

MILES & MINUTES

Publication of the Richmond Road Runners Club

Fall 2020 | Volume 43, Issue 2

**Give new life to your
old soles, right here
at home.**



Shoes for Good

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[EDITOR'S LETTER]



If 2020 has taught us anything, it is that change is inevitable. Sometimes change is planned, but mostly it is unexpected. In adapting to that change, we face a panoply of options. We can take the challenge head-on and rise to the occasion, pushing ourselves beyond the physical and emotional limitations that had heretofore held us back. Or we can embrace all that is new and different, realizing that the hands of fate (or perhaps a higher power) know better than our human machinations. Or sometimes we answer a call and fill a void, offering a much-needed supportive response to the change others have experienced. No matter the path taken, we are all in this together. ■

Mark O'Brien | *Editor*



Miles & 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.

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Miles and Minutes

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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. Please keep article submissions to under 1,000 words. *Miles & Minutes* is distributed quarterly.

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. Unless otherwise noted, opinions expressed in *Miles & Minutes* are those of the author, and not necessarily those of the Richmond Road Runners Club.

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On the cover: A guest and her personal shopper celebrate a "new" pair of shoes at a Shood Share in Downtown Richmond. (Photo courtesy of Shood)



Richmond Road Runners Club



@rvaroadrunners

Wimping Out vs. Needing Recovery: How do you know?

By Laura Welch, PT, DPT, OCS, CFMT and owner of
Inspire Physical Therapy LLC



Let's face it. Not every run is an enthusiastic trot down the road or trail. Some mornings, the snooze alarm is our ally for procrastinating the inevitable. Other evenings, we can think of any excuse NOT to get out there. On the days that feel particularly tough, are we just being wimps? Maybe we aren't cut out for this

running schedule? Or is your body is telling you to cool off for a bit? How do you know?

Think of the body through the lens of the nervous system. For the purpose of this article, let's focus specifically on the autonomic nervous system, which is in charge of our body's homeostasis and how our organs and immune system function. Thank goodness we don't have to think for our heart to beat or our stomach to digest. The autonomic nervous system is divided into two categories of the sympathetic and parasympathetic nervous systems.

The sympathetic is the flight, fight, or freeze response. It gets ramped up with stress or a threat, perceived or actual. It can be very helpful when we actually do need to act quickly, such as an emergency situation. But in situations that are not helpful, such as chronic stress, the sympathetic system can be on overdrive for a long time. This affects our breathing, organs, brain, sleep, mood, relationships, and overall wellbeing. As far as your body goes, stress is stress. This means that doing an intense workout on the track and potentially missing a deadline at work are all the same. Physical stress and social-emotional stress cause the same increase in sympathetic tone.

The parasympathetic nervous system relates to rest and digest. This is when your body feels safe, calm, and welcomes recovery and healing. A window into how your parasympathetic nervous system is functioning is called your vagal tone. The vagus nerve is one of the cranial nerves in our body, and it supplies parasympathetic pathways to our organs. It also has been theorized to contain a branch that supplies the "freeze" signals of the sympathetic nervous system, but we won't get into that here. Simply put, the higher your vagal

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tone, the greater potential for recovery. We're very good at collecting all the stats about our runs and workouts, so how about we also consider measuring our rest? This is done by measuring your heart rate variability (HRV).

HRV is the measure of how much your heart rate fluctuates between inhale and exhale. Obviously, taking our pulse with our fingers isn't going to cut it for this one. A heart rate monitor is going to be the best tool. The higher your HRV, the higher your vagal tone, which means the more recovery your body can do because you are in a more parasympathetic state (rest and digest). On the flip side, research shows that low HRV is associated with symptoms of depression and anxiety. The beauty is that with HRV training, research shows that those symptoms improve. It can be measured in different ways, none of which I am endorsed for.

My favorite is an app called Whoop. It uses a wristband (similar in size to a Fitbit) to measure heart rate throughout your entire day and night. In the morning, you can review your quality of sleep and your HRV, and it recommends how much strain (i.e., how intense) your physical activity should be for that day. This recommendation is based how much you have recovered from the days before. In other words, it takes the second guessing out of the equation on those days where you just don't feel like lacing up your shoes. There is a monthly subscription for the service that costs as much as

some gym memberships, but if you are guilty of overtraining, this is worth its weight in gold.

Other methods of measuring HRV include the Heart Rate app for the Apple watch and various apps including Elite HRV, HRV4Training, and Welltory: Heart Rate Monitor. The difference between these apps is cost, accuracy, and required equipment. I recommend reviewing their websites to determine the best fit for you.

Since HRV (as it relates to recovery) is a fairly new concept, research has not been able to advise what is exactly the “right” amount of HRV. I believe this may be largely due to the individuality that makes our bodies unique. Measuring your HRV over time and noting your energy levels may help you better determine what’s good recovery and what’s suboptimal. Again, the Whoop app does this for you by measuring your HRV nonstop.

As for ways to increase your vagal tone and thereby improve your HRV, good sleep does wonders for your body. To learn how, I highly suggest reading “Why We Sleep” by Matthew Walker. Quick tips for better sleep include, but are not limited to, a dark room with cool temperature, minimal to no alcohol intake, and taking a magnesium supplement in the evening. Meditation and mindfulness have proven in the research to improve vagal tone, although this is something that has been anecdotally shown for thousands of years. Some popular apps to guide you through meditation are Calm and Headspace. Time spent with people you love and time spent in nature also are great ways to reduce stress. Acupuncture, a relaxing massage, Yin yoga, Tai Chi, and floating are just a few of the wonderful services that are abundantly available in Richmond to help us feel relief from the daily grind.

