

MILES & MINUTES

Publication of the Richmond Road Runners Club

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Training Plan**

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Industry Recognition



FORTUNE FEBRUARY 2020

For the 21st year, Edward Jones was named one of the “100 Best Companies to Work For®” by FORTUNE magazine in its annual listing. The firm ranked No. 7 overall. These 21 FORTUNE rankings include top 10 finishes for 16 years, top 5 rankings for eight years and consecutive No. 1 rankings in 2002 and 2003.¹



J.D. POWER JULY 2019

Edward Jones financial advisors rated the firm “Highest in Employee Advisor Satisfaction among Financial Investment Firms, 10 Times in a Row,” according to the J.D. Power 2019 Financial Advisor Satisfaction StudySM.³



TRAINING FEBRUARY 2020

In its 20th consecutive appearance on the list, Edward Jones was named a top company for training, ranking No. 25 on Training magazine’s “Training Top 125” list.



FORTUNE 500 MAY 2019

FORTUNE magazine’s annual listing ranks the largest U.S. companies by revenue. Edward Jones holds the No. 356 spot, with nearly \$8.6 billion in revenue for 2018. This is the firm’s seventh consecutive year on the list.⁴



PEOPLE JULY 2019

Edward Jones ranked No. 11 on the “50 Companies that Care” by People magazine and research and consulting firm Great Place to Work®. This is Edward Jones’ third year on this list that recognizes outstanding companies succeeding in business while also demonstrating respect, compassion and concern for their communities, their employees, and the environment.²



J.D. POWER MARCH 2019

Edward Jones ranks highest in investor satisfaction with full-service brokerage firms, according to the J.D. Power 2019 U.S. Full Service Investor Satisfaction StudySM. The study measures overall investor satisfaction with 18 full-service investment firms based on eight factors including financial advisor and investment performance. The firm scored 853 in overall satisfaction, 18 points above the industry average.⁴⁵

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² From People, Aug. 5, 2019, Meredith Corporation. Used under License.

³ Edward Jones received the highest score among employee advisors in the J.D. Power 2007, 2008, 2010, 2012-2015, 2017-2019 Financial Advisor Satisfaction Studies of investors’ satisfaction with their financial investment firm. Visit jdpower.com/awards.

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⁵ Study based on responses from more than 4,629 investors who primarily invest with one of the 18 firms included in the study. The majority of the study was fielded in December 2018. Your experiences may vary. Rating may not be indicative of future performance and may not be representative of any one client’s experience because it reflects an average of experiences of responding clients. Visit jdpower.com/awards.



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. 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. 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: A participant in the 2019 Marathon Jr. from Kids Run RVA, a Richmond Sports Backers program. Read more on Page 10. Photo credit: Caroline Martin/Sports Backers.



Richmond Road Runners Club



@rvaroadrunners

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[EDITOR'S LETTER]

Seasons of life – and running

Our outgoing RRRC president, Nikkia Young, inspired the editor's letter for this issue. In her president's message, Page 3, she writes about the beauty of fall running: "the cool, crisp air" and seasonal training teams and races. She also writes of the seasons of life and changes on her horizon.

Nikkia's musings intertwined with observations of the Richmond running scene to spark my own reflections.

Seasons for running

While logging miles together, runners frequently seem to bring up the weather – the current temperature, humidity, or precipitation – as well as their seasonal preferences. While some do prefer the summer warmth, others tout the benefits of winter running.

Personally, I've always been a "right to bare arms" kind of gal. Give me tank tops and shorts over layers, gloves, and tights. On the other hand, I do find myself more negatively impacted by the heat as I take more laps around the sun.

And on the other hand (who knew I had three hands?), my new running companion has me looking forward to cooler temperatures, perhaps for the first time in my life. My Australian shepherd, Newt, can go much farther when it's cold. I'm sure I'd feel the same if I wore a fur coat year-round.

The community

My team training run this morning highlighted the pleasures of fall running – perfect temperatures from start to finish. It also highlighted the joys of running in Richmond. Perhaps no time is this more evident than in the last couple of months leading up to the Richmond marathon, half marathon, and 8k.

Like other Saturday mornings, I was gratified by the sight of so many people on the streets and sidewalks: runners, walkers, dog owners, and cyclists outside for health, fitness, and fun. In addition to random exercisers, my running companions and I crossed paths with other running teams and groups.

We also shared greetings (and at least one air hug) with friends from other groups. Yes, not only are these groups useful for companionship on runs, they nurture friendships from acquaintance to BFFs, short-term to lifetime. Then, in a big little city like Richmond, you're bound to see these folks later, especially at other fitness events.



Today, I ran for a spell with an acquaintance I'd not previously spent time with. As we ran, he shared how he got started running marathons. In fact, his story illustrates another joy of the running community.

In a nutshell, he started running with an informal weekly short-distance group. After someone suggested he try marathons, he eventually agreed to join the Sports Backers Marathon Training Team. He intended to stick with the team only until the distance got too long. Long story short: his competitive spirit combined with the encouragement of his coaches and running partner carried him all the way to that year's 26.2-mile race. He's been on MTT ever since, as participant and coach.

