

# MILES & MINUTES

Publication of the Richmond Road Runners Club

Summer 2021 | Volume 44, Issue 3

## Eat & Run

**Plant-Based Diets  
Intuitive Eating  
Brewery Owners on the Run**



**PLUS**

**Adaptive Athlete Crystal Jordan,  
News Bits, Race Results,  
Foot Notes & More**





# ASHLAND HALF



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## All aboard for summer's hottest half marathon!

Look no further than the Ashland Half Marathon to find yourself soaking in every ounce of the colorful town of Ashland, VA! Dubbed "The Center of the Universe" this quaint community has historic homes, a bustling downtown, and delicious restaurants and breweries. Enjoy an escape to small-town Virginia and run 13.1 miles along rolling hills, picturesque fields, and maybe even a train or two.



**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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**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 & 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 online at [www.rrrc.org](http://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.

**On the cover:** Runners at the annual Ashland Half Marathon, co-hosted by Sports Backers and RRRC. Runners on Ashland's picturesque Center Street run beside the railroad tracks and past the mural by artist Ed Trask. Photo courtesy of Sports Backers.



Richmond Road Runners Club



@rvroadrunners

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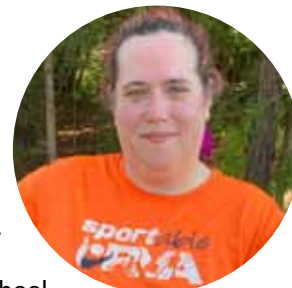


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## [ EDITOR'S LETTER ]



In June, I had the opportunity to read essays from 25 incredible young people applying for the 2021 RRRC College Scholarship Program. The scholarship committee, led by chair Kirk Millikan, had the challenging job of scoring the applicants, with a goal of choosing three to receive scholarships. Want to know how

challenging and yet inspiring the task was? Read on!

### The applicants

Most of the seniors who applied have been involved in cross country or track and field for at least four years, some as early as elementary school. Some served as captains on their running teams and expressed joy at mentoring and encouraging other runners.

Aside from their running résumés, these students shared rich insights into their sport and into life.

### Challenges and lessons

Like many of us more “seasoned” runners, these young runners have faced sport-related challenges and learned from their experiences.

“[Running is] more than just the physical aspect,” said one applicant. “It is mental fortitude and perseverance.”

“Running doesn’t define who I am,” said another. “Running is transforming me into the person I want to become, opening different facets of my leadership style and pushing me to adapt in difficult situations.”

When the coronavirus paused regular training and competitions, these young leaders pulled themselves out of their own pandemic funks and focused on inspiring and engaging their team members.

Several who faced injuries during their scholastic running careers continued supporting their teams during recovery.

In pursuing their goals, three runners were plagued by eating disorders, including athlete’s triad. Having conquered the problem, they wrote of desire to educate others. “Running can be a freeing sport,” one young woman wrote, “but there are still stigmas that the sport carries that harm female runners. I’m finally in a healthy place with my body and in a much more positive mindset.”

*In June, I had the opportunity to read essays from 25 incredible young people applying for the 2021 RRRC College Scholarship Program. The scholarship committee, led by chair Kirk Millikan, had the challenging job of scoring the applicants, with a goal of choosing three to receive scholarships. Want to know how challenging and yet inspiring the task was? Read on!*

Years and miles of running have taught other important life lessons.

“Cross country has taught me two crucial life lessons,” said one young runner, “which are to never give up and to always want to better yourself, not just for other people’s approval but that of your own.”

“Running cross country is not just about speed, time, and what spot you finish in,” said another, “but is about pushing yourself farther than you believed you could ... It is about being involved in the betterment of your team and teammates, not just yourself ... Cross country has shown me that I am able to pass my limits. It has taught me that I am capable of far more than I believed ... This mindset has carried into every aspect of my life.”

This young runner continued, using a metaphor that many of us can relate to: “During every race, there comes a time when all you can think about is how much you want to slow down and stop running all together. However, through perseverance and dedication, I have learned to never give up and to keep pushing because with every step you are closer to the finish line.”

### Volunteerism

Most of these athletes expressed fulfillment in volunteering: for the SpeakUp 5k for teen mental health awareness, Sports Backers runs, RRRC runs, and more. A few have coached younger runners through the YMCA and in schools and running clubs.

One teenage coach said, “The pride I feel when one of my athletes achieves a personal best is irreplaceable, and I have especially enjoyed sharing little tidbits of knowledge with the young runners.”

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## [ PRESIDENT'S MESSAGE ]



You can feel it in the air. It feels like a season of change. Warmer temperatures, groups of runners on the early morning roads and goal races in the fall – it almost feels like things are shifting closer to normal.

I look forward to seeing new and familiar faces at our summer 5ks, training with groups, and at larger events again.

Throughout the pandemic, Richmond Road Runners Club continued to come up with ideas and things we would like to see change within our running community. Change is not always easy or fun. Just like a new training plan, it will take some work and some shifting. We would love for more of our members to be a part of that change. Our goal is to be inclusive and supportive of all those who want to keep moving forward.

I invite each one of you to our board meetings, which are once again at the clubhouse at 2219 Tomlynn Street. Every second Wednesday at 6 p.m., we meet to talk about our events and plans and about how we guide the club into the future.

Maybe you aren't ready to be a board member, but you want to help out and be more involved – we want you. Maybe you have ideas but haven't had a chance to tell anyone – we want you. Maybe you just want to fellowship with other local runners and learn what is happening in the area – we want you!

Community involvement only makes the community better and stronger as we greet another season of change.

Forever Forward. ■

**Nikkia Young** | *President*

## UPCOMING RACES

Find information on upcoming races at [RRRC.org](http://RRRC.org) (click on the SignUp button below the masthead) and on Facebook @ Richmond Road Runners Club.

**Ashland Half Marathon** – Aug. 28

*By Ashlee Snider, Sports Backers*

Looking to add to your summer race calendar? Sports Backers and the Richmond Road Runners Club are pleased to combine forces once again for the Ashland Half Marathon, formerly known as the Patrick Henry Half. The two organizations have a shared goal in ensuring that their events offer an environment in which all runners feel welcome. Many conversations led to the decision to rebrand, and the two groups are proud that the new name more accurately describes the location of the event, reflects our 15-year partnership with the Town of Ashland, and promotes an environment of inclusivity.

As the event enters its 15th year, the Ashland Half Marathon is not just getting a new moniker – it's a celebration of the town it centers around. Ashland is about 15 minutes north of Richmond and feels like an escape to a different time. Dubbed "The Center of the Universe," this quaint community has historic homes and a bustling downtown. Enjoy an escape to small-town Virginia and run 13.1 miles along rolling hills, taking in picturesque fields and farmland. Outside of the race you can enjoy a handful of local restaurants, breweries, and the beautiful campus of Randolph-Macon College. Stay long enough and you'll definitely see a train make its way down Railroad Avenue.

While it's often jokingly referred to as "summer's hottest half marathon," if you've never been to Ashland, Virginia, this could be the perfect year to soak in every ounce of the colorful town! As one of the first big events in our area after the pandemic, it's sure to be a celebration and a reunion of sorts. Running a half in August is the perfect way to stay on track and meet all of your fall running goals. In fact, a large portion of Sports Backers Marathon Training Team runs the event as it lines up perfectly with their 13-mile training run, making it the ideal race-day dress rehearsal for the VCU Health Richmond Marathon in the fall. Whatever your reason, we can bet that you won't find a summer half hotter than this one. Come join the fun and register now!

**[SportsBackers.org/events/ashland-half-marathon](https://SportsBackers.org/events/ashland-half-marathon)**

## Cul de Sac 5K Race Series

This year's Cul-de-sac 5k race series will be held in-person at Henrico County's Deep Run Park, with a virtual option, too. All in-person races begin at 7 p.m. on three consecutive Mondays: July 5, July 12, and July 19. The virtual races will take place between July 5-July 22. Race swag is a bright, yellow, safety-inspired T-shirt.

Those who participate in all three in-person races will be eligible for the Series Competition. **RRRC.org**

## Pony Pasture – July 24, 7:30 a.m.

Richmond Road Runners Club dedicates this annual 5K race to the memory of Dr. Peter Still. Peter was a scholar, gentleman, runner, and a friend to many. The proceeds of this race benefit the Richmond Road Runners Club Scholarship Fund. Each year, the club has awarded \$2,000 scholarships to selected graduating high school seniors. The scholarships are awarded to individuals who have and will represent the beneficial aspects of running as a healthy lifestyle. The recipients of the 2021 scholarships will be announced at the conclusion of the Pony Pasture 5K.