I often encourage my patients to “find a yin to your yang,” which means think of things you can do (or not do!) for yourself that help counterbalance the daily stresses you encounter. Rest is just as important as work. Peering into your nervous system will help you make the right modifications for better training and overall better wellbeing. ■

Inspire Physical Therapy LLC is a local physical therapy practice located in the fan. Please go to <http://inspirephysicaltherapy.net> for more information. Questions or comments about this article? Email laura@inspirephysicaltherapy.net. Mention this article and receive 10% off your first session!

[PRESIDENT’S MESSAGE]



I often find myself saying “what a time to be alive,” and the past several months have been no exception. At the beginning of this year, we could not have imagined having several events, group runs, and races cancelled, the concern

of being ill and changing how we go about day-to-day life. It’s strange, different, and has taken some adjustments.

The club has had to make adjustments too – meeting online, shifting our races to a virtual platform, and conducting club business in a new way. In few ways, we’ve made some club history! We hosted our first virtual race, the Quarantown 10K. It was a huge hit, and racers loved getting magnets in the mail marking their accomplishment. We also had our first virtual board meeting in April, which allowed many club members who hadn’t had a chance to participate in the past join us, including my dog Ranger.

Thankfully, our past leadership has operated in a way that allowed us to be stable through this crisis that is affecting many run clubs, race companies, and vendors across the industry. And while things may continue to look a little different even as we’re returning to racing, please take comfort in the fact we are always working to ensure the safety of every participant, volunteer, and cheerleader. Richmond Road Runners Club is still here to support you virtually, and will be there as we make it to the other side of this pandemic. Until all of us can race and run together again, please stay safe and well. ■

Nikkia Young | President



PHOTO COURTESY OF SHOOD

Heart and Sole

A Richmond nonprofit is turning your running shoes into living shoes.

By Mark O'Brien

Most runners know a pair of shoes lasts between 300 and 500 miles. But a Richmond woman is proving that, even after shoes compete in their final race, there's still plenty of life left in those soles.

Robin Telfian is founder of Shood, a nonprofit whose mission is simply to ensure everyone in Richmond has the basic dignity of having clean shoes that fit.

"There's nothing like the feeling of a good pair of shoes," she says.

Shood – a portmanteau of "shoes for good" – collects donated running shoes at bins in area Fleet Feet stores and with the help of Sports Backers. Volunteers sort the shoes into one of three categories based on quality. Those in the best condition and with good treads are cleaned for distribution at "Shood

Shares," which are Shood's monthly distribution events at various community centers around the city. Shoes that are in "really good" condition are donated as "outreach shoes" to local nonprofits that work with people whom Shood serves. Shoes that can't be donated are recycled.

"Any shoes that we get, we keep them here in Richmond," Telfian explains.

The idea started in March 2017. Telfian, who volunteers weekly at Red Door Ministry at Grace and Holy Trinity Episcopal Church, was helping serve lunch to the hungry and homeless. While wearing her workout gear, she was approached by a man asking where he could get a pair of running shoes.

"I wonder what happens to runners' shoes after a race," Telfian recalls the man saying during their conversation. The thought stuck with her as she was determined to find him a pair of donated shoes. After learning that no one locally was collecting shoes for local recipients, Telfian saw this as an opportunity to fill a void. She soon became connected with local Fleet Feet owner Jeff Wells and approached him with the idea.

"I want to put shoes on people's feet, I want to make sure they fit, [but] I don't know how I'm going to do that," she told him. Jeff agreed without hesitation.

"What excited me so much about Robin's idea is that she wanted the donated shoes to help our local Richmond community," Wells says. "Our store has always collected shoe donations. Before, I might not know where our shoes ended up. Now, we see exactly where the shoes are going and the good they are doing for those in our community."

By April 2017, the two launched the first Shood Share at, appropriately, Red Door Ministries. They fashioned the experience as a sort of "mini shoe store." The "guests," as Telfian prefers to call them, check in at a front desk for an introduction and a shoe sizing with Jeff before working one-on-one with a volunteer (known as a "personal shopper") to find the ideal pair of shoes.



PHOTO COURTESY OF SHOOD

Jeff Wells is all smiles as he prepares for shoe sizing at a Shood Share event.

"Most of the time, if the guest wants us to, we'll put the shoes on their feet," Telfian says. They'll also tie the shoes and ensure the proper fit. Once guests have selected their shoes, they leave with "foot care bags," which not only are for carrying their shoes, but also include foot powder and toenail clippers, as well as foot warmers, lip balm, handwritten notes, and other personal surprises.

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PHOTO COURTESY OF SHOOD

A guest proudly shows his new shoes at a Shood Share.



PHOTO COURTESY OF SHOOD

Shood founder Robin Telfian, left, celebrates the nonprofit's 25th Shood Share in December 2019.

Heart and Sole

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PHOTO COURTESY OF SHOOD

Every guest who attends a Shood Share receives a pair of shoes and a foot care bag containing foot powder, toenail clippers, and other essentials.



PHOTO COURTESY OF SHOOD

A guest is sized for the right pair of shoes by Fleet Feet's Jeff Wells.

"It's about treating people with dignity," Telfian explains. "It's about bringing people in and giving them that customer service feel. You're really treating people the way you want to be treated."

In the three years since the first Shood Share, the locations have expanded to include St. Peter Catholic Church in downtown, First Baptist Church in the Fan, St. Thomas Episcopal Church in Ginter Park, and the Neighborhood Resource Center of Greater Fulton. Shood tries to visit each location at least once every six months so guests can receive two "new" pairs of shoes a year. Shood also has done special shares with Caritas at St. Bridget Catholic Church and at the Healing Place, where they've helped support a team of runners in the Monument Avenue 10K.

"With the community we serve, what I notice is, people come and go," Telfian says. "With Shood, we want to be consistent, and we want to treat people with dignity. We want people to know that when we say we're going to show up, we're going to show up."

Although the COVID-19 pandemic has forced Shood to halt Shood Shares for the time being, the organization managed to host its largest giveaway in May 2020 with VCU Health. What started as an idea to bring doughnuts to frontline healthcare workers as a token of appreciation quickly transformed into essentially a Shood Share in less than 24 hours thanks to an unexpected donation of 500 pairs of shoes from On, the Swiss running company.

"I'm not surprised when these things happen because it's just meant to be," Telfian reflects. "Sometimes [what you need] really does show up exactly when you need it."

That theme has reappeared time and again for Shood, including with its newest effort to work with student athletes at inner-city high schools. The program, affectionately called "Shooting Stars," started in November 2019, when the cross-country coach at John Marshall High School approached Telfian about where to find shoes with spikes. As it so happened, Telfian had recently received some donated shoes with spiked treads. Shood was able to size and fit the team with proper running shoes, replacing the students' ill-fitted and hole-laden basketball shoes. What's more, one student qualified for the state championship meet in her Shood shoes the following weekend.

"It's amazing," Telfian says. "They've already got talent. We're just trying to help them even the playing field."

Shood hopes to expand Shooting Stars to additional schools in the coming year. In the meantime, as an entirely volunteer



PHOTO COURTESY OF SHOOD

This guest's smile says it all as he leaves a recent Shood Share with new kicks in hand.

organization, Shood continues to rely on donations of time and treasure to be prepared for the day when Shood Shares can resume. In terms of shoes, the biggest need is for men's size 11 and above and women's size 10 and above, in that order.

"Runners are notorious for having an extra pair or two that could be donated to our cause," Jeff says. "We are looking for new and gently-used men and women running shoes, in such condition that you would be proud to give to a family member. You can drop them off at either Fleet Feet Richmond, any day during store hours, year round." ■



PHOTO COURTESY OF SHOOD

Shood had its largest distribution in May 2020, providing 400 pairs of On running shoes to frontline healthcare workers.



PHOTO COURTESY OF SHOOD

Twins? Shood founder Robin Telfian, left, and a guest show off their matching footwear.



PHOTO COURTESY OF SHOOD

Shood Shares are held at each location approximately every six months so guests can receive at least two pairs of shoes a year.



PHOTO COURTESY OF ANNE BROWN

Envelopes addressed and stuffed with this year's Quarantown 10K magnet are ready to be mailed to participants of the virtual race.

From Carytown to Quarantown:

A Race Director's Perspective in Going Virtual

By Anne Brown

Every January, during my winter break from work at VCU, I get all my ducks in a row. I submit the police permits, the city permits, decide on shirt design, get race insurance, reserve a van and road cones, order port-a-potties, gather key volunteers, and work with our Run Signup administrator on opening the race for registration. Everything is done by January 31st. I'm not a procrastinator and, after 16 years, I feel like I have this down to a science.

Then came COVID-19.

On March 16th, it became official that the event was cancelled. I try to keep an "it is what it is" motto and while

disappointed, I knew we would come up with an alternative. The RRRRC officers and I got on a brainstorming call later that week and decided on a virtual option. There was discussion on pricing, how to report results, and race swag.

We decided on a \$5 price for club members to keep the cost down during these financially difficult times. The price of the race impacts the swag that is given out. T-shirts were not possible due to cost and the sheer logistics of mailing them out. We wanted it to be something memorable to mark this unprecedented (sorry to use that word) event. The magnet was something that could be purchased from a local

vendor (K2 Awards) and could be easily (relatively) mailed to participants.

The name of the race was a hot topic during the call with several options thrown out. It was a tough thing to decide as we wanted it to be reflective of what we are going through yet not be distasteful to those being especially hit hard by the pandemic. A few days later, Quarantown 10K came to me while I was chatting with my husband. I texted it to our Social Media guru, Chris Mason (#souschef), and the rest is history! K2 Awards did an amazing job updating the current Carytown 10K logo to fit the new name, and we got started with the switch.

Our Run Signup administrator, Dave Trump, updated the registration and sent out participant emails, while Chris Mason got started with the social media campaign. My job then was to prepare for the finishers. I ordered envelopes and stamps and was ready to go once the magnets came in. I set up my little mail factory to print labels and stuff envelopes. My husband helped me with the first batch of 200 but after

that, it was just something I did every evening as people posted their finisher times.

Toward the end of April, it was time to decide on some prizes. Due to the current retail climate, the Road Runner Running Store was unable to provide their regular, generous sponsorship. We felt that it was our year to give back, both to the store and to the runners. We were able to purchase \$2,000 in gift cards to the store and send them to randomly chosen finishers.

Seeing people finish my race has always given me the warm fuzzies! I can't say that this brought me exactly the same feeling, but I thoroughly enjoyed the process of sending out the magnets and seeing them posted on Facebook. In this time when we are so isolated, this race definitely brought me some comfort, and I hope it brought some sense of normalcy to our running community.

I would like to thank the club officers for letting me run with it (as usual) and Chris Mason for being a terrific sous chef! ■

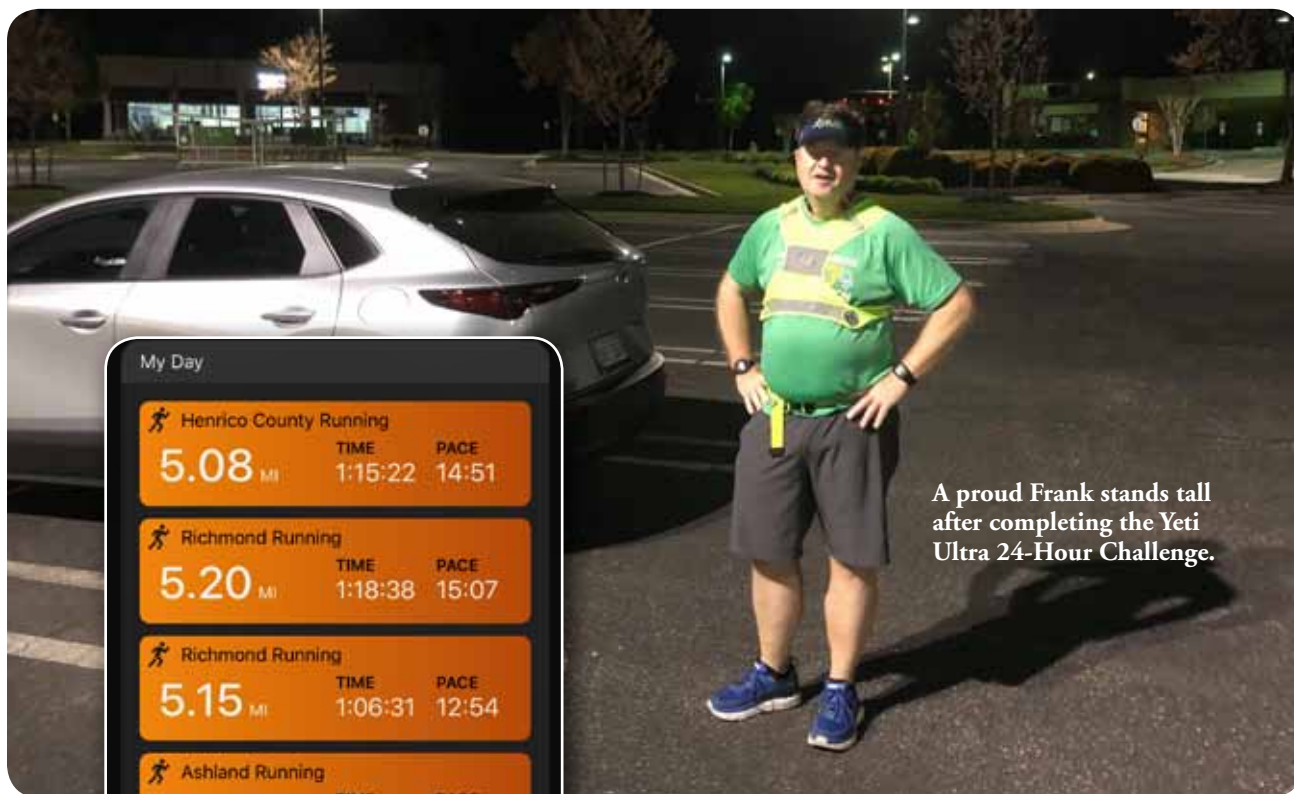


PHOTO COURTESY OF ANNE BROWN

Anne Brown, right, was the race director for the venerable Carytown 10K (aka Quarantown 10K) in 2020.

The Yeti Ultra 24-Hour Challenge

By Frank Lynch



A proud Frank stands tall after completing the Yeti Ultra 24-Hour Challenge.

PHOTO COURTESY OF FRANK LYNCH

The Yeti Ultra 24-Hour Challenge required Frank to run five miles every four hours.

In late March, one of my running friends posted on Facebook that she had registered for the Yeti Ultra 24 Hour Challenge – run 5 miles every 4 hours for a 24-hour period (6 runs and 30 miles total). I ran my first marathon (Richmond) in November 2019 and the thought of an ultra was – uh, no. The most challenging runs I had done prior to the marathon had been the Trail Run Trio (5k, 10k, and half marathon) during the 2018 and 2019 Dominion River Rock.

However, the more I thought about it, the more intrigued I became. In addition, there was a bit of (positive) peer pressure applied by some running friends: “You know you want to do it.” Since we are in unusual times, I said why not, let’s sign up. I was part of the RVA running group that was going to overtake Lexington, KY for the Run the Bluegrass Half Marathon. I was extremely disappointed when that race (and virtually every other in-person race) was canceled. I

needed a tangible goal, and I needed something to push me outside of my comfort zone.

I did not want to run the same route for all six runs, so I put a message out on my Facebook page for folks to recommend places to run in and around RVA. Several folks responded with recommendations. I also scoured RunGo for potential routes. After writing the routes down and gathering all of my running clothes and determining my shoe rotation, I tried to relax before my first scheduled run.

My first run was at 12:15 a.m. on Saturday, April 4. I took a short nap Friday evening to prep for the run. It was a beautiful night for a run: 54 degrees and clear skies. I powered up my marathon playlist on Spotify and took off. It was a relatively quiet run – eerily quiet at times – with a long stretch on Francistown Road. I was mesmerized by the pollen I could see falling in front of me in the cone of light from my headlamp. I rolled through the run in 1:07; there were times I felt I could push the pace a bit, but I kept reminding myself that I had 25 miles to do after this session. I felt pretty good after the run, made a quick change of clothes, downed a banana and a Larabar, set two alarms, started reading a book, and watched a quick show on TV. Then I took a short nap.

My next run was at 4:30 a.m. I was a bit groggy after a 75-to-90-minute nap, but I still felt pretty good. The weather was cooler by this point at 46 degrees. I noticed even more pollen

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PHOTO COURTESY OF FRANK LYNCH

Frank's third run took him to Hanover County, where fellow runners helped boost his overall pace.

falling. I keyed up the last three episodes of “The Last Degree of Kevin Bacon.” It took me the first half mile to work some of the kinks out of my legs, as I forgot how hilly my route was. I finished this round in 1:11. Surprisingly enough, I felt great after the run. At this point, it was 10.75 miles down, 20 to go! Another banana, another Larabar and another nap.

For my third run, I drove to Ashland and met Anne North Magee and Rod Morgan. Anne was kind enough to draw up great 5-mile route. We started at the Patrick Henry YMCA at 8:35 a.m. and made our way to the Ashland Trolley Line trail and parts of the Ashland to Petersburg trail. A bit of country road running, a turn into some neighborhoods, and then made our way to Railroad Avenue to finish at the Y. We completed the run in 1:03. Having company made a huge difference for me. After this run, I was starving. Another banana and some Gatorade Zero to help the hunger. I then hit McDonald's and quickly devoured an Egg McMuffin meal (and extra hash brown) and large coffee.

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Yeti Ultra 24-Hour Challenge

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Frank prepares for his first of six five-mile runs for the Yeti Ultra 24-Hour Challenge.



After the nap and right before starting the sixth and final run.

My younger daughter, Kendall, joined me for my fourth run. We made our way downtown and started near Triple Crossing brewery, using a One for the Road route on Run Go, which was going to take us to Belle Isle over to south of the river and then back across the James via the Potterfield Bridge. Unfortunately, the door at the far end of the bridge was locked, so we retraced the route back to the car. We finished this run in 1:06. Again, the company made me faster. For accompanying me on the run, I promised I would buy Kendall lunch, so we ordered take out from Little Mexico. After some delicious tacos and tortilla chips, I took Kendall home and headed to my office where I found my Garmin charger. After charging my Garmin, I had barely enough time to hit my apartment, change clothes, and get to Windsor Farms to meet Beth Broering and Kevin McBreen by 4 p.m. for run number 5.

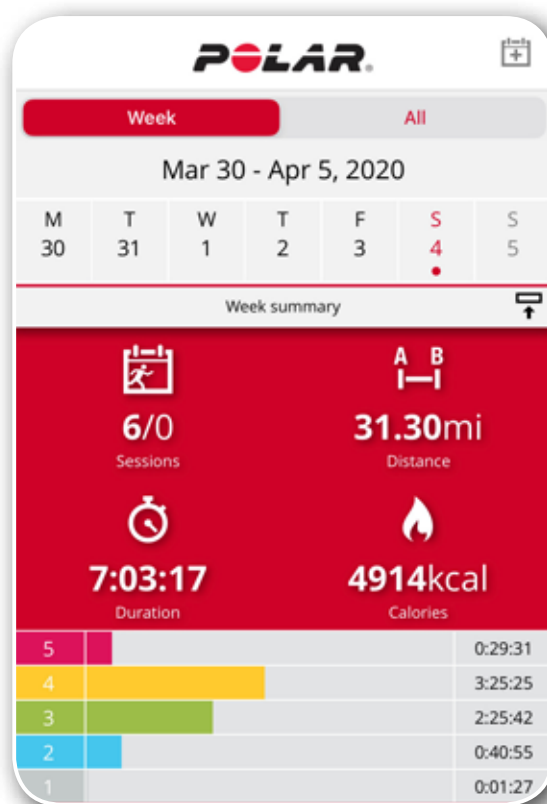
Beth was nice enough to map a flat route in and around the neighborhood. The first two to two-and-a-half miles were great. Then SMACK! The wall reared its ugly head. I was about 23 miles in, and I could run no farther. We walked the remainder of the route, finishing in 1:18. I was tired, and my legs heavy. I had not slept napped since 6 a.m., and I was dragging.

I drove back to my apartment, changed clothes, set three alarms on two different phones, and slept. I LOVE a good nap, and this particular nap is now in my Top 10 naps of all time. It was exactly what I needed. After my alarms went off, I had a 30-second debate with myself as to whether I would do the last round. I was tired. I was sore. I was hungry. I ate a banana and Larabar and headed to the John Rolfe YMCA

to use a Ridgefield Runners route on RunGo. My normal running gait is not pretty and not smooth to say the least, but it took 10 minutes or so to get into any semblance of a rhythm. I slogged through the route, and as I was headed down Ridgefield Parkway to the finish, a fellow Ridgefield Runner came out to support me from an appropriate social distance. I had confided in him earlier that evening that I thought I only had the energy to walk the entire route. Much to his surprise, I was I running at a decent clip. We walked into the John Rolfe YMCA parking lot at 9:50 p.m.

Six runs, totaling 31.3 miles, taking 7:03:17 to complete. Per my Polar M340, I burned a total of 4,914 calories in the process. With an empty refrigerator at my place and limited late night eating options due to COVID-19, one of my only options was Taco Bell. I was impressed with how easily I was able to pack away a Triplelupa box, two extra crunchy tacos, and an extra bean burrito.

After dinner, I got a solid 9 hours of sleep. The first steps after getting out of bed were difficult, but I was less stiff and sore than I had been after the Richmond Marathon. In fact, I mowed a lawn the next day. ■



Frank completed the Yeti Ultra 24-Hour Challenge by running 31.3 miles in a little over seven hours.

[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:

- | | |
|--|--|
| <input type="checkbox"/> New Membership: | <input type="checkbox"/> Individual (\$15) |
| <input type="checkbox"/> Renewal: | <input type="checkbox"/> Family (\$20) |
| | <input type="checkbox"/> Student (\$5) |
| | <input type="checkbox"/> Business (\$20) |

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

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>

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 potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, and animals are not allowed in the race and I will abide by all race rules. 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 Commonwealth of Virginia, local government agencies, and all event 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 the foregoing to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

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



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: **https://***

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The 8 Causes of ALL Runners' Injuries and How to Avoid Them: 8 – Improper Running Footwear



By George Lane, DPM,
FACPSM, FACFAS

When determining the right running footwear for you, there are several key properties to consider. The critical factors to evaluate are as follows:

1. The internal dimensions of the shoe
2. The flexibility properties of the shoe
3. The stability properties of the shoe
4. The sole shape of the shoe
5. The thickness of the shoe's midsole/sole
6. The cushioning properties of the shoe
7. The weight of the shoe
8. The wear properties of the shoe
9. The shoe's overall fit and feel

We will tackle each of these topics in detail so you will be able to compare one shoe to another, no matter what the brand or model, and understand the differences between them that really count.

Part 1. The Internal Dimensions of the Shoe

The toe box of running shoes is a critical part of the fit. This is the area that surrounds your foot from the ball of the foot (at the base of your toes) forward, housing the toes (fig.1). If this area does not fit you properly, a number of potential injuries can occur, including: black (from dried blood underneath), ingrown, fungal, thick, or irregularly shaped toenails, blisters, painful corns and calluses, Morton's neuroma (inflamed nerve), hallux limitus (jamming of the big toe joint), bunions (lump on side of foot at base of big toe with the big toe angled towards the 2nd toe), metatarsalgia (painful conditions in/under the ball of the foot), hammertoes (crooked toes), and arthritis of toe joints.



Figure 1. Toe-box too snug on left foot.

When putting on the running shoes, it is critical that your heel is all the way back in the shoe. To ensure this, while seated with the shoe on, tap the back of the heel against the ground. Next, be sure to tie the shoes snugly enough so your foot does not slide forward in the shoe when you stand and walk, but not so snug that the lacing causes discomfort to the top of your foot or ankle. These steps are critical to perform before evaluating toe box fit, as well as every time you wear your shoes. Also, it is important when evaluating toe box fit to check BOTH FEET. No one has identical left and right feet. If only one of the shoes doesn't fit right, the shoes are no good for you.

The first area to look at is the length of the toe box. For runners, this should be approximately a thumbnail's length longer than your longest toe of both feet (beware: this will mean the 2nd toe or other toe for some people). The reason

the extra room is needed in front is because when you land on your foot with the weight of your body from running, the foot spreads much more than when you land while walking, due to the much higher force of impact. Also, if you are running for more than just a few miles, your feet can begin to swell, also requiring additional room.

The second area to consider is the height of the toe box (the shoe material over the toes and forefoot, called the “vamp” of the shoe). There should be enough space so there isn’t pressure on the top of your toes and toenails. This is especially important for people with thick toenails or crooked toes that tend to not lay flat. If you cannot find shoes that have enough height in the toe box, try to find shoes with soft, expandable materials that do not have constrictive or stiff overlays. Slitting the vamp of the shoe directly above where a prominent toe is pressing, in an “X” manner, can allow an otherwise properly fitting shoe to work for you. Of course, do not cut into the shoe while your foot is inside.

Finding the right toe box width and shape for your feet can be very simple or very difficult, depending on your own foot shape. I use this analogy: You can’t fit a square peg into a round hole (unless the peg is small enough).

Some people have feet where the toes are all relatively close in length—a “square type” foot, whereas, others have feet where the big toe or second toe are much longer than the fourth and fifth toe, more of a “pointy” looking foot (Greek or Egyptian type – fig. 2). Also, some people have a very wide forefoot, especially those people with bunions (where the base of the great toe joint sticks out to the inner side).



Figure 2. Common toe length variations.

Regardless of your foot shape, there is a simple way to assure that the toe box of the shoe has the proper amount of width and length that I call the “insole fit test”: remove both insoles from the shoes, stand on them with your full weight, and if your feet in no location overlap beyond the edges of

the insoles, you’re good (fig. 3)! The other properties of the shoes must be acceptable, but if they don’t pass this test, expect problems due to pressure from the sides of the vamp.

The midfoot portion of the shoe must fit properly as well. If there is too much volume or width at this level, the lacing system will be pulled together causing the material at each side of the lacing eyelets (throat) to abut, preventing you from securing the foot. As a result, the foot will slide around in the shoe and the shoe will feel loose. There should be a gap of at least half an inch between each side of the throat of the shoe when tightened snug, to allow for further tightening if there is future stretching of the materials with continued wear of the shoe.

The heel of the shoe should fit your heel such that there is minimal to no slippage or “pistoning” in the shoe when you walk or run, as this can not only be annoying but also lead to irritation of the skin of the heel and the Achilles tendon. You should not feel the collar of the shoe digging into the back of the heel or ankle.

If the shoes you like don’t fit properly in the width and shape, it’s worth inquiring whether the shoe comes in different widths. Also, women can consider trying a men’s version of the same shoe and vice-versa. If all else fails, you may have to try a different model or brand that has a shape more similar to your foot. ■

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Owner-Superior Foot Supports custom orthotics*



Figure 3. Insole fit test.

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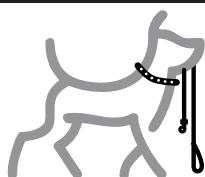


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[GROUP RUNS]

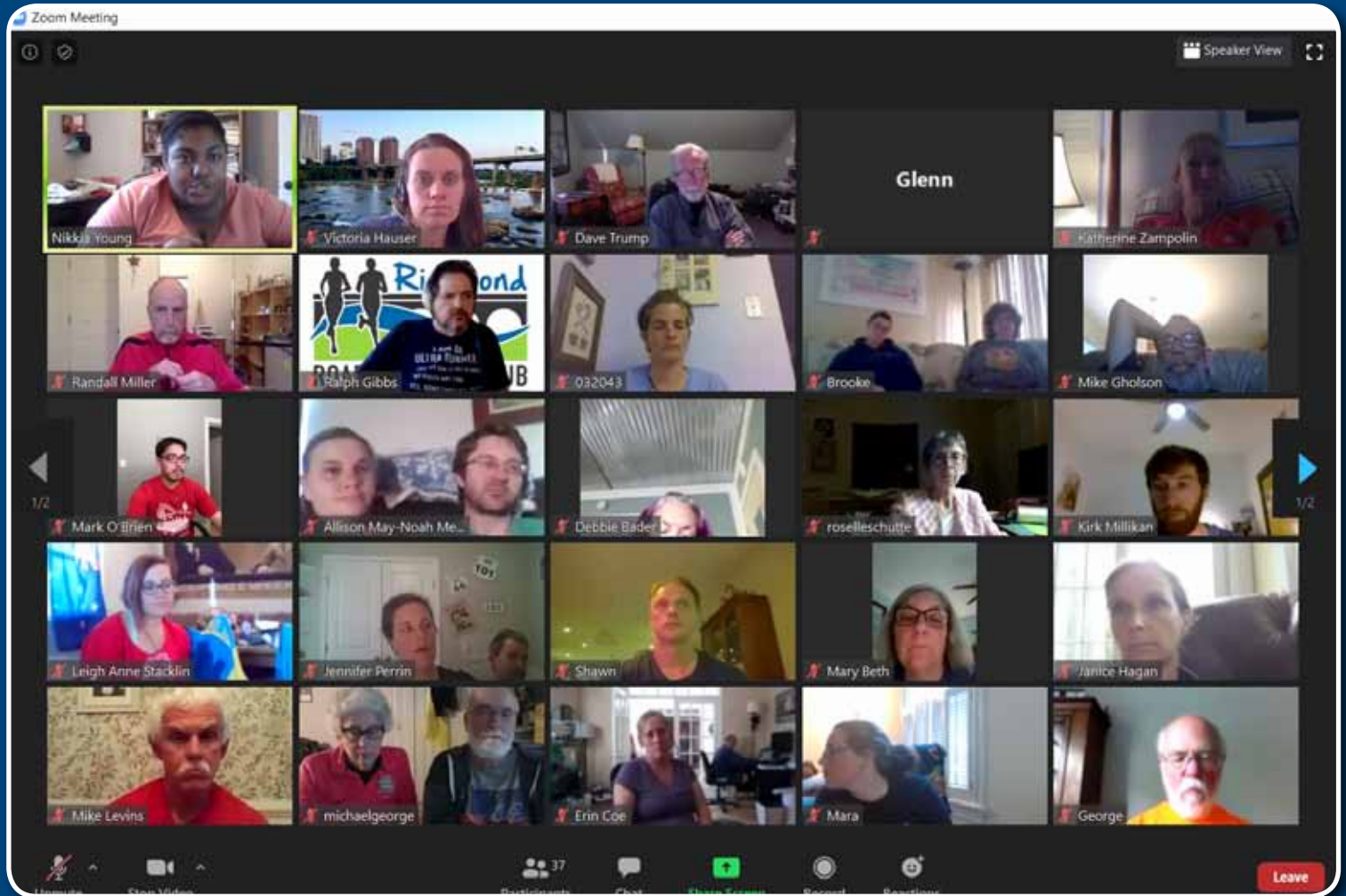
Name	Day of the Week	Time	Location	Pace	Contact
Basch's Group	Tuesdays, Thursdays	5:30 a.m.	4605 Monument Avenue	8:00 to 9:00	Ellie Basch, ellieruns@gmail.com, 804-873-5156
Back of the Pack Trail Group	Sundays	9:00 a.m.	Vary	12:00 to 16:00	https://www.facebook.com/groups/201907430234622/
Black Girls Run	Mondays	5:45 p.m.	Wells Fargo parking lot, White Oak Village Shopping Center	Various	https://www.facebook.com/groups/bgrichmond/ blackgirlsrunva@gmail.com
	Tuesdays	6:45 p.m.	Great Shiplock Park	Various	
	Saturdays	8:00 a.m.	Parking lot next to Rockwood Park	Various	
	Sundays	2:30 p.m.	Parking lot next to Rockwood Park	Various	
Black Men Run	Sundays	8:00 a.m.	Fountain at Byrd Lake Park	Various	https://www.facebook.com/groups/BMRRichmond
Bryan Park Group	Saturdays	7:00 a.m.	Stir Crazy Café	8:00 to 12:00	Susan Deusebio skdeusebio@gmail.com
City Stadium Runners	Saturdays	7:45 a.m.	City Stadium	8:00 to 14:00	https://www.facebook.com/groups/577195912350952 citystadiumrunners@gmail.com
Crossroads	Wednesdays	6:00 p.m.	Crossroads Coffee	9:00 or faster	ysman75@yahoo.com
Dog Pack	Sundays	7:30 a.m.	Carytown Panera	8:30 to 14:30	https://www.facebook.com/groups/1671581323100585
Fan Foxes	Tuesdays, Wednesdays and Thursdays	6:00 a.m.	Fox Elementary School	Various	https://www.facebook.com/groups/fanfoxes
Fleet Feet Sports	Tuesdays	6:00 p.m.	5600 Patterson Avenue	Various	www.fleetfeetrichmond.com https://www.facebook.com/fleetfeetsportsrichmond
Mary Munford Sunday Runners	Sundays	7:30 a.m.	Mary Munford Elementary School	8:00 to 8:30	
Midlothian ACAC	Thursdays	5:30 a.m.	11621 Robious Road	Various	https://www.facebook.com/groups/MidloACACRun
Midlo Mafia	Daily	5:30 a.m. / 6:00 a.m.	Midlothian YMCA	Various	https://www.facebook.com/groups/429449713804077
Morning Workout Group	Daily	6:00 a.m.	Various	Various	https://www.facebook.com/MorningWorkoutGroup
Mountain Hearts Running Club	Thursdays	6:00 a.m.	Tredegar parking lot	Various	www.strava.com/clubs/mountainhearts https://www.facebook.com/mtnhearts
Museum Run	Thursdays	5:30 p.m.	Behind VMFA (on Sheppard St. between VMFA and Benedictine)	7:00 to 9:45	Mark "Iscool" Guzzi, (804) 651-5415, markiscool1@hotmail.com

[GROUP RUNS]

Name	Day of the Week	Time	Location	Pace	Contact
New Kent in Motion	Saturdays	8:30 a.m.	New Kent Active Life Fitness Center	Various	https://www.facebook.com/ActiveLifeFitnessCenterRunning
One for the Road	Wednesdays	6:00 p.m.	Various breweries	Various	https://www.facebook.com/groups/100890573593214
Richmond Running and Social Meetup	Mondays Wednesdays Thursdays Saturdays	6:30p.m. 6:30p.m. 6:30p.m. 8:30 a.m.	Libby Park Carytown Panera Retreat Hospital (ER side) Byrd Park VITA Course	Various	https://www.meetup.com/RVA-Running-Social-Meetup
Ridgefield Runners	Tuesdays, Wednesdays and Thursdays	6:00 a.m.	John Rolfe Commons Publix / YMCA	Various	https://www.facebook.com/groups/36838678999522
RiVAh Runners	Thursdays	6:00 p.m.	Dogwood Dell Carillon	6:30 to 8:30	https://www.facebook.com/TheRiVAhRunners
Road Runner Running Store	Mondays	7:00 p.m.	3002 W. Cary Street	Various	https://www.facebook.com/RoadRunnerRunningStore
Rogue Runners	Tuesdays, Thursdays	5:30 a.m.	Starbucks at Libbie and Grove	7:30 to 10:00	https://www.facebook.com/groups/254849741268828
Run Short Pump	Tuesdays, Thursdays	5:30 a.m.	Einstein Bros. Bagels on Pump Road	7:00 to 10:00	Frank Finn, finn.frank@gmail.com
RVA Monthly Trail Run	1st or 2nd Saturday or Sunday of each month	8:00 a.m.	Pump House Parking Lot Trailhead	Various	RVA Monthly Trail Run Facebook page Mark "Iscool" Guzzi, 804-651- 5415, markiscool1@hotmail.com
RVA Stroller Runners	Tuesdays, Thursdays	9:45 a.m.	Various	Various	https://www.facebook.com/groups/1597418347194024
Sandston Striders	Saturdays	8:00 a.m.	Chicahominy Family YMCA	Various	George Talley, email_gc_talley@verizon.net
Shady Grove Runners	Mondays, Tuesdays and Thursdays	5:45 a.m.	Shady Grove YMCA	Various	https://www.facebook.com/shadygroverunners
Sugar & Twine Training Team	Tuesdays, Thursdays	6:00 a.m.	2928 W. Cary Street	8:00 to 9:00	https://www.facebook.com/groups/361699573878105
Team Wednesday Night (TWN) Fan Run	Wednesdays	6:15 p.m.	Monument and Boulevard from steps of First Baptist Church (don't park in church lot)	8:00 to 12:00	https://www.facebook.com/twnfanrun twn.fan.run@gmail.com
Tuesday Nite Trail Run	Tuesdays	5:45 p.m.	Dogwood Dell parking lot, grassy field near dog park	9:30 or faster	Mark "Iscool" Guzzi, markiscool1@hotmail.com
Tuesday Night Speed Group	Tuesdays	6:00 p.m.	Midlothian Athletic Club	Various (speed workouts)	Jay, (803) 379-2686
Winter Trail Group	Saturdays	9:00 a.m.	North Bank Pump House Trail Head	Various	https://www.facebook.com/groups/shamrocktraining



The Richmond Road Runners Club
PO Box 8724 • Richmond, VA 23226



In April, the Richmond Road Runners Club held its first-ever virtual club meeting on Zoom due to the COVID-19 pandemic.

(Photo courtesy of Victoria Hauser)