Groups can do this. Through encouragement, camaraderie, and accountability, they keep us going, sometimes farther than we would have otherwise.

Seasons of life

The Richmond Road Runners Club supports running and healthy lifestyles in all seasons of life. We support kids' running programs, award scholarships to college-bound runners, sponsor races, and organize training teams. The club embraces runners (and walkers) of all paces and ages, casual or serious, those in it for fitness, fun, or competition.

Our vision extends beyond our own group, too. We help other organizations put on races, publicize other running groups, and support like-minded organizations. We publish and distribute *Miles & Minutes* to educate, inform, and inspire people throughout Greater Richmond.

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[PRESIDENT'S MESSAGE]

**Seasons**

I don't know about you all, but fall is the time of year I find it so easy to get out of the house for a run – the cool crisp air, the training teams in full swing, and all the fall races that are on the

calendar. Ever since I've moved to Richmond, the Turkey Trot has been my personal favorite. Getting to run a hard 10k, enjoying time with my running community, and sharing snacks after, before we all head to our respective Thanksgiving gatherings, just add so much to a day that reminds us to be thankful and grateful.

As my term as president is coming to a close, I just want to let you all know that I am grateful to the Richmond Road Runners Club and the greater Richmond running community for the past couple years. When I first moved here, I struggled to find a place to belong. After a few training teams and races, seeing many of the same faces week after week and event after event, I started to find a place. These connections and runner friends made Richmond feel like home to me. Most importantly, it allowed me to learn the city in a way many people do not get to see. My hope is for the club and the Richmond running community to continue to be a place for anyone and everyone. We worked hard over the past two years to make sure that our actions matched our intentions and that we had policies in place to support all in our community. I look forward to seeing how the club evolves, grows, and expands over the coming years.

Thank you for entrusting me to lead. ■

Nikkia Young | *President*

UPCOMING RACES

Find information on upcoming races at [RRRC.org](https://www.rrrc.org) (click on the Sign Up button below the masthead) and on Facebook @ Richmond Road Runners Club.

Turkey Trot – Nov. 25

By Michael George

The 2021 Turkey Trot 10k is on for Thanksgiving Day! The race offers in-person and virtual options. Because of Covid restrictions, the run is moving, after 40-plus years, from the University of Richmond to Bryan Park in Richmond's Northside. The course will be similar to the 2021 Frostbite course, with two loops, but shorter distances. And, of course, it will have hills, because it wouldn't be the RRRC Turkey Trot without them. There will also be the traditional Kids' Run prior to the 10k.

Lakeside's own Final Gravity Brewing Co. has come on as a sponsor this year. Lucky Road Run Shop will be the store sponsor again, with packet pick-up at the Willow Lawn location for multiple days leading up to race day.

So mark your calendar and look forward to more details and the announcement about registration opening.

**Rocketts Landing Capital Trail
10 Miler & 5k – Oct. 30**

PHOTOS:

<https://1drv.ms/f/s!AoE68cAJKN2PgbsX3GxcyAGekkyBeQ> or
<https://onedrive.live.com/?authkey=%21ANxsXMgBnpJMGXk&id=8FDD2809C0F13A81%2123959&cid=8FDD2809C0F13A81>

The hugely popular 10-mile and 5k run/walk along the Capital Trail returns for 2021. The event was held first in 2019, followed by a virtual-only event in 2020.

The in-person, Halloween-themed event takes place along the paved Virginia Capital Trail, starting and ending at Stone Brewing in Richmond. Runners and walkers of all fitness levels will enjoy a safe, scenic course separated from vehicle traffic with city and river views along the James River. It features measured and marked courses with a start/finish line, mile markers, run support, on-site packet pickup, and chip-timed bibs. A virtual option is also available.

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Upcoming Races

continued from page 3

New this year is a pre-run costume contest. Participants and fans are encouraged to wear a costume. Prizes will be awarded in three categories: best adult, children, and family/group costume.

This year's race is hosted by the Virginia Capital Trail Foundation and the Richmond Road Runners Club and presented by Dominion Energy.

"It is our goal to encourage people to get outdoors for healthy activity and to showcase how the Capital Trail is a great resource for runners and walkers," said Cat Anthony, executive director of the Virginia Capital Trail Foundation. "We know how rewarding and important it is to celebrate milestones and cross that finish line. We have worked hard to provide a safe and enjoyable experience for our participants."

When the event was launched in 2019, nearly 600 people participated, of whom 30% were first-time visitors to the Capital Trail. In 2020, the event was held virtually due to COVID.

Registration includes a Halloween-themed T-shirt and beer ticket at Stone Brewing tap room in Richmond (age 21 and older). Discounts include a reward for referring three friends and a discount for participants 20 and younger. RRRC and CRR members get \$5 off registration.

Bear Creek 10 Mile Trail Run – Dec. 5

This popular RRRC 10-mile trail race starts and ends at Bear Creek Lake State Park in Cumberland, Virginia, about 45 minutes west of Richmond. The loop course passes through the piedmont hills of Cumberland State Forest and Bear Creek Lake State Park. Registration is capped at 275 runners for 2021.

Richmond Road Runners Club will donate \$1 of each registration fee to the Friends of Bear Creek Lake State Park, citizen volunteers from Virginia's Central Piedmont region who support the park's mission and operation.

There will also be a virtual option.

Keep on Truckin' ... More RVA Races

The Richmond Road Runners Club website lists races and running-related events within 50 miles of Richmond, even those not sponsored by RRRC. Races include many nonprofit benefits – extra good for your heart.

Events automatically feed from RunSignUp so have not been vetted by the club.

RRRC.org/rva-race-calendar

RACE RECAPS

Cul-de-sac 5k race series

Three traditional Monday evening races in July, in metro Richmond, Virginia – always steamy temperatures, always fun! This year's series, held on July 5, 12, and 19, included both in-person and virtual race options. Like much else during 2020 and 2021, the race saw another significant change: a new location, at Henrico County's Deep Run Park.

Race organizer Mike Gholson affirmed the teamwork for pulling the series off in a new location. Next year will be the 20th running of the Cul-de-sac 5k series.

Pony Pasture 5k

Pony Pasture went off without a hitch on July 24 as runners galloped along the 5k route. Kids aged 2 through 10 ran the .1-mile Kids Run route, and Keira D'Amato won the Battle of the Pony.

The recipients of the 2021 Richmond Road Runners Club Scholarship Fund were announced at the conclusion of the 5k. The club had a very competitive field of 25 applicants this year. The three winners set themselves apart through their leadership, dedication to running, and volunteering in the running community. Recipients were Caroline Bowe and Katharine Krievs from Midlothian High School and Andrew Van De Putte from Maggie L. Walker Governor's School.

Pony Pasture pics: <https://runsignup.com/Race/Photos/VA/Richmond/PonyPasture5K>

Ashland Half Marathon

By Michael George

The name was changed but the weather remained the same. The 15th running of the Ashland Half-Marathon on Aug. 28 lived up to the pre-race hype as "Summer's Hottest Marathon." Nearly 700 runners lined up at the new start time of 6:30 a.m. for the Grateful Dead rendition of the national anthem as dawn was breaking, hot and humid, and then took off to run the streets of the Town of Ashland along with the rolling, and sometimes steep, hills of surrounding Hanover County.

The heat and humidity did not seem to bother the frontrunners, however. Harrison Toney was the first finisher with a time of 1:08:42, which was the record time for the current course, which starts and finishes in Ashland. The time was just eight seconds short of the overall event record set by John Molz in 2010, which was recorded on the course starting and ending in Poor Farm Park. Matthew Novak, finishing 2nd in 1:09:20, and Brian Flynn, finishing third in 1:10:58, have the second fastest and fourth fastest times on the current course. The first-place female, Laura Labuschaigne, finished with the fifth fastest female time in event history with a 1:21:42.

All runners seemed appreciative of the support and effort given to put on this event. Some of the comments:

Great support and awesome race @ Ashland 1st class show.

Heat, humidity, slow pace – eh? Who cares. I was SO HAPPY to be back.

THANK YOU thank you thank you thank you to everyone – SB people, MTT coaches, volunteers, law enforcement, the medics, the crowd, the Richmond Road Runner peoples, everyone who made what I imagine was a return event for many of us such a tremendously joyous experience.

Well done on the Ashland Half Marathon. It was my first time running that race and I enjoyed the course and support.

Thank you to the Town of Ashland and the County of Hanover for allowing us to add an extra half hour by giving us the early start. Thanks to all the volunteers and great support from the Richmond Road Runners, in particular to Glenn and Shawn, who oversaw the water stops and the course marshals, respectively. Thanks to Bon Secours medical staff. Thank you to Molly Johnson, the race director on Sports Backers end, and all the great people at Sports Backers.

This event is a joint production of the Richmond Road Runners and Sports Backers, held each year at the halfway point of Marathon Training Team. The proceeds of the race benefit Kids Run RVA.

PHOTOS FOR ASHLAND HALF: <https://backlight.zenfolio.com/p509975839>

For one runner's perspective on the Ashland Half, go to Page 7. For more on Kids Run RVA, turn to Page 10.

National Coverage for an RVA Running Group

In June, *Runner's World* ran an article on a running and fitness group formed by Richmonders Anthony and Tara Clary. The article was titled "How the #WEOFFTHECOUCH Run Group Is Fighting Stereotypes in Its Community."

"When you're dead tired in the middle of a run, you can build a community around [the thought], 'Well, at least we off the couch,'" Anthony told *Runner's World*. "For us, it built a fitness community and we want to evolve it into something bigger and expand to other aspects of fitness."

"It became so much bigger than running," Tara told the national running magazine. "It can be such an individual sport, but to have people cheering you on when you get winded, it's huge. Otherwise, you might quit sooner. To be with a group, I'm