<https://www.facebook.com/events/897583954301952/?ref=newsfeed>

## Run For Beer

The **Virginia Brewery Running Series** has hosted fun runs this year, starting and ending at breweries. Richmond area runs have included Canon & Draw Brewing and Main Line Brewery. On Sept. 18, Steam Bell Beer Works will host the run. Take an easy road trip for the Oct. 23 run at Alewerks Brewing in Williamsburg and the Nov. 6 run at Champion Brewing in Charlottesville.

The organizers are offering a 20% promo code to RRRC members throughout the 2021 season. Use promo code **RRRCrunners2021** for your discount.

**BreweryRunningSeries.com/Virginia**

## Keep on Running, Forrest Gump!

The Richmond Road Runners Club website list races and running-related events within 50 miles of Richmond, even those not sponsored by RRRC. Races automatically feed from RunSignUp so have not been vetted by the club.

**RRRC.org/rva-race-calendar**

## RACE RECAPS

### RRRC Carytown 10k – May 2

The pandemic may have altered the Carytown 10k, but it sure didn't stop it! This year's event was held at Pocahontas State Park, with a virtual option from April 24 to May 3. The route featured wide trails, few roots, and plenty of shade, providing a nice alternative. Participation was initially capped at 225 people and filled up quickly. Thanks to vaccines and easing of pandemic restrictions, the cap was raised to 325.



The Final Gravity Running Club was represented at the Carytown 10k at Pocahontas State Park. From left to right: Andrea Blanchard, Justin O'Neil, Mark Schuetze, Tony Ammendolia, Jessica Harris, Matt Worland, Bill O'Hern, Karl Loewe, Ryan Blanchard and Justin Gilmer. The run club meets every Thursday at Final Gravity Brewing on Sundays at 11 a.m. and Thursdays at 6 p.m.

### Stratford Hills 10k – May 29

Though low on frills, the Stratford Hills 10k isn't low on hills! The out-and-back course begins at Stratford Hills Shopping Center and descends a fast one mile to a flat scenic run along the James River for about two miles, then returns, finishing at that same hill. This year, 109 runners/walkers tackled the in-person race. The virtual race option ran from May 28 to 31, and 17 people posted results.

Photos: <https://runsignup.com/Race/Photos/VA/Richmond/StratfordHills10K?raceEventDaysId=99583>

### RRRC Thanks Dad 5k – June 20

Held on Father's Day morning, this race was designed to highlight the relationship between fathers and grandfathers and their offspring.

The **Thanks Dad 5k** was created in memory of Pete Neal, who served as the Richmond Road Runners Club's coordinator of volunteers. Pete's father was a runner, and Pete passed on that love of athletics to his daughter, Rebekah, and



son, Jacob. Pete and Jacob finished 21 marathons in 18 states before Pete's death in August 2014.

The in-person Thanks Dad 5k hosted 130 participants, who started and finished at the Urban Farmhouse in The Millworks in Midlothian. The event also featured included family teams, a kids' run, and a virtual race, which extended from June 18 to 21.



Runner David Goode with his daughters, Teagan (left) and Harper. Goode used the event as an opportunity to honor his father and his daughters. After the race, he posted on Facebook, "[I wore] Michael J. Fox bib holders to represent my dad, who has Parkinson's, and Pride/Love race shirt to let my daughters know I love them for who they are no matter what. I run for Peace, Love, and Happiness, y'all." He ran the kids' run with his younger daughter, Teagan, and reported, "She had a blast." Goode came in fourth overall with a finishing time of 18:39. (Photo by Sarah Goode)



David Goode (left) and two other runners during the Thanks Dad 5k. (Photo by Sarah Goode)



Pam Holland Hunter (front) was one of the Thanks Dad 5k volunteers, staffing a water stop with Nicki Patton Morgan and Farleigh Fitzgerald.

## New Sport-Tek® Tees and Tanks

These light-weight and breathable shirts in men's and women's fit are just **\$14.99**. Tees in true royal or neon yellow have the RRRC logo on the front. Tanks in true royal have the RRRC logo on the front and #werunRichmond on the back. Available at **RRRC.org**



## OTHER NEWS

*More information and registration at [RRRC.org](http://RRRC.org).*

### RRRC Youth Running Camps

Richmond Road Runners Club offers a free running camp for youth (girls and boys) going into grade 6, 7, 8, or 9. The goal of program is to introduce young runners to the fundamentals of running, conditioning, and healthy habits. The camp is held at Robious Middle School Sports Complex, using the new track, fields on the complex, and some of the roads in the surrounding neighborhood. The camp is led by Bill Kelly and Rosie Schutte.

- **Session 1:** July 12-16, Monday – Friday (weather permitting)
- **Session 2:** July 19-23, Monday – Friday (weather permitting)

The camp is free, but registration is required. All runners register online, and a parent or legal guardian must accept the waiver. **RRRC.org**

### RVA Runner Selected for National Team

Whitney Richman is one of 12 athletes offered spots to represent the U.S. at the 2021 24 Hour World Championship in Bucharest, Romania, on Oct. 2-3, 2021. She joins Camille Herron, Courtney Dauwalter, Marisa Lizak, Micah Morgan, and Pam Smith on the women's team.



PHOTO BY CARRIE EDWARDS

In December, Whitney qualified by running 139.69 miles at the Desert Solstice 24 Hour and 100 Mile Track Invitational in Phoenix, Arizona.

### Do You Run RVA?

Show off your support for RRRC while sporting useful running gear and other branded items. Logo products include waterproof and odor-proof car seat covers, HeadSweats visors, Racetrackers Dri-run two vent running cap, insulated water bottle, neck gaiters, and more. **RRRC.org**

### Join RRRC

Richmond Road Runners Club's mission is to support running and healthy lifestyles in the Richmond, Virginia, region. We do this by sponsoring races in our area, helping other organizations put on races, coaching training teams, supporting kids' running programs, supporting a variety of group runs, and awarding academic scholarships to college-bound runner athletes.

RRRC is an all-volunteer organization that sponsors nearly 20 races each year with distances ranging from 3 miles to half marathon. Club members are runners or those looking to become runners, of all paces and ages. It is a 501(c)3 non-profit organization affiliated with the Road Runners Club of America.

Membership in the club is open to all, irrespective of age or ability.

Inexpensive membership dues provide the following benefits:

- Support for running in the Richmond area
- *Miles & Minutes*, published quarterly and posted online
- Discounts on all club races
- Discounts at local running stores (see their ads in *Miles & Minutes*)
- Running insurance at club-sponsored events
- Club scholarship program
- Group runs
- Training teams
- Membership in the national organization, Road Runners Club of America



## The Thick & Thin of Running Shoe Soles – ‘Heel drop’ and ‘stack height’



By George Lane, DPM, FAAPSM

Sole thickness can be defined by two terms: “heel drop” and “stack height,” both of which are used in combination to determine the overall sole thickness from toe to heel.

The amount of heel drop of a running shoe is defined as the amount higher off the ground your heel is than your forefoot when standing in the shoe. Sometimes called “offset,” this differential is a result of the difference in thickness of the sole under these locations of your foot. For example, a shoe with a “10-millimeter heel drop” (that of a “traditional” type running shoe from the 1980s to present) raises your heel 10 millimeters (or “mm”) higher than your forefoot when standing. “Zero” heel drop would be the equivalent of standing barefoot; although with shoes on, there would be an equally thick slab of shoe sole under the heel and the forefoot, which ties into the concept of “stack height.”

Although two different shoe models can have the same amount of heel drop as each other, they can differ in overall thickness of the sole, the parameter termed “stack height.” In the example provided, the stack height under the heel is 24 mm, the stack height under the forefoot is 20 mm, thus the heel drop is 4 mm (24 mm minus 20 mm) (Figure 1). For example, Hoka One brand shoes generally have low heel drop



but plenty of cushioning provided by thick soles (large stack height), whereas the Vibram 5-Finger shoes, with zero heel drop, have very little stack height and almost no cushioning.

### The sole of the matter

The concept of incorporating less heel drop into running shoes appeared with the popularization of the minimalist running shoe movement about 10 to 15 years ago. The argument for zero heel drop being optimal is based on the assumption that the barefoot state (equivalent to zero heel drop) is the foot’s “natural,” and therefore best, alignment. The flaw in this argument is two-fold. First, it does not account for the alterations in human structure, function, and biomechanics as a result of wearing footwear with 10 mm or more heel drop for most activities people perform on their feet throughout their lives. Secondly, it does not account for the unnatural surfaces, such as asphalt, concrete, etc., that we are subject to standing, walking, and running on.

Studies have shown that running biomechanics are changed by alterations in the amount of heel drop the shoes have. Two general findings with respect to less heel drop were less heel strike/more midfoot to forefoot strike when the foot contacts the ground, and increased calf muscle work. There are potential benefits to this alteration in running mechanics for some runners and disadvantages for others. To my knowledge, no studies have looked at the differences in similarly heel dropped shoes with lower versus higher stack heights.

“Stack height is the main factor in perceived cushioning,” explain the running shoe experts at The Running Warehouse. “Thus, shoes with lower stack heights tend to have a firmer, responsive underfoot feel, while higher stack height shoes

*Studies have shown that running biomechanics are changed by alterations in the amount of heel drop the shoes have. Two general findings with respect to less heel drop were less heel strike/more midfoot to forefoot strike when the foot contacts the ground, and increased calf muscle work. There are potential benefits to this alteration in running mechanics for some runners and disadvantages for others.*

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## Foot Notes

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tend to have a softer, more compliant feel. ... If you are feeling beat up, move up a stack height. Need more speed? Try moving down a stack height."

The same blog article describes five common heights and their benefits:

- **High or Maximal**, for long runs, easy runs, and recovery runs.
- **Medium**, most common. If you seek more padding, go to a high stack height shoe.
- **Low**, for faster-pace workouts. Advanced runners often use this height for regular training and beginning runners could consider this as their first race-specific shoe.
- **Minimal**, for racing-specific shoes. Can be used for faster training for efficient runners.
- **Barefoot**, for limited use in speed work or strides or occasional short runs on soft surfaces such as grass.

## The finish line

In clinical practice, I have observed that people who tried to switch to significantly less heel drop without first reducing the amount of mileage they ran in the new shoes quickly developed injuries during the process, whereas those who gradually changed the amount of heel drop of the shoe and/or the amount of mileage introduction in the new shoes had far fewer problems. The benefits of changing heel drop, however, are that certain long-standing injury patterns for some people can improve or resolve with successful transition to a different heel drop, be it lower or higher.

The take-home message is this: if you wish to alter the amount of heel drop in the shoes you run in, for whatever reason, do so gradually. For example, if you are in 10 mm drop shoes, first go to 6-8 mm drop shoes for at least a month or two and see how you respond before deciding if you would like to proceed further. Working with an experienced running footwear expert at a reputable running shoe specialty store can be helpful in determining what is right for you. ■

*George Lane, DPM, Richmond, Virginia  
Fellow, American Academy of Podiatric Sports Medicine  
Owner, Superior Foot Supports, SuperiorFootSupports.com*

## Editor's Letter

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"Three mornings a week before school, I would walk up to Gayton to help coach the [elementary school student] runners, which was one of my favorite parts of the week," wrote one.

Another volunteer said, "Watching kids, and even adults, cross the finish line at races I volunteer at is always enjoyable because it is exhilarating to see all of their training be put to the test."

From volunteering, they also learned gained a new appreciation for other volunteers.

## Community

I could relate most to one common refrain: the *community* of running. Community keeps me coming back to RRRC, to Sports Backers teams and events, and to my running friends. As these scholarship applicants noted, the running community means relationship, encouragement, celebration, and support.

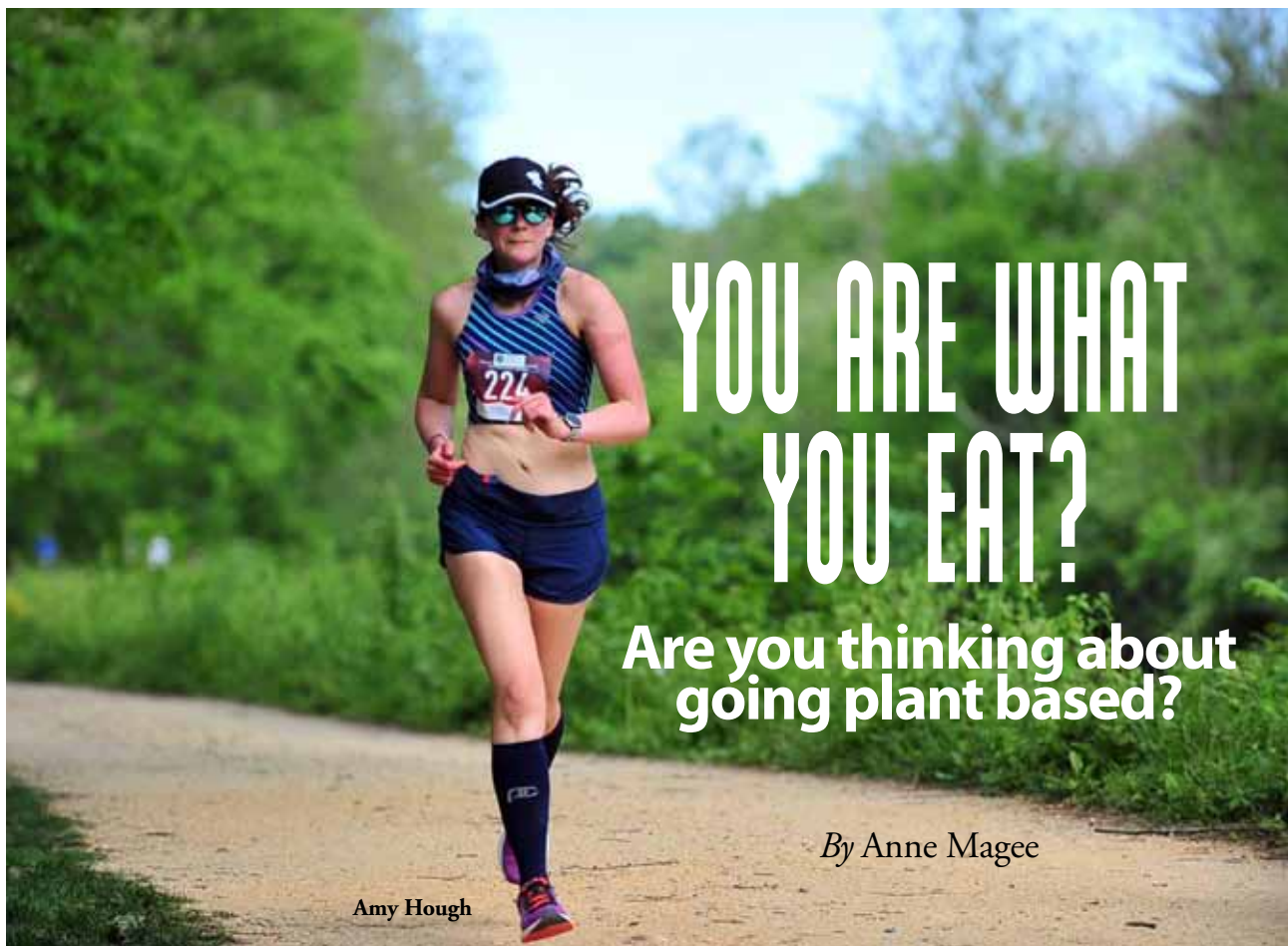
In the words of these impassioned, articulate young runners:

- Being on a team isn't always about winning the competition, but rather winning against hardship and learning lessons of perseverance and camaraderie; my team and I did just that.
- The seniors who took me in as one of their own when I was freshman are truly the only reason I became the runner that I am today. Running is more than the individual; it's about family.
- I initially joined the teams due to my newfound love of running, but the friendships that I formed with my teammates were what made me want to continue.
- The running community is fun, and kind, and supportive, and determined, which is everything that I love and everything that I want to be.
- There is something about the running community that makes it stand out compared to others. It is inclusive, filled with passion, and offers the same reward/benefit regardless of your level ... I have loved being a part of this community because it is inspiring to see the joy and fulfillment it brings everyone.

I couldn't have said it better myself. ■

**Annie Tobey** | *Editor*  
milesandminutes@rrrc.org





# YOU ARE WHAT YOU EAT?

Are you thinking about going plant based?

By Anne Magee

Amy Hough

**A**s eating plant based goes mainstream, you may be wondering if this lifestyle is right for you but worry about meeting your nutritional needs and performance expectations with running. I can tell you it is possible not only to get adequate nutrition, but also to thrive while eliminating animal products from your diet. Just look at some of the greatest stars of ultra-running, Rich Roll and Scott Jurek, who are both vegan.

I know this journey isn't for everyone, but I will tell you a bit of my story, especially as it pertains to running and marathon training, and get some valuable input from some of my vegan running friends and a registered dietitian!

## My Vegan Journey

I wasn't always vegan, but I've been some version of vegetarian my whole adult life. My original intention was to reduce my impact on the world because of my compassion for animals, but eventually I went vegan for my health.

It was an easy way for me to manage asthma, and I haven't had bronchitis since giving up dairy. I'm now off all medications for asthma, but I do keep a rescue inhaler just in case. So, for me, eating vegan has been the best way to reduce

inflammation that was making me really sick two to three times a year, greatly impacting any training I was doing for races.

My first weekend eating vegan, I ran the Ragnar trail race with my friends. That was in 2017. If you were there, you may remember that early summer visited RVA that last weekend in April. On top of the heat, humidity, and limited sleep, I was developing a whole new relationship with food, and I wasn't sure I was doing it right. But I survived.

I've learned so much since then. And there are so many more vegan options everywhere today, it seems. From the introduction of a variety of vegan meat substitutes to new vegan restaurants to becoming a bit more savvy in the kitchen, my diet has lots of variety now. I've definitely found that I recover more quickly after races since going vegan.

## How do I fuel?

So, what do I eat on a long run day? During marathon training season, I typically eat quick oats with a bit of peanut butter and fruit with a sweetener of some kind for breakfast. It might be as simple as peanut butter and jelly, or more

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## You Are What You Eat?

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decadent, like peanut butter, sliced banana, and chocolate syrup. During my run, I fuel with Nuun Endurance, Clif Bloks or gels, and something salty like potato chips. I always crave salt on a long run! After a double digit run, I will typically have a vegan protein shake to help my muscles recover faster. My current favorite is Orgain. I also try to eat a meal as soon as I can after my long run.

Speaking of protein, just like any other vegan, I am frequently asked where I get mine. There is actually protein in most plants. Of course, some have more than others, and some have a greater amino acid profile than others. I eat lots of beans and rice, tofu, and lentils. I will typically eat some kind of vegan meat substitute about once a week. My favorites? The Emerge vegan burgers from Kroger and Gardein vegan fish. But I try to center my diet around less processed foods. In general, I try to aim for 75 mg of protein a day. My higher performing vegan running friends are generally in the neighborhood of 100 mg per day. If I'm falling short on protein for the day, I may indulge in a vegan protein bar or a smoothie with vegan protein powder (my favorite is chocolate peanut butter with frozen banana).

### CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

#### Ingredients:

- 1 cup Silk 10g protein milk, any flavor
- 1 scoop Orgain vanilla protein powder
- 1 frozen banana
- 2 T peanut butter
- 1 T cocoa

Mix all ingredients in a high powered blender until smooth. You can omit the cocoa if you use chocolate milk or protein powder. This smoothie provides 27g of protein.



**Jeff Lippy**

Do I supplement? Yes, I do. I take vegan versions of a B-vitamin complex with B-12, zinc, vitamin D3, omega-3, and kelp (for iodine), among others, all to balance my food choices. These are supplements that many non-vegans take as well. I did get some guidance from my doctor in these choices with correlating lab work to make sure I was on the right track!

I'm not a perfect vegan. There are extremes, you know! At one end, you have your "Oreos and French fries" vegans, and at the other, your "forks over knives" vegans, who eat absolutely no processed foods or oils. I definitely fall in the middle.

### What do my vegan running friends say about their training and going vegan?

Jeff Lippy, a Richmond runner, has been running since 2014, and vegan since 2017. He attributes most of his current race PRs to his vegan diet. His long-run meal plan? "I usually just eat a Clif bar and a banana before a long run. For a full marathon I'll do oatmeal with granola and berries mixed in." He also eats lots of peanut butter! For fuel during runs 16 miles or longer, he's a fan of the GU Roctane vegan gels. He also uses vegan protein shakes for recovery and loves coconut water to replace lost electrolytes. He notes that since he has been eating vegan, he recovers more quickly and is overall less sore after his workouts.

Amy Hough, a runner from D.C., transitioned to vegan from vegetarian after beginning her running journey. She has signed up for her first ultra, later this year, and she has been working on improving her speed, recently clocking several sub-7 minute miles on her training runs. Amy's favorite pre-run meal is rice cakes with jelly and nut butter along

with coffee. Clif Shots are her favorite fuel during long runs. For recovery, Amy likes to fuel with a green smoothie that includes protein powder. She has been amazed by how much more quickly she recovers after big runs, noting, “I felt pretty normal just a few days after my last marathon! I didn’t think it would make a difference, but for me it did.”



**Tiffany Fleming**

Tiffany Fleming is a fellow Pink Nation coach, 1:1 running coach, and an RN who has been vegan for 5 years, changing her diet after she began running. It’s been great to coach with another vegan! She is currently taking a step back from team coaching to chase a Boston qualifying time, which likely would

have happened last year without the hiccup from Covid. Her favorite pre-long run meal is a bagel, toast, or English muffin with almond butter and a banana with a sprinkle of cinnamon. She fuels her runs with water and electrolytes along with Maurten gels, which she finds agree with her GI system the best. Post-run for recovery, she enjoys oatmeal with a scoop of vegan protein powder and blueberries or a

## You say “Potato,” I say ... “Yes, but no cheese, butter, or bacon, please!”

### Making sense of plant-based terminology

People who focus on a plant-based diet vary from those who eat lots of plants plus the occasional animal-based foods to those who avoid animal-based foods entirely.

<b>Plant-based semi-vegetarian or flexitarian</b>	Includes eggs and dairy, with occasional meat, poultry, fish, and/or seafood
<b>Pescatarian</b>	Includes eggs, dairy, fish, and seafood, with no meat or poultry
<b>Vegetarian</b>	Includes eggs and dairy, but excludes all meat, poultry, fish, and seafood
<b>Vegan</b>	Excludes all meat, poultry, fish, seafood, eggs, and dairy

## Looking for more information about eating plant based and performance?

Check out these resources:

- *The Game Changers* documentary on Netflix
- *Finding Ultra* by legendary vegan ultra-athlete Rich Roll
- *Eat and Run: My Unlikely Journey to Ultramarathon Greatness* by Scott Jurek
- *The Plant Based Athlete: A Game-Changing Approach to Peak Performance* by Matt Frazier and Robert Cheeke (released June 15, 2021)

Thank you so much to my friends who contributed to this article!

- To connect with Tiffany Fleming, follow her on Instagram @bodyshiftbytiff
- To connect with Danielle Cahalan, RD, reach out to her at [daniellencahalan@gmail.com](mailto:daniellencahalan@gmail.com)
- For all things vegan and tips for running, follow my blog at [annethevegan.com](http://annethevegan.com)

vegan protein shake. Tiff says, “I feel better both physically and mentally eating vegan,” and she focuses on eating whole foods, especially on long run days.

## What does a registered dietitian say about plant-based training?

Danielle Cahalan, RD, recommends that vegan runners pay special attention to micronutrients, giving this advice:



**Danielle Cahalan, RD**

“If you are a plant-based, vegetarian, or vegan individual who loves to run, paying extra close attention to a few key micronutrients can elevate your running, enhance recovery, and prevent deficiencies.

“Iron, B12, vitamin D, calcium, and omega-3s

*continued on page 12*





## **Gallop over to Pony Pasture for a 5k for a cause!**

Race proceeds for this flat-and-fast course along Riverside Drive benefit the RRRRC Scholarship Fund. Scholarship recipients will be announced at the conclusion of the event!

**July 24, 2021 • 7:30 a.m.**

Pony Pasture Rapids Park  
7310 Riverside Drive

*No on-site race day registration,  
so register by July 23 for in-person,  
July 25 for virtual.*

**[Runsignup.com/Race/VA/Richmond/  
PonyPasture5k](https://Runsignup.com/Race/VA/Richmond/PonyPasture5k) or [RRRC.org](http://RRRC.org)**



## **You Are What You Eat?**

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*If you are a plant-based, vegetarian, or vegan individual who loves to run, paying extra close attention to a few key micronutrients can elevate your running, enhance recovery, and prevent deficiencies.*

are among these key nutrients. I suggest both tracking and requesting a micronutrient blood panel from your primary care physician to ensure your levels are where they should be. A lack of iron and B12 can lead to anemia, resulting in low energy and circulating oxygen levels. Vitamin D and calcium will support your bone strength and help prevent injury, and omega-3s are crucial as an anti-inflammatory and for cognition and mental health. Getting enough of these nutrients in your plant-based diet can be challenging, but it is definitely achievable.”

### **In summary**

Generally, there is consensus among my vegan running friends about the how's and the why's of the benefits of plant-based diet and performance. We generally all eat a mix of simple carbs and nut butter pre-run, we all fuel with simple sugars and electrolytes on long runs, and post-run recovery usually involves some type of vegan protein shake, followed by a meal. Most of us also supplement micronutrients in addition to protein to make up for anything we might miss in our diets, something that's not out of the ordinary for omnivores, either. We all focus mostly on a whole-foods, plant-based diet with a few treats thrown in from time to time.

Another fellow vegan MTT coach, Donnie Lane, says that most of all, he just feels better as a vegan. Eating vegan helps him manage inflammation, allowing him to recover more quickly from workouts. I agree! ■

*Anne Magee is a physical therapist, wife, and mom of two teenage daughters in Glen Allen. She started running in 2012 to stay motivated after completing a weight loss journey. Once the kid in gym class who sought every excuse in the book to get out of running the mile, she has now completed eight marathons, thanks to the help of her sole sisters and the Richmond running community. She also helps coach the Pink Nation, one of the sub teams for the Sports Backers Marathon Training Team.*

# The birth of an athlete

## Crystal Jordan's road to sports competition

By Amy Smith

Crystal Jordan didn't consider herself an athlete. She didn't even like to exercise. Musical theater was her thing as a student at Huguenot High School, no apologies.

And that's the way it continued until Nov. 30, 2013, when Crystal suffered a splenic artery aneurysm that nearly took her life. The once-healthy young woman, just 27 years old at the time, became a wheelchair user overnight. A couple of years later, she became an athlete.

Crystal's transformation started at physical therapy in the winter of 2015. Her recreational therapist, Shannon, challenged her to try road racing with local adaptive sports organization Sportable. Shortly after that, Shannon dared Crystal to compete in the Ukrop's Monument Avenue 10k, promising that if Crystal competed, she'd compete alongside her. "When someone throws down the gauntlet, you've got to pick it up," remembers Crystal.

Crystal completed that first 10k in an adaptive sports wheelchair in 2:11. She knew she wasn't as fast as she could be, but she was hooked. "For me, it is a stress relief. You get in your zone. You are enjoying nature and just enjoying the run."

She has competed in the Monument Avenue 10k every year since, except 2020, using the same adaptive sports wheelchair. She shaved nearly an hour off her time in 2018 and was able to put up a comparable time at last weekend's race despite the hilly terrain of the Capital Trail course she chose for the 2021 event.

In 2017, Crystal competed in her first half marathon and has already registered to do another one this fall. She pushes herself to be faster and go longer distances because, she explains, "I love the challenge of it. When I started road racing, everything was totally new and scary. I was so afraid of the hills." But, at last weekend's race, "I was grooving hitting those downhills."



Crystal Jordan at the 2021 Monument Avenue 10k.

It isn't just her faster times and longer distances that make Crystal proud. In the last 18 months, she has lost more than 100 pounds. Through the pandemic, Sportable kept her busy with socially distanced outdoor exercise and yoga classes as well as road racing practices. She even did online workouts with Sportable from a hospital bed in December when she was recovering from an illness.

### The woman in the chair

Crystal doesn't take herself too seriously. She loves to change her hair color. Currently it is vibrant magenta, but she has also

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## Birth of an athlete

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tried red and blue and even “Sportable orange” on yet another dare, this time from Sportable’s executive director, Hunter Leemon.

As further proof that she loves to find the funny side of life, Crystal laughed as she shared an example of just how far she has come. When she was still recovering from her aneurysm, she got stuck in a car with her sister at 11 p.m. outside her house. She wasn’t strong enough to transfer out of the car into her wheelchair, so they called the local fire department. Crystal credits road racing with increasing her core and upper body strength. “Transfers are easy now,” she happily reports.

With such a vivacious personality, Crystal is easy to like, but she says there is something special about the friends she has



**The Sportable group getting ready to complete the Stampede 5k on May 1, 2021. RRRC member and volunteer Karl Cover is second from the right behind the wheelchair participants.**

RRRC member Karl Cover has been a volunteer with Sportable since 2014. He was Paralympian hopeful Antoine Craig’s first guide when he began running after losing his eyesight. Through Sportable, Karl helped train with Antoine for his first race, the Broad Street Mile, and then ran the HCA Virginia 8k with him in 2014. Antoine will compete in the upcoming U.S. Paralympic Time Trials for track and field, hoping to qualify for the Tokyo Paralympic Games. Karl Cover continues to volunteer with Sportable’s road racing program and ran with the group on May 1 for the inaugural Sportable Stampede Virtual 5k.



**Crystal Jordan in front of her many racing medals.**

made in the adaptive sports community. “They understand what you’re going through, understand your rough days, and build you up,” she explains. And competing in 10ks and half marathons with both adaptive athletes and able-bodied athletes “makes you feel more connected to the community as a whole,” she adds.

## Miles behind, miles ahead

Road racing is just one of the many sports that this athlete is passionate about – wheelchair tennis and pickleball, kayaking, archery, and chair yoga are all sports that she has enjoyed with the help of Sportable. In true Crystal fashion, she displayed some almost-frightening skill at her first Sportable axe and knife throwing event in the spring.

Crystal is living proof that there is no age, season of life, or medical crisis that can prevent the birth of an athlete. Road racing is where Crystal’s athletic journey started and, like so many runners, she isn’t looking back.

For information about how to become an athlete or volunteer with Sportable, visit [Sportable.org](http://Sportable.org). ■

*Amy Smith is the development and communications manager at Sportable, a nonprofit that provides adaptive sports opportunities to people with physical disabilities. She is a passionate supporter of the organization that her daughter has benefited from as a Sportable athlete. When Amy is not spending time with her family, you will likely find her on the pickleball courts.*



# Brewery Owners on the Run

## Fitness matters at local breweries

By Annie Tobey

*This article first appeared in Virginia Craft Beer magazine, April/May 2021. Minor edits made as updates.*

**I**f you used a Venn diagram of the running crowd and the beer crowd, those two circles would have a pretty solid overlap,” Chris Smith, co-owner of Virginia Beer Co. in Williamsburg told me.

Smith and I had met as Virginia Beer Co. was opening in 2016. We quickly figured out we were in the overlap of the running and craft beer Venn diagram sets. Running is like that, as with other shared passions – common interests spark an immediate sense of kinship.

Smith was already a runner when he and Robby Willey opened the Williamsburg brewery. He originally ran to stay fit for sports. Once the sports ended, he said, “I needed a way to stay fit and to have an outlet for my energy.”

Like Smith, Phil Ray, co-owner of Center of the Universe in Ashland, ran mostly as training for other pursuits. After some injuries, he transitioned to endurance sports – marathons and relays, biking and triathlons. His wife, Ashley, has recently embraced endurance sports as well. The two of them tackled 330 miles on the Great Allegheny



Passage and C&O Canal Towpath trails last fall and the Jamestown Olympic Triathlon in June. He’s signed up for the November 2021 Cozumel Iron Man.

“Running is good way to get empowered,” Ray said. “It’s just you and your thoughts. You can find your Zen. It’s empowering and liberating, being able to run 20 miles or bike 100 miles.”

Eric McKay of Hardywood Brewing in Richmond swam and ran in high school and college and joined a triathlon club in college. “I found running a nice way to decompress and to clear my head,” he said. He met Rebekah, who became his wife, when both were training for a marathon in 2000.

After college, and especially in the early days of Hardywood, it became harder to find time for exercise, but he was inspired to get back into it by a classmate from Davidson College, Andrea Peet. In 2014, Peet, an avid runner who was training for her first Ironman, was diagnosed with ALS, Lou Gehrig’s Disease, and given two to five years to live. Despite the prognosis, she’s riding a recumbent trike toward her goal

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## Brewery Owners on the Run

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of being the first person with ALS to complete a marathon in all 50 states. Peet has raised more than \$500,000 toward ALS research through Team Drea.

“She took her diagnosis as an opportunity to encourage others – if you’re able to get out there and exercise, do it,” said McKay.

McKay has returned to running, biking, and swimming. He supported Richmond Sports Backers in two virtual cross-country relay events, one for runners and one for cyclists, in 2020 and 2021. He’s planning on competing in Ironman Maryland in 2022 (he was signed up for the same race in 2021, until college friends planned a hiking and camping trip in Colorado for that weekend).

Joey Darragh and Tony Giordano were outdoor sports aficionados before opening Väsén Brewing in Richmond. The cousins were immersed in Western outdoor sports when they decided to open a brewery in Richmond. Väsén, which means inner essence, highlights the connection with the outdoors and the environment. “Our goal is that our beer is going to inspire people to get outside and explore those natural opportunities that are surrounding them,” said Darragh.

Since coming to Richmond, Darragh has adopted Central Virginia’s favorite sports. “I’ve fallen in love with mountain



Eric McKay far right after Ironman 2020.



Eric McKay, Matthew Estes, and Meghan Dexter during IRONMAN training at the 0 mile marker of the Virginia Capital Trail in Jamestown.

biking, spending a lot of time down at Pocahontas State Park and throughout the James River Park System,” he said. He’s also enjoyed rock climbing at Manchester Wall and rafting and SUP trips on the James River. Giordano enjoys trail running, mountain biking, and hanging out in the river.

If the tasting room’s outdoor vibe doesn’t inspire, the Väsén ambassador program might. The brewery supports several outdoor-focused athletes, including a cyclist, ultrarunner, triathlete, backpacker, and kayaker.

“We have an amazing group of outdoor athletes and adventurers that truly embody the love for the outdoors that Väsén represents,” said Darragh. “While COVID has thrown a curveball for the social aspect of the program ... as things slowly return to normal, we hope to really showcase our Vagabonds through taproom events (informational workshops, gear swaps, etc.).”

Tony Ammendolia, owner at Final Gravity in Richmond, began exercising more recently in life. He started running in 2006, before he opened the brewery or Original Gravity homebrew supply store. “I had a desk job at the time, and I knew that it wasn’t good for you ... so I thought, I need to get active,” he said. “I went for my first run and I only made





**Final Gravity Running Club 2021.**

it three or four blocks before I had to sit down on the curb, and I felt like I was going to die. I was about 36 years old, and I was like, I am way too young to feel like I'm going to die after just running a few blocks."

He continued running for fitness. He ran as a casual, solo runner, until Final Gravity started a running club. "That was my first experience with group runs ..., but once I started doing it, I found value in it."

He started biking, too. And that was not incidental to the local beer scene. He was inspired by Quy Pham, bartender at Mekong in Richmond, and mutual friends. Quy died in a swimming accident in 2019, but Tony still rides regularly with the group. He occasionally participates in organized running events, aiming simply to complete the course.

Louis Scheer, owner of Molly's Bicycle Shop in Chester, added Molly's Blind Dog Brewery to his retail and repair space in 2019. He had heard of a similar bike/brewery concept and decided that the combination would work for him. The tasting room would draw additional customers, steady his income, and give repair shop clients an enjoyable way to hang out.

## Running ... a brewery

Chris Smith recalls the early days of Virginia Beer Co. His annual running mileage dropped from 3,000 miles per year to 2,000. He's up to about 2,300 annual miles now, he said, and "still figuring out a way to balance everything. But as you know, it's so important to get your mind off something like a small business that you're always thinking about. Or to give me time to think about it in a different way, in a quieter way."

Though Smith enjoys running with other beer lovers, he also runs with a local group that isn't beer-focused. "Those people are all very supportive of the brewery, but they're



**Final Gravity Running Club 2020.**

not huge beer nerds," he said. "It's actually really nice to get in a different setting where it's not about beer, not about the brewery. They're also a good sounding board for me for ideas and for our business, because they're not involved at such a 'beer nerd' level."

Phil Ray of Center of the Universe said, "Running certainly helps to burn off a few extra Pocahontas [IPA] calories." But he sees a more essential connection: "I think [the interest in endurance sports] is more of a byproduct of the type of personality that forces you to be an entrepreneur. You're always striving to test your limits, to see what else you can do."

COTU has run Ragnar relays with brewery staff. "It's great for team building," said Ray, "the mutual suffering that brings everyone together."



**Ashley and Phil Ray before the Jamestown Olympic triathlon.**

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## Brewery Owners on the Run

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"A part of running is directly due to the fact that I love beer," McKay admitted, noting the calorie-burning benefits. "But also, for me, there aren't that many times through the course of the day that I'm not bombarded with constant decision making, whether it's at home with the kids or at work. Running for me is kind of an opportunity to reflect and think and meditate a little on what all is going on Hardywood-related. And I come up with ideas for beers to create on longer runs or rides."

Ammendolia's biking occasionally benefits his business directly: when someone new rides with the group, finds out he owns Final Gravity, visits, and continues to support the brewery. But that's a happy accident. "Mainly," he said, "it's just nice to have a community-based activity – doing something not only to help with staying healthy but socially active as well."

### Post-workout beers

No single beer style seems to check all the boxes for an ideal post-workout beer. Instead, the choice seems to be a matter of preference.

Smith prefers low-ABV beers. "We released a new core beer couple years ago, Liquid Escape, low-alcohol (4.4%), half soured, with lemongrass and sea salt. It's the Gatorade of



Eric and Rebekah McKay with two of their kids and Andrea Lytle Peet.



Final Gravity's Tony Ammendolia and Quy Pham.

beers." Virginia Beer Co. recently initiated a focus on 3% beers. "They appeal to more health-conscious consumers as well as those who love drinking beer but not the potential aftereffects," said Smith. The beer names will likely reflect physical activity (Pace Breaker and Next Point Wins being the first two) and will include a diversity of styles.

Phil Ray gravitates toward the COTU Ray Ray's IPA. "It's a nice session beer, not too heavy, but still the good hop character that we're after."

"I don't usually drink fruit-infused beers," Tony Ammendolia admitted, "but when we do the run club, I always like one of our fruited sours at the end. It's usually a gose, like a beer version of Gatorade."

At Väsen, Darragh said, "Our Läger and Hefeweizen are great go-to beers after a workout, but I'll also gravitate toward some of our IPAs and sours when the occasion calls for it. Our Okolnir IPA and Sunburst Sour taste that much better after getting a good sweat on!" Giordano said, "Post-workout beers are all about the lagers. Väsen Radapils all day."

For McKay, beer choice depends on the weather. "Suncrush we designed to be a more super-refreshing low alcohol, a little bit of caffeine from the matcha green tea." Hardywood is releasing a variety 12-pack in April, with tangerine, black cherry, Southern peach, and lemon-lime. "For us, it was our take on hard seltzer – more flavorful, light and refreshing,

## DRINK & RUN

Interested in pairing your running with local beer and fun? These groups can fill your pint glass with miles, smiles, and liquid spirit. (All groups accessible on Facebook, unless otherwise noted.)

### Weekly brewery-focused group runs

- Final Gravity Running Club, Sundays and Thursdays – Northside
- Starr Hill RVA Run Club, Tuesdays – Scott's Addition
- One for the Road RVA, Wednesdays – Not sponsored by a brewery, so visits different breweries
- Richbrau Ramblers, Wednesdays – Shockoe Bottom
- The Veil Trail Run Club, Wednesdays – The Veil Brewing, Forest Hill (Strava group)

- Väsen Run Club, Wednesdays – Scott's Addition
- Blind Dog Brewery Run Club, Thursdays – Chester
- Runnin' Roosters Run Club, Thursdays – Crazy Rooster Brewing, Powhatan

## Upcoming beer run events

- **Falcon Smash Growler Team Relay, starting at Triple Crossing, Sept. 11** – [GrowlerRelay.com/richmond.html](http://GrowlerRelay.com/richmond.html)
- **Hardywood West Creek 5K for ALS, Oct. 10** – 100% of gross proceeds will support amyotrophic lateral sclerosis research through the ALS Association, as well as the ALS Therapy Development Institute (ALS TDI) and the Team Drea Foundation. Follow Hardywood on Facebook for updates.

low in calories and low in alcohol. I really enjoy it as a hot-day, post-run beer."

On other days, he says, "Richmond lager also is my go-to, for just a really refreshing, little hint of citrus, subtle sweetness from the malts. Pils has a little more bracing crispness that can also be really refreshing after a run. In the wintertime, I generally go for porters and stouts, as the fireside kind of warmup after a cold run."

## Active in the community

Run clubs are popular at many craft breweries. Run with friends, then grab a beer with friends. These brewery owners are looking at other ways to incorporate active pursuits in their offerings.

"Breweries are great venues for introducing people to the fun side of fitness," said McKay. "We'd like to do more of that, both here and in West Creek," for runners and for cyclists. "We'd love to hear ideas from people ... We see a future where you could ride bikes from [the Richmond location] through Scott's Addition, potentially down to the Capital Trail, safely and with a designated path." The West Creek property already has trails through the woods, and McKay says Goochland County is planning trails connecting West Creek with Short Pump.

In addition, says McKay, "Hardywood is working to formally partner with Sports Backers in their pursuit of

making Richmond the most physically active community in the nation."

For now, Hardywood organizes the annual West Creek 5k for ALS, a fundraiser for Team Drea, and McKay is on the board of the Virginia Capital Trail Foundation.

Final Gravity sponsored the Richmond Road Runners Club Frostbite 12k in January and the Sports Backers Great American 5000 relay this spring. The running club participated in the RRRC Carytown 10k in May. And new this year is the Final Gravity Biking Club, with Sunday morning rides for a range of paces, followed by a food truck and beers at the brewery.

"You do find a lot of runners in the [beer] community," Ray commented. "I'm not sure what the draw is; maybe the independence of being able to run long distances, the same independent spirit of craft beer."

Or perhaps it's that runners – cyclists, swimmers, and others – want to burn the calories they consume. Whatever the reason, the Venn diagram overlap brings together plenty of kindred souls. ■

*Annie Tobey is a runner, the editor of Miles & Minutes, and a freelance writer highlighting active travel and craft beverages. Her motto? "A breeze on my face and a draft on my lips!"*

# How Runners Can Begin ‘Intuitive Eating’

## Principle 1: Reject the Diet Mentality

By Sarah Schlichter



*The fourth edition of Intuitive Eating: A Revolutionary Anti-Diet Approach, was released in June 2020. Authors Evelyn Tribole and Elyse Resch, prominent health professionals in the field of nutrition and eating disorders, refined the book to eliminate diet talk and modified some of the principles. Here, dietitian and intuitive eating advocate Sarah Schlichter summarizes the first principle and explains how it relates to athletes.*

I work with many athletes who really want to understand intuitive eating because it's an exciting topic. Who doesn't want to be able to choose foods intuitively?

While how to eat intuitively may be a goal, it's important to understand the nuances of what that means and understand how diet culture affects that. My ebook, *The Runner's Guide to Intuitive Eating* goes over ALL of this and breaks down each principle of intuitive eating.

Many people consider sports nutrition and intuitive eating as two completely different branches, but I don't see it that way. That's why I have a section for athletes in my ebook, too. Because I really want to drive the point home that these can coexist!

### What Is Intuitive Eating?

Intuitive eating is a set of principles, not rules, that focus on listening to your body and favoring internal body cues, not external rules.

It fosters body trust and rejects traditional dieting (yes ... it supports honoring your cravings!).

### Principle 1: Reject the Diet Mentality

This first principle sets the stage nicely for intuitive eating. Many people (maybe even you) are so used to following “rules” that the idea of eating freely without black-and-white rules can be scary.

I'm not here to say it's an easy switch, because learning to trust your body definitely takes time. But it is possible. Part of letting go of the diet mentality is letting go of control.

Think back to diets you've been on. How have they made you feel? What were the results? Did one diet lead to the next because maintaining the weight loss was near impossible?

It wasn't you who failed. The diet failed you. Each subsequent diet (and I'm using the word diet to entail all “restrictive eating”) makes it harder for your body to adjust.

Metabolisms go down, food rules appear, your body becomes starved of nutrients, your mood is impacted, your relationships may even be impacted, and MORE.

### Be Aware of How the Diet Mentality Disguises Itself

Dieting is sneaky and it shows up in subtle forms. It calls itself “wellness,” a “lifestyle change,” or makes you think you may be doing something for your health.

Rejecting the diet mentality doesn't mean you're not making choices based on health. It means you're using autonomy and making choices based on YOUR body and your needs, not a one-size-fits-all that diet culture expects you to mold to.

Discipline and willpower are not things when it comes to food, so throw those words out of your vocabulary.





Willpower assumes you are following someone else's rules and not living up to them.

### Applying the Diet Mentality to Athletes

There are many ways that runners and athletes alike may fall prey to the diet mentality. Usually, it's in "hidden" ways we're not even aware of!

Here are some examples:

- I can only eat carbohydrates before or after exercise.
- Too many carbohydrates are "bad" for me.
- I have to eat "clean" the week of a race.
- If I keep running \_\_\_\_ miles a week, I'll get to \_\_\_\_ weight.
- I can only eat \_\_\_\_ if I do \_\_\_\_ for exercise.
- I'm afraid of overeating for my sport or afraid of feeling full in general.
- Second guessing your hunger ("I shouldn't eat \_\_\_\_ on a rest day").
- I just ate so I can't be hungry again.
- Becoming a vegetarian or removing foods from your diet that you actually like and enjoy (with no adverse symptoms).

Let's summarize most of these. I go through many of these in more depth in my ebook, *Intuitive Eating for Runners*.

### I Can Only Eat Carbs Before or After Exercise

Only eating carbohydrates (or any food groups) at certain times is a hidden form of dieting and utilizing "food rules." All foods can be eaten at all times and all meals.

For athletes, yes, of course you may want to decrease high-fiber or high-fat foods before exercise. Or, there may be certain "simple" foods you should stick to in order to reduce GI distress. That's fine – that's a personal preference, and that is you being intuitive for your athletic needs.

However, that doesn't mean that all foods are "bad" before exercise – it just means that you have certain foods that work for you.

### I Have to Eat "Clean" the Week of a Race

This can actually bring more harm than benefit. You need to fuel adequately the week before a race. You may actually want to limit fiber, fruits, and vegetables, the so-called "clean foods."

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## Intuitive Eating

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But you need to start fueling your glycogen stores (muscle) for performance and competition.

Again, you may have certain food preferences that work to settle your stomach before exercise, but the week before a race is not a time to diet or impose too many limitations.

### If I Keep Running \_\_\_\_ Miles a Week, I'll Get Down to \_\_\_\_ Weight

Statements and thoughts like this tell me that you aren't running or exercising for the right reasons. Weight is not a behavior.

Running with goals of weight loss will lead to burnout and injuries and will tarnish your relationship with the sport. Also, as your running increases, your nutrition needs also increase, meaning you need to eat MORE food and more calories to sustain your higher mileage.

Attempting purposeful weight loss while increasing your running (or, for example, training for a marathon) is not safe nor recommended.

### I Shouldn't Eat So Much on a Rest Day

Contrary to popular belief, rest days may actually require more calories! This is when your body is doing the majority of repair and priming for future activity.

You may also find that your appetite is more ravenous on rest days, when it has a chance to "catch up" and communicate hunger signals.

Oftentimes, after hard workouts or long runs, hunger is subdued (although that does not mean we shouldn't eat!).

Usually, when our bodies are more still (like on rest days), we hear and feel these hunger signals more. That can be scary for some of us, causing us to doubt our hunger. But signals of hunger have a job – it means your body needs energy so it can engage in all of the necessary repair and rebuilding that is necessary.

Your bones, muscles and organs need energy.

Don't skimp on those rest days.

## How Diet Culture Damages Us

First and foremost, diet culture tarnishes our relationship with food. It creates a fear of food (a neutral thing) and food rules.

It causes side effects, like fatigue, dry skin, hair loss, and menstrual irregularities.

Dieting and wellness culture are linked to eating disorders, and not just anorexia. Dieting is also linked to binge eating disorder and eating too clean (aka orthorexia).

And in athletes, the risk is even greater for injuries, bone fractures, and weakness, disrupted cardiac rhythm, menstrual irregularities, and more.

In short, the primary principle of intuitive eating and how to get started is to first recognize the harm that diet culture is causing you. Get upset! Recognize how it has affected your performances and your relationships with your coach and other athletes.

Has it caused additional stress fractures or other injuries? Have you mistakenly been told that you have to be smaller to be more successful? Is there so much pressure on your sport that all of the enjoyment has been taken away?

These are important questions to consider. ■

*Sarah Schlichter is a registered dietitian with a master's degree in public health, a distance runner, and the mom of two girls. She works with clients through 1-1 Nutrition Services, in Frederick, Maryland, as well as virtually. Readers can consume more of her intuitive eating guidance in her ebook, Intuitive Eating for Runners, and on [www.BucketListTummy.com](http://www.BucketListTummy.com), where she shares healthy, easy recipes and science-based sports nutrition information.*

### SOURCES:

- National Eating Disorders Collaboration
- Katherine A. Beals, Amanda K. Hill, "The prevalence of disordered eating, menstrual dysfunction, and low bone mineral density among US collegiate athletes."

# [ MERCHANT DISCOUNTS ]

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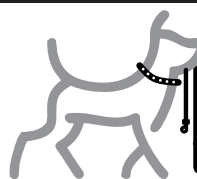


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# [ GROUP RUNS ]

Name	Day of the Week	Time	Location	Pace	Contact
<b>Basch's Group</b>	Tuesdays, Thursdays	5:30 a.m.	4605 Monument Avenue	8:00 to 9:00	Ellie Basch, ellieruns@gmail.com, 804-873-5156
<b>Back of the Pack Trail Group</b>	Sundays	9:00 a.m.	Vary	12:00 to 16:00	<a href="https://www.facebook.com/groups/201907430234622/">https://www.facebook.com/groups/201907430234622/</a>
<b>Black Girls Run</b>	Mondays	5:45 p.m.	Wells Fargo parking lot, White Oak Village Shopping Center	Various	<a href="https://www.facebook.com/groups/bgrichmond/">https://www.facebook.com/groups/bgrichmond/</a> 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	
<b>Black Men Run</b>	Sundays	8:00 a.m.	Fountain at Byrd Park Lake	Various	<a href="https://www.facebook.com/groups/BMRRichmond">https://www.facebook.com/groups/BMRRichmond</a>
<b>Bryan Park Group</b>	Saturdays	7:00 a.m.	Stir Crazy Café	8:00 to 12:00	Susan Deusebio skdeusebio@gmail.com
<b>City Stadium Runners</b>	Saturdays	7:45 a.m.	City Stadium	8:00 to 14:00	<a href="https://www.facebook.com/groups/577195912350952">https://www.facebook.com/groups/577195912350952</a> citystadiumrunners@gmail.com
<b>Crossroads</b>	Wednesdays	6:00 p.m.	Crossroads Coffee	9:00 or faster	mikesn5va@gmail.com
<b>Dog Pack</b>	Sundays	7:30 a.m.	Carytown Panera	8:30 to 14:30	<a href="https://www.facebook.com/groups/1671581323100585">https://www.facebook.com/groups/1671581323100585</a>
<b>Fan Foxes</b>	Tuesdays, Wednesdays and Thursdays	6:00 a.m.	Fox Elementary School	Various	<a href="https://www.facebook.com/groups/fanfoxes">https://www.facebook.com/groups/fanfoxes</a>
<b>Fleet Feet Sports</b>	Tuesdays	6:00 p.m.	5600 Patterson Avenue	Various	<a href="http://www.fleetfeetrichmond.com">www.fleetfeetrichmond.com</a> <a href="https://www.facebook.com/fleetfeetsportsrichmond">https://www.facebook.com/fleetfeetsportsrichmond</a>
<b>Mary Munford Sunday Runners</b>	Sundays	7:30 a.m.	Mary Munford Elementary School	8:00 to 8:30	
<b>Midlothian ACAC</b>	Thursdays	5:30 a.m.	11621 Robious Road	Various	<a href="https://www.facebook.com/groups/MidloACACRun">https://www.facebook.com/groups/MidloACACRun</a>
<b>Midlo Mafia</b>	Daily	5:30 a.m. / 6:00 a.m.	Midlothian YMCA	Various	<a href="https://www.facebook.com/groups/429449713804077">https://www.facebook.com/groups/429449713804077</a>
<b>Morning Workout Group</b>	Daily	6:00 a.m.	Various	Various	<a href="https://www.facebook.com/MorningWorkoutGroup">https://www.facebook.com/MorningWorkoutGroup</a>
<b>Mountain Hearts Running Club</b>	Thursdays	6:00 a.m.	Tredegar parking lot	Various	<a href="http://www.strava.com/clubs/mountainhearts">www.strava.com/clubs/mountainhearts</a> <a href="https://www.facebook.com/mtnhearts">https://www.facebook.com/mtnhearts</a>
<b>Museum Run</b>	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

Name	Day of the Week	Time	Location	Pace	Contact
<b>New Kent in Motion</b>	Saturdays	8:30 a.m.	New Kent Active Life Fitness Center	Various	<a href="https://www.facebook.com/ActiveLifeFitnessCenterRunning">https://www.facebook.com/ActiveLifeFitnessCenterRunning</a>
<b>One for the Road</b>	Wednesdays	6:00 p.m.	Various breweries	Various	<a href="https://www.facebook.com/groups/100890573593214">https://www.facebook.com/groups/100890573593214</a>
<b>Richmond Running and Social Meetup</b>	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	<a href="https://www.meetup.com/RVA-Running-Social-Meetup">https://www.meetup.com/RVA-Running-Social-Meetup</a>
<b>Ridgefield Runners</b>	Tuesdays, Wednesdays and Thursdays	6:00 a.m.	John Rolfe Commons Publix / YMCA	Various	<a href="https://www.facebook.com/groups/36838678999522">https://www.facebook.com/groups/36838678999522</a>
<b>RiVAh Runners</b>	Thursdays	6:00 p.m.	Dogwood Dell Carillon	6:30 to 8:30	<a href="https://www.facebook.com/TheRiVAhRunners">https://www.facebook.com/TheRiVAhRunners</a>
<b>Road Runner Running Store</b>	Mondays	7:00 p.m.	3002 W. Cary Street	Various	<a href="https://www.facebook.com/RoadRunnerRunningStore">https://www.facebook.com/RoadRunnerRunningStore</a>
<b>Rogue Runners</b>	Tuesdays, Thursdays	5:30 a.m.	Starbucks at Libbie and Grove	7:30 to 10:00	<a href="https://www.facebook.com/groups/254849741268828">https://www.facebook.com/groups/254849741268828</a>
<b>Run Short Pump</b>	Tuesdays, Thursdays	5:30 a.m.	Einstein Bros. Bagels on Pump Road	7:00 to 10:00	Frank Finn, <a href="mailto:finn.frank@gmail.com">finn.frank@gmail.com</a>
<b>RVA Monthly Trail Run</b>	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, <a href="mailto:markiscool1@hotmail.com">markiscool1@hotmail.com</a>
<b>RVA Stroller Runners</b>	Tuesdays, Thursdays	9:45 a.m.	Various	Various	<a href="https://www.facebook.com/groups/1597418347194024">https://www.facebook.com/groups/1597418347194024</a>
<b>Sandston Striders</b>	Saturdays	8:00 a.m.	Chicahominy Family YMCA	Various	George Talley, email <a href="mailto:gc_talley@verizon.net">gc_talley@verizon.net</a>
<b>Shady Grove Runners</b>	Mondays, Tuesdays and Thursdays	5:45 a.m.	Shady Grove YMCA	Various	<a href="https://www.facebook.com/shadygroverunners">https://www.facebook.com/shadygroverunners</a>
<b>Sugar &amp; Twine Training Team</b>	Tuesdays, Thursdays	6:00 a.m.	2928 W. Cary Street	8:00 to 9:00	<a href="https://www.facebook.com/groups/361699573878105">https://www.facebook.com/groups/361699573878105</a>
<b>Team Wednesday Night (TWN) Fan Run</b>	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	<a href="https://www.facebook.com/twnfanrun">https://www.facebook.com/twnfanrun</a> <a href="mailto:twn.fan.run@gmail.com">twn.fan.run@gmail.com</a>
<b>Tuesday Nite Trail Run</b>	Tuesdays	5:45 p.m.	Dogwood Dell parking lot, grassy field near dog park	9:30 or faster	Mark "Iscool" Guzzi, <a href="mailto:markiscool1@hotmail.com">markiscool1@hotmail.com</a>
<b>Tuesday Night Speed Group</b>	Tuesdays	6:00 p.m.	Midlothian Athletic Club	Various (speed workouts)	Jay, (803) 379-2686
<b>Winter Trail Group</b>	Saturdays	9:00 a.m.	North Bank Pump House Trail Head	Various	<a href="https://www.facebook.com/groups/shamrocktraining">https://www.facebook.com/groups/shamrocktraining</a>



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# Ashland Half Marathon

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