strains to heat exhaustion to death. Before you engage your dog in any running program, speak with your vet first to make sure Fido is healthy enough to join you.

### Hydration Intake

Water breaks are essential for cooling both human and dogs during long runs in warmer weather. When you sip on water, you should stop and have your dog hydrate too. If your dog has long hair, hydrate twice as often as you do. "Because dogs lap water, they take on a great amount of air at the same time. This fast intake of air can lead to a life-threatening condition known as bloat. Especially in deep, barrel-chested dogs, such as German Shepherds, Siberian Huskies and Vizslas," explains Bailey. Give your dog about 10 seconds of lapping time per water break to prevent too much air being swallowed with the water.

### Breathing Patterns

You might want to consider leaving your headphones at home. When running with your dog on warm days, it's important to monitor your dog's breathing to help prevent heat exhaustion. If you're listening to music, it will be hard to hear fido breathing. If your dog's breathing suddenly increases during your run, stop running and find shade.

Immediately check your dog's gums. "If they are chalky white, and your dog appears to be distressed, heat exhaustion may be setting in. Move your dog to a cool area (air-conditioned if possible) and give him sips of water while trying to contact a veterinarian," says Bailey.



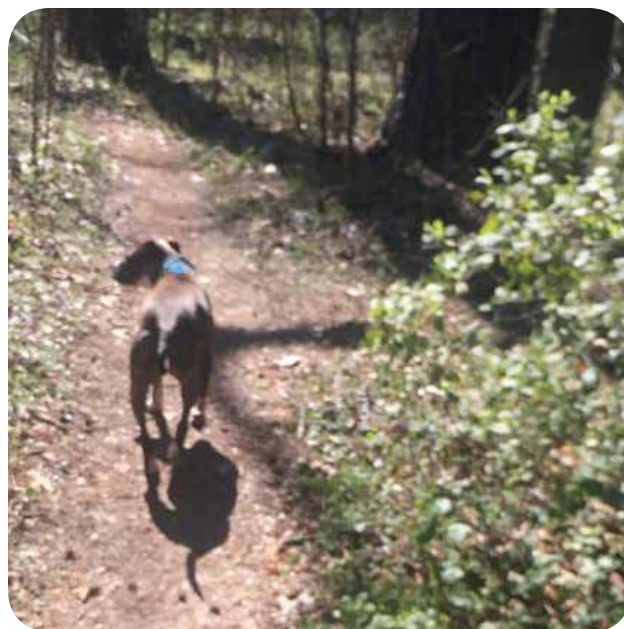
Laszlo

Don't throw your dog into cold water, like a lake or pool, because rapid cooling can constrict blood vessels and cause organ failure. "If your dog's breathing suddenly increases on cooler days, this could be indicative of inadequate conditioning or possibly congestive heart failure," Bailey explains. If your dog's breathing should change, contact your veterinarian.

## Running Terrain

A flat, hard surface such as concrete or asphalt makes for a faster and safer run over a grass path. However, concrete and asphalt usually are warmer on your dog's paws than grass. "The grass can transpire, and because it is lighter in color, is also able to reflect more heat than the harder surfaces," shares Bailey. "When it's warm outside, you may want to pick a cross country route versus your usual urban fitness trail. Not only will this keep your four-legged running buddy cooler, but it'll also provide a bit of an adventure for the both of you."

For more resources on running with dogs, check out [www.vetstreet.com](http://www.vetstreet.com) and [www.pethealthnetwork.com](http://www.pethealthnetwork.com) ■



Harvey

## Running with Kona and Sable

*continued from page 13*

Having dogs definitely makes me more active. Their enthusiasm is contagious – imagine yourself emerging from the bedroom at 5:20 AM, a small part of you wanting to go back to bed and sleep in. But the pups spring forth at the sound of the turning knob (probably even before that, when the alarm went off at 5)

They immediately come up to greet you with their tail wagging, an audible lazy yawn/stretch/body shake of a "good morning" greeting. When you let them out the back door, they bound for a quick pee, then return eagerly to the back door, wet noses pressed against the glass, waiting anxiously to be let inside.

Once inside, they lead you to their leashes by the front door; their tails wagging so hard their hips won't allow them to sit long enough to get their flashing collar fitted around their neck. How can you resist so much excitement for an early morning run?

I can't.

When I turn off the alarm each morning, I smile in anticipation of seeing my dogs' excitement to go running and enjoy the outdoors.

The same scene repeats itself when I come home from work. No matter what time I get home - the wet noses, the wagging tails, the excited whimpers – it's so good to be greeted home like that. I hook up their leashes and we go for a walk, even if

it's only around the block because I'm tired and just want to sit down. The girls get me outside.

What I love the most about running with the dogs is the effect on us afterward. The girls are happy, content, relaxed, and they hardly get mischievous. Our bond is strengthened by these runs, too. I trust them to never run away from me, and I would like to think they trust me to let them be the social animals dogs are meant to be.

With humans, with Nature, and/or with other dogs, we run the streets and trails together. ■



## RRRC Monthly Meetings

Wednesday, May 10 • 6:00 pm

Wednesday, June 14 • 6:00 pm

July – Social at the clubhouse TBD

RRRC Clubhouse  
4901 Fitzhugh Avenue

[www.rrrc.org](http://www.rrrc.org)



# 2017 RRRC Runners Banquet



Zoe Romano

The Richmond Road Runners Club's annual winter banquet this year offered a blend of the old and the new. It was held at its traditional venue, Willow Oaks Country Club in Chesterfield County. But the date was moved from January to March, in the hope of avoiding some of the wintry weather that has occasionally caused last-minute migraines. Also new, the name was changed from the RRRC Grand Prix and Volunteer Recognition Banquet to the RRRC Runners Banquet. The later date enabled the club to change the Grand Prix competition to a calendar year format (it was previously October through September) and still allow time to tabulate the results and order awards. This year's speaker was ultra-runner Zoe Romano, a University of Richmond grad who in 2013 became the only person ever to run the entire 2,000-plus-mile course of the mountainous Tour de France bicycle race. In 2011 she had run coast-to-coast, unsupported, across the United States, the first woman ever to accomplish that feat.



Cheese squared



Young folks hanging with the old folks



Technology won't stop the fun



Packed house



Listening



Ed Kelleher introducing Zoe Romano



Man in the Purple Shirt



Cheers



Father and daughter Bender





Zoe, first and only person to run the Tour de France course



Fast boys run this town



Winner's Circle



Winner's Circle



Winner's Circle



Winner's Circle



# 2017 RRRC Runners Banquet



Winner's Circle



Schmoozing



Winner's Circle



Captive audience



Winner's Circle



Eric Nachman, Mayor of Selfieville



# Garth Riley,

By Rebecca Randolph  
(also known as Garth's mom)

## ***My Everything-But-Running Buddy***

Garth doesn't like to run.

Unless there's a squirrel or bird to chase, a ball or stick to retrieve, or a group of badass women trail runners to follow, he has no interest. We do almost everything together, and I've tried to get him to join in my running obsession, but he seems to need a reason to run.

While he may not be a fan of running, I probably wouldn't be a runner if it weren't for Garth.

An introvert by nature, I would prefer to stay home on the couch. But I wanted Garth to have the most interesting and enriched life possible for a city dog with working parents. I also knew to keep him healthy, I had to keep him active. By necessity, he had to spend a lot of time home alone, so I wanted to make up for that.

So for Garth's sake, I got out and did stuff.

First we took doggie manners classes, then we passed the therapy dog test and began volunteering as a therapy dog team. We took agility and tricks classes, did tricks demonstrations at local dog events, and we started hiking with a local dog hiking group. Hiking was the beginning of everything.

At first, hiking was a big deal. Garth was timid about swimming in the swift-flowing current and leaping from rock to rock along the James River. And I was worried about injuries – to Garth and me - since I hadn't been active or healthy in years. Over a decade of chronic pain and inactivity had led me to think of myself as old and decrepit, because that's how I felt. But hiking was awesome for us.



Garth clearly loved and needed the opportunity to be a dog in the woods, and as we went on longer and more challenging hikes, we both developed more confidence. I learned that I could hike 3, then 5, then 8 miles without causing a flare-up of pain. Garth learned to swim and rock-hop like a champ.

We made some wonderful human and dog friends and learned the James River trails like the back of my hand (or Garth's paw). The 8-mile North Bank-Buttermilk loop went from being a totally epic hike to a regular thing. Eventually Garth and I even started leading group hikes. I learned that I was neither old nor decrepit, and occasionally (like after a winter mountain hike with 8 stream crossings), I even felt badass.

I took Garth with me everywhere I could. He frequently traveled with me and my husband and I started writing a blog

***I learned that I was neither old nor decrepit, and occasionally (like after a winter mountain hike with 8 stream crossings), I even felt badass.***

about our travels and adventures. I wrote about dog-friendly places and activities and hoped to inspire other people to get out and do more fun things with their dogs.

On one of our trips to the Florida Keys, we saw a woman paddleboarding with her dog. I decided we simply had to try it (emphasis on “try” – I didn’t think I could actually do it). So I rented a paddleboard and totally amazed myself by remaining upright, on the board, for the entire hour-long rental – and enjoying it immensely.

By my third day paddleboarding I was ready to try it with Garth. He was a little nervous at first, but he eventually relaxed. After a lovely paddle around Hurricane Hole and the mangroves of Stock Island, we were hooked.

Back home, we took paddleboard lessons, got our own board, and paddled as often as we possibly could. As I got better and





better at paddleboarding, I started thinking, “What else can I do that I didn’t think I could?”

When Fleet Feet opened up a mile from my house and I learned about their beginner 5K training program, I thought it would be cool to be able to run a 5K. I knew I could walk for miles, but run? Probably not. I had been a runner when I was younger, decades before. My body probably wouldn’t hold up now. Yet I had to try.

Initially the runs were miserable. Still, after each run, I felt like I’d done something heroic. With the support of my 5K training team coach, mentors, and awesome new running friends to help me get through the first difficult months, I survived. Eventually it got easier, and then it actually became enjoyable!

I wanted to share it with him, so I tried running with Garth a couple times, but he would give me a look like “what on earth are you doing?” He was a frequent and enthusiastic cheerleader, and he benefited from my increased energy and vastly improved feeling of well-being. I lost weight, had less

pain, and everyday movements became easier.

Best of all, I developed more stamina to do fun things with Garth and my husband.

I ran my first 5K, then another, and another, then an 8K, then the Monument 10K, then the Richmond Half Marathon. Garth has cheered for me in the rain, the freezing cold, and the miserable heat and humidity of Richmond summers. I’ve now run 10 half marathons and a ridiculous number of 5Ks, 10Ks, fun runs, mud runs, etc. And I’ve learned that I can do so much more than I ever could have imagined five years ago.

Garth comes with me to running groups whenever I plan to walk, and we volunteer together to help with races and SAGs for local running groups, but Garth still doesn’t like to run. (Although one time he actually ran the entire Poop Loop because he wanted to keep up with all the awesome women during our monthly women’s trail run!)

Even so, Garth, and running, have changed my life so much for the better. ■







# Not Today,

By Rebecca Randolph (also known as Garth's mom)



I frequently run, walk and hike with my dog, but no other humans. I love being in nature and I particularly enjoy the James River Park trail system early in the morning or when the weather is nasty, when there are few others out on the trail or hanging out on the rocks. I'm very much aware of the risks and, since a scary incident a couple years ago while out on a solo early morning hike, I either carry pepper spray or run or hike with others.

Some of my friends have also had scary incidents. And there are so many stories about people I don't know having experiences that go beyond scary. A lone female runner was assaulted on Belle Isle recently. In California, another lone female runner was attacked by a guy hiding in a bathroom. She had recently taken a self-defense class and was able to fight him off because of that training while shouting, "Not today, [very nasty expletive]!" over and over until she managed to get away.

She's my hero.

So when a fellow runner organized a group to attend a women's self-defense class, I was all in. It was taught at a martial arts academy so I had some reservations. Martial arts has always seemed a bit intimidating to me with their funny outfits and devotion to their practice that seems to border on fanaticism. (Sounds a little like runners, doesn't it?) But I found I really liked the instructors, who seemed pretty normal and not at all intimidating, and before the end of the night, I had signed up for eight more classes.

Fourteen runners attended the class taught by Senior Master Instructor Keith English at Tactical Martial Arts Academy off of Midlothian Turnpike. Master English, who has 42 years of martial arts training and a bunch of bars on his black belt to show for it (as well as a hot pink ankle cast), teaches a form of martial arts called Combat Hapkido.

Unlike other forms of martial arts that require size and strength, Combat Hapkido teaches moves based on anatomy and biomechanics as well as psychology and strategy that allow a smaller person to get away from – and even take down – a much larger, stronger person. Because there are no rules when a person is attacked, Combat Hapkido teaches "street fighting," such as jabbing fingers in eyes or pressure points to disable an attacker in order to get away.

Master English is passionate about making a difference by helping people learn to defend themselves. He founded Defend Yourself Virginia, which provides classes in women's self-defense, realtor self-defense, concealed carry, and range

safety. He is also the founder of a non-profit organization called Women's Self Defense Network.

In our class, Master English shared a lot of very useful information and made me think in ways I hadn't thought before. He emphasized awareness of our surroundings and that attacks can happen anywhere.

I'm hyperaware when I'm out on the trail alone, but my guard is usually down in my own neighborhood. He mentioned the abduction of a woman in the Short Pump Town Center parking lot several years ago as an example to show that even in areas of town most of us consider safe, there are predators. Women who think they're in a safe place make easy targets.

No matter the neighborhood, parking lots and parking decks are popular places for predators because it's easy to pull someone into a car or down between cars without being seen.

He also showed us and let us practice how to get away when someone grabs your arm and when someone grabs you from behind in a chokehold. Once I knew what to do, I was surprised at how easy it was to get away from someone gripping my arm very tightly. I'm pretty strong, but when I played the attacker, I was amazed at how I simply couldn't continue to hold on.

Master English showed us how to protect your airway when in a chokehold and how to break free and take an attacker down by going for their eyes and/or pressure points with your fingers. To demonstrate, one of the regular students (who was a very big guy) approached a female instructor (who was half his size) from behind and put her in a chokehold. She quickly broke his hold, put a finger in a pressure point under his chin, and suddenly he was down on the floor with a huge thump. It was amazing.

Even though it was only an hour or so, I left the class feeling much more confident in my ability to avoid, and if necessary, get away from, an attack situation. I'm eager to learn more, and I encourage every woman to take at least the introductory self-defense class that we took.

If it's ever necessary, I want us all to be able to yell, "Not today, [expletive]!"

#### For more information:

<http://gotma.net/index.html>

[www.defendyourselfvirginia.com](http://www.defendyourselfvirginia.com)

<http://defendyourselfvirginia.com/womens-self-defense.html>

<https://www.meetup.com/Defense/>



# Forest Hill Park

A newer addition to the James River Park System, Forest Hill Park has 3.1 miles of single track popular with runners, mountain bikers and runners alike. Over 105 acres make up this best kept secret with Reedy Creek falling through the middle. With the bridge gone, sometimes stepping over the creek is a bit wet.

Little known fact: in the 1920s the park was once an amusement park.

Courtesy of Doug Ash, trail and ultrarunner and photographer.



# [ MEMBERSHIP APPLICATION ]

First Name

Last Name

Address 1

Address 2

City

State

Zip Code

Email Address

Phone Number

Birthdate (mm/dd/yyyy)

Gender(M/F)

Please check one of the following in each column:

☐

New Membership:

☐

Individual (\$15)

☐

Renewal:

☐

Family (\$20)

☐

Student (\$5)

☐

Business (\$20)



You can join or renew by filling out the form to the left and mailing it in with a check. Yearly membership is \$15 for an individual, \$20 for a family or business, and \$5 for students.

**Please mail check to:**

RRRC

P.O. Box 8724

Richmond, VA 23226

We prefer that you join online! It saves volunteer time and typos! Please register or renew online at: **www.rrrc.org**

Family Membership: Please list each additional member, gender, birthdate and email (if different than above)


Do you want your name, address, phone number and e-mail address listed in our membership directory?

Yes:

☐

No, please keep private:

☐

I know that running a road race is a potential hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a road race official relative to my ability to safely complete the run, but I understand that I am primarily responsible for my own safety. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions of the road, - all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Richmond Road Runners Club, the Road Runners Club of America, the City of Richmond, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my 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. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. This is a road race conducted under the rules of the USATF and RRCA. In consideration of the safety of all participants, I agree not to use any of the following while participating in this event: baby joggers, baby strollers, headphones, ipods, animals on leash, skateboards, inline or roller skates, or bicycles.

Signature/Parents Signature (if under age of 18): \_\_\_\_\_ Date: \_\_\_\_\_

# HUGUENOT PARK X-COUNTRY 3 MILER

RICHMOND, VA • 3/5/2017

Not USATF Certified \*RRRC Web Member

Category	Place	Name	Age	Time
<b>Male Overall</b>	1	1 * KEVIN PEGGS	31	18:09
	2	2 WILL KIRK	27	18:47
	3	3 * BRIAN WELCH	26	18:52
	4	4 * RICH SAUNDERS	28	18:53
	5	6 KEVIN BURCHAM	45	19:23
<b>Female Overall</b>	1	5 TAYLOR CLEVINGER	23	19:19
	2	8 TIEL WESTBROOK	23	19:47
	3	16 * BRITTANY HARLAN	25	20:57
	4	17 * CLAIRE MCCLINTICK	18	21:15
	5	22 * GABI WECHSLER	26	21:52
<b>Male 5 - 9</b>	1	70 * JAMES TITUS	8	26:48
	2	122 * SAM SHELTON	7	34:36
<b>Male 10 - 14</b>	1	37 WILL NIX	14	23:50
	2	55 LEONARDO LEON-VITERVO	11	25:47
<b>Female 10 - 14</b>	1	46 GABRIELLE FLYNN	12	24:39
	2	64 ALEXIS CARPENTER	14	26:26
	3	65 Avery TAYLOR	13	26:26
	4	81 * CHARLOTTE THORNTON	12	28:23
	5	109 * ELLA BURNS	12	32:17
	6	120 * ANYA BENDER	14	34:29
	7	147 GABRIELLA CARPENTER	11	45:31
<b>Male 15 - 19</b>	1	35 * NICK KURER-AHRENS	18	23:41
<b>Female 15 - 19</b>	1	17 * CLAIRE MCCLINTICK	18	21:15
	2	28 * KATIE POKORNY	19	22:38
	3	108 * MIA BENDER	16	32:07
	4	135 TYLER BROWN	18	40:51
<b>Female 20 - 24</b>	1	5 TAYLOR CLEVINGER	23	19:19
	2	8 TIEL WESTBROOK	23	19:47
	3	115 * FAITH HARRIS	22	34:16
<b>Male 25 - 29</b>	1	2 WILL KIRK	27	18:47
	2	3 * BRIAN WELCH	26	18:52
	3	4 * RICH SAUNDERS	28	18:53
	4	13 * AARON HARLAN	26	20:38
	5	45 ANDREW BERLIN	26	24:34
<b>Female 25 - 29</b>	1	16 * BRITTANY HARLAN	25	20:57
	2	22 * GABI WECHSLER	26	21:52
	3	33 JENNIFER CRANE	29	23:39
	4	38 * SARAH LEWIS	29	23:55



Ralph Gibbs, in drag(on), brings up the tail of the starting line runners.

Category	Place	Name	Age	Time
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The old and the new: Eric Collins (left) holds RRRRC's traditional timing machine, while Mara George and Anne Brown set up the chip timer.

<b>Female 25 - 29</b>	5	72 * MEGAN MOLNAR	27	27:09
	6	105 SARAH HALE	25	31:32
	7	141 * NEHA SELAL	29	44:46
	8	156 * NIKKIA YOUNG	25	53:55
<b>Male 30 - 34</b>	1	1 * KEVIN PEGGS	31	18:09
	2	11 * WILLIAM HANCOCK	34	20:27
	3	24 * STUART GROSECLOSE	32	21:59
	4	47 * JOSIAH PEWTERBAUGH	31	24:59
	5	62 * CHANDLER MOORE	32	26:12
	6	75 * CHRISTIAN E. TORO	31	27:25
	7	107 * COLIN SCHOENHAUT	31	31:58
	8	119 * CHRISTOPHER CRUZ	31	34:22
	9	142 * KANAK HYANKI	34	44:47
<b>Female 30 - 34</b>	1	30 * NICI RHODES	30	23:00
	2	48 * AMANDA ROVELLI	30	25:21
	3	50 RITA PENN	34	25:23
	4	67 * VALERIE BOSTWICK	33	26:36
	5	71 * HEATHER HERMAN	34	26:58
	6	80 * ANDREA BEYER	34	28:06
	7	89 * STACI ROGGE	34	29:39
	8	93 * ADDIE KIES	32	30:28
	9	94 * MAITREYEE CHAUKULKAR	32	30:29
	10	131 * MARA GEORGE	32	39:59
<b>Male 35 - 39</b>	1	9 LEE HARRELSON	36	20:19
	2	12 * DAN GARIEPY	36	20:30
	3	19 * BENJAMIN EVANS	38	21:24
	4	23 SCOTT BOOKER	35	21:56
	5	25 * JOHN AMOROSO	39	22:06
	6	26 * MICHAEL FORDER	35	22:21
	7	32 DEREK TOLAGIAN	36	23:07
	8	34 BRIAN NAPIER	36	23:40
	9	41 ANTHONY FOX	36	24:20
	10	56 RYAN KAYE	39	25:47
	11	91 * JOSH BENNETT	38	30:25
	12	139 * LEVAR STEPHENS	39	43:16
<b>Female 35 - 39</b>	1	49 MOLLY MCKINLEY	37	25:21
	2	73 * NINA MARINO	39	27:12
	3	88 * VICTORIA HAUSER	36	29:32
	4	98 * CHRISTINA ARRINGTON	36	30:58
	5	100 KRISTIN VANSTORY	39	31:12
	6	113 * SARAH AKIN	38	32:51



# HUGUENOT PARK X-COUNTRY 3 MILER CONTINUED

Not USATF Certified \* RRRRC Web Member

Category	Place	Name	Age	Time
<b>Female 35 - 39</b>	7	136 ELIZABETH SEVERSON-IRBY	35	40:52
	8	144 * JENNIFER LEVIN	35	45:13
	9	145 LAURA WIEDMEIER	39	45:18
<b>Male 40 - 44</b>	1	20 CHUNG MA	42	21:38
	2	29 * LAWRENCE BERNDT	40	22:45
	3	40 JOSEPH FLYNN	41	24:18
	4	43 * TIMOTHY STEWART	41	24:31
	5	51 * THOMAS DORAN	44	25:30
	6	61 DAN RAPP	44	26:10
	7	69 * AARON STEELMAN	42	26:46
	8	87 * JOEL ZULOAGA	42	29:31
	9	97 CURT SOLOMON	44	30:52
	10	123 * ALEX SHELTON	43	34:37
	11	146 * KEVIN KRAMER	44	45:19
<b>Female 40 - 44</b>	1	53 * CRYSTAL KOCH PINTAC	41	25:38
	2	58 SARA GOODE	40	25:55
	3	76 SANDRA ESCORCIA	42	27:34
	4	79 * SHERRY LEWIS	41	27:55
	5	96 JULIE SOLOMON	44	30:50
	6	103 DANA WALTERS	43	31:23
	7	116 * KELLY HARRIS	43	34:17
	8	127 * SARAH BAIN	40	36:14
	9	132 MEGHAN DORGAN	44	39:59
<b>Male 45 - 49</b>	1	6 KEVIN BURCHAM	45	19:23
	2	7 * JASON FORD	45	19:41
	3	14 * JIM ODDONO	49	20:42
	4	15 JEFF FITCH	48	20:55
	5	21 * CHRISTOPHER CALFEE	49	21:50
	6	31 * BEN WALTERS	46	23:03
	7	42 * DAVID WEBER	49	24:28
	8	44 * BILL ANDERSON	45	24:33
	9	52 * PETE PALERMO	48	25:34
	10	82 * TERRY THORNTON	47	28:24
	11	83 * STEPHEN KELLEY	47	28:24
	12	99 * MICHAEL BENDER	45	31:05
	13	101 MICHAEL SEPAR	45	31:16
<b>Female 45 - 49</b>	1	60 * PAULA INSERRA	48	26:09
	2	84 * AMY GARBER	49	28:28
	3	92 * BLAIR WHITLEY	45	30:25
	4	117 * JENNIFER LOVINGS	47	34:18
	5	118 * AMY Black	47	34:21
	6	130 * DIANE KELLEY	47	39:25
	7	133 KATHY RILEY	47	39:59
	8	138 * MICHELLE GIBBS	49	41:31
	9	143 * KIMBERLY BENDER	45	44:52
	10	148 MELISSA CARPENTER	49	45:31
<b>Male 50 - 54</b>	1	10 SEAN KILLEEN	51	20:23
	2	18 * JAMIE LEDWITH	53	21:20
	3	27 * ERIC FAISON	51	22:25
	4	102 * JAMES MARR	51	31:18
	5	121 LEE WHITE	54	34:35
	6	126 * DARWIN RICHARDSON	54	35:23
	7	128 ERIC NACHMAN	53	36:19
	8	137 * RALPH GIBBS	51	41:30
<b>Female 50 - 54</b>	1	86 * MONICA LEDWITH	52	29:17
	2	149 LISA LINDSAY	53	47:12

Category Place Name Age Time



The smile of an uninjured runner

	3	154	* JANET SHERD	53	53:54
<b>Male 55 - 59</b>	1	54	GREGG WHISLER	55	25:38
	2	59	* CHANT CONNOCK	58	25:57
	3	77	BRUCE CAMPBELL	57	27:46
	4	78	* BUCKY FLANAGAN	58	27:50
	5	106	J DE LOS-SANTOS	58	31:46
<b>Female 55 - 59</b>	1	95	* PAMELA FAULKNER	59	30:33
	2	104	ANGEL MOYER	57	31:30
	3	114	* KATHERINE PERRY	57	33:43
	4	124	JODI MILLER	57	34:43
	5	129	* JENNI TREADWELL	55	39:17
<b>Male 60 - 64</b>	1	36	* JIM RIORDAN	63	23:48
	2	39	* DAVID TRUMP	64	24:03
	3	63	* BARRY KREISA	62	26:18
	4	112	* STEVEN LERNER	61	32:48
	5	134	DOUGLAS SCHUTTE	63	40:16
	6	150	RICHARD LINDSAY	60	47:12
	7	155	* HERVEY SHERD	61	53:54
<b>Female 60 - 64</b>	1	85	JEAN BONE	64	28:53
	2	111	ROSIE SCHUTTE	63	32:19
	3	140	* KAREN MARSH	64	43:55
<b>Male 65 - 69</b>	1	57	* BILL KELLY	69	25:53
	2	66	STEPHEN D NOLAN	66	26:27
	3	74	* CHARLES BEVERAGE	66	27:21
	4	90	* STEPHEN RETHERFORD	65	29:44
<b>Female 65 - 69</b>	1	125	* DOROTHY RICH	65	35:04
	2	153	* MARCY GEORGE	66	49:57
<b>Male 70 - 74</b>	1	68	* DENNIS LAMOUNTAIN	71	26:41
<b>Female 70 - 74</b>	1	151	* LINDA NEWTON	70	47:18
	2	152	* NANCY L JAKUBEC	74	47:30
<b>Male 75 - 79</b>	1	110	MELVIN DOYLE	78	32:18
<b>Female 80 - 84</b>	1	157	MITZI HUMPHREY	81	57:31

## How to join Richmond Road Runners?

It's easy, and cheap. Just go to [www.rrrc.org](http://www.rrrc.org) and click on "Membership" on the home page.

# [ GROUP RUNS ]

Name	Day of the Week	Time	Location	Pace	Contact
<b>Roadrunner Running Store</b>	Monday	7:00 PM	3002 W Cary Street	various	<a href="https://www.facebook.com/groups/121866424617026">www.facebook.com/groups/121866424617026</a>
<b>Fleet Feet</b>	Tuesday	6:00 PM	5600 Patterson	various	<a href="https://www.facebook.com/fleetfeetsportsrichmond/?fref=ts">www.facebook.com/fleetfeetsportsrichmond/?fref=ts</a>
<b>Team Wednesday Night</b>	Wednesday	6:15 PM	First Baptist Church on Monument at Blvd	various	<a href="https://www.facebook.com/twnfanrun?fref=ts">www.facebook.com/twnfanrun?fref=ts</a>
<b>Lucky Road</b>	Thursday	6:00 PM	Willow Lawn Shopping Center, #838	various	
<b>Monthly Trail Run</b>	1st Saturday/Sunday of every month	8:00 AM	Pumphouse Lot	various	*well publicized beforehand
<b>Team ESTRA-Gen</b>	3rd Saturday/Sunday of every month	8:00 AM	rotate between Reedy Creek, Pumphouse and Ancarrow's Landing	various	*well publicized beforehand
<b>Richmond Running and Social Group via meetup.com</b>	Monday Wednesday Thursday Saturday	6:30 PM 6:30 PM 6:00 PM 8:30 AM	Libby Park Carytown Panera Retreat Hospital ER side VITA Course	various various various various	<a href="https://www.meetup.com">www.meetup.com</a> <a href="https://www.meetup.com">www.meetup.com</a> <a href="https://www.meetup.com">www.meetup.com</a> <a href="https://www.meetup.com">www.meetup.com</a>
<b>Black Girls Run</b>	Monday  Tuesday  Saturday Sunday	5:45 PM  6:00 PM  8:00 AM 2:30 PM	Wells Fargo parking lot in White Oak Village Shopping Center Great Shiplock Park  parking lot next to Rockwood Park	various  various  various various	<a href="https://m.facebook.com/groups/bgrrichmond">m.facebook.com/groups/bgrrichmond</a>  <a href="mailto:blackgirlsrunrva@gmail.com">blackgirlsrunrva@gmail.com</a> <a href="https://www.blackgirlsrun.com">www.blackgirlsrun.com</a>
<b>Morning workout group</b>	daily	6:00 AM	varies	various	<a href="https://www.facebook.com/MorningWorkoutGroup?fref=ts">www.facebook.com/MorningWorkoutGroup?fref=ts</a>
<b>Midlo Mafia</b>	daily	5:30 AM/ 6:00 AM	Midlothian YMCA	various	<a href="https://www.facebook.com/groups">www.facebook.com/groups</a>
<b>Shadygrove Runners</b>	Monday, Tuesday, Thursday	5:45 AM	Shady Grove YMCA	8:45-11	<a href="https://www.facebook.com/shadygroverunners/?fref=ts">www.facebook.com/shadygroverunners/?fref=ts</a>
<b>Trail Run</b>	Tuesday	5:45 PM	Dogwood Dell lot	9:00-12:00	Mark Guzzi: <a href="mailto:markiscool1@hotmail.com">markiscool1@hotmail.com</a>
<b>RunShortPump</b>	Tuesday, Thursday	5:30 AM	Einstein's on Pump Road	7:30-9:30	<a href="mailto:finn.frank@gmail.com">finn.frank@gmail.com</a>
<b>Fan Foxes</b>	Tuesday, Wednesday, Thursday	6:00 AM	Fox Elementary School	8:30-10:00	<a href="https://www.facebook.com/groups/fanfoxes">www.facebook.com/groups/fanfoxes</a>
<b>Rogue Runners</b>	Tuesday, Thursday	5:30 AM	Libbie and Grove	7-8:30	<a href="https://www.rogue-revolution.com/index.php/component/k2/itemlist/category/8-weekly-events-cal">www.rogue-revolution.com/index.php/component/k2/itemlist/category/8-weekly-events-cal</a>

# [ GROUP RUNS ]

Name	Day of the Week	Time	Location	Pace	Contact
<b>Ridgefield Runners</b>	Tuesday, Wednesday, Thursday	6:00 AM	John Rolfe YMCA	11ish	<a href="https://www.facebook.com/groups/368386789999522">www.facebook.com/groups/368386789999522</a>
<b>RVA Stroller Runners</b>	Tuesday, Thursday	9:45 AM	Tot Lot on New Kent at Westover Hills	various	<a href="https://www.facebook.com/groups/1597418347194024">www.facebook.com/groups/1597418347194024</a>
<b>One For the Road</b>	Wednesday	6:00 PM	various breweries	various	<a href="https://www.facebook.com/groups/100890573593214">www.facebook.com/groups/100890573593214</a>
<b>Crossroads Coffee and Tea</b>	Wednesday	6:00 PM	Crossroads on Forest Hill at Semmes	7:30-9:00	ysman75@yahoo.com
<b>Skirt Run</b>	Wednesday	6:30 PM	Legend's Brewing Company	various	<a href="https://www.facebook.com/groups/240874790898">www.facebook.com/groups/240874790898</a>
<b>Museum Run</b>	Thursday	5:30 PM	Sheppard Street, behind VMFA	various	Mark Guzzi: markiscool1@hotmail.com
<b>Rivah Runners</b>	Thursday	6:00 PM	meet in Dogwood Dell lot, start from the Carillon	6:30-8:30	<a href="https://www.facebook.com/TheRiVAHRunners">www.facebook.com/TheRiVAHRunners</a>
<b>Mountain Hearts Running Club</b>	Thursday	6:00 AM	Tredegar lot	7:00-10:00	<a href="https://www.facebook.com/mtnhearts">www.facebook.com/mtnhearts</a>
<b>Midlothian ACAC</b>	Thursday	5:30 AM	Midlothian ACAC	8:00-8:30	<a href="https://www.facebook.com/groups/MidloACACRun">www.facebook.com/groups/MidloACACRun</a>
<b>Mighty Moms</b>	Saturday/Sunday	8:00-8:30 AM	various tracks in Midlothian	various	<a href="https://www.facebook.com/groups/838104726269862/">www.facebook.com/groups/838104726269862/</a>
<b>Ashland Running</b>	Saturday	7:00 AM	Ashland Train Station	various	ashlanddave.podbeam.com
<b>Sandston Striders</b>	Saturday	7:30 AM/ 8:00 AM	Chickahominy YMCA	8-14:00	George Talley: gc_talley@verizon.net
<b>Winter Trail Group</b>	Saturday	9:00 AM	Pumphouse lot	various	<a href="https://www.facebook.com/groups/shamrocktraining">www.facebook.com/groups/shamrocktraining</a>
<b>Bryan Park Group</b>	Saturday	7:00 AM	parking lot across from soccer fields	9:00-12:30	<a href="http://www.rrrc.org/group/BryanParkGroup">www.rrrc.org/group/BryanParkGroup</a>
<b>City Stadium Runners</b>	Saturday	7:45 AM	City Stadium	8:30-14:00	<a href="https://www.facebook.com/groups/577195912350952">www.facebook.com/groups/577195912350952</a>
<b>Shamrock Half Marathon TT</b>	Saturday	7:45 AM	City Stadium	various	<a href="https://www.facebook.com/groups/193139244094097">www.facebook.com/groups/193139244094097</a>
<b>Dog Pack</b>	Sunday	7:30 AM	Carytown Panera	8:30-14:00	<a href="https://www.facebook.com/groups/1671581323100585">www.facebook.com/groups/1671581323100585</a>
<b>Black Men Run</b>	Sunday	8:00 AM	Fountain Lake at Byrd Park	various	<a href="https://www.facebook.com/groups/BMRRichmond">www.facebook.com/groups/BMRRichmond</a>
<b>Back of the Pack Trail Group</b>	Sunday	9:00 AM	locations vary	12:00-16:00	<a href="https://www.facebook.com/groups/201907430234622">www.facebook.com/groups/201907430234622</a>





## Richmond Road Runners Club

<http://www.rrrc.org>

RRRC supports running in the metro Richmond area by sponsoring races, helping other groups put on races, coaching training teams, supporting group runs, and providing academic scholarships. Other Member Benefits include: Discounts on all club races and at local retailers; Community Volunteer opportunities; Miles & Minutes, the club newsletter. Membership information can be found on the [RRRC web site](http://www.rrrc.org) or via email to [membership@rrrc.org](mailto:membership@rrrc.org)

### 2017 RRRC Featured Races and Events (All events subject to change—updated 4-12-17)

Jan 1	RRRC First Day 5k	Apr 30	RRRC Carytown 10k	Jul 24	Cul-de-Sac 5k #3
Jan 1	Start of GP Year	May 6	SEES Eagle Challenge 5k	Jul 26	Summer Track Series
Jan 11	RRRC Club Meeting	May 10	RRRC Club Meeting	Jul 29	Pony Pasture 5k
Jan 15	Willis River 35k, 50k	May 11	Senior Games 5k	Aug 9	RRRC Club Meeting
Jan 22	RRRC Frostbite 15k	May 12	Senior Games 10k	Aug 10	Moonlight 4 Miler
Jan 28	Shiver in the River	May 13	Holton Hustle 5k	Aug 26	Patrick Henry Half
Feb 8	RRRC Club Meeting	May 13	Blaze'n Trails 5k	Sep 13	RRRC Club Meeting
Feb 12	RRRC Sweetheart 8k	May 20	Ashcreek 5k	Sep 16	Children's Hosp 4 Miler
Mar 5	RRRC Huguenot 3 Miler	May 27	Austism Society 5k	Oct 11	RRRC Club Meeting
Mar 8	RRRC Club Meeting	May 28	RRRC Stratford Hills 10k	Oct 14	Step Up 4 Down Syndrome 5k
Mar 11	RRRC Runners Banquet	Jun 9	Global Running Day	Oct 28	Trick or Trot 5k
Mar 18	Hanover Airpark 5k	Jun 14	RRRC Club Meeting	Nov 8	RRRC Club Meeting
Mar 25	SPCA Dog Jog 5k	Jun 14	Summer Track Series	Nov 11	Richmond Marathon
Apr 1	Monument Ave 10k	Jun 18	Thanks Dad 5k	Nov 23	RRRC Turkey Trot 10k
Apr 12	RRRC Club Meeting	Jun 21	Summer Track Series	Nov ?	King William Turkey Trot
Apr 22	Short Pump MS 5k	Jun 28	Summer Track Series	Dec 3	Bear Creek 10 Miler
Apr 22	ASK 5k	Jul 10	Cul-de-Sac 5k #1	Dec 10	Toy Run 5k
Apr 22	Young Life 5k	Jul 12	Summer Track Series	Dec 13	RRRC Club Meeting
Apr 27	Checkered Flag 5k	Jul 17	Cul-de-Sac 5k #2	Dec 31	End of GP Year
Apr 29	GCA Trailblazer 5k	Jul 19	Summer Track Series		

- Race details and registration can be found at <http://www.rrrc.org/events>
- All races and dates are subject to change. Please check back for updated versions. Review date at top.
- Some events allow walkers and/or have kid runs. Please check race details.
- Grand Prix "Racing" Points can be earned for the races in bold. For Race and Volunteer points distribution and Grand Prix rules, please read details at <http://www.rrrc.org/page/grand-prix>. Registration for Grand Prix participation is required.
- Use of RRRC website by other than RRRC events should not be considered a solicitation by RRRC for their charities.

Richmond Road Runners Club Administers or provides [Race Services](http://www.rrrc.org/page/race-services) for all Featured Races.

Interested in our Race Services? See <http://www.rrrc.org/page/race-services>

Not running? Consider volunteering. <http://www.rrrc.org/volunteers>

# [ MERCHANT DISCOUNTS ]



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## Where Forest Hill Park collides with the Buttermilk Trail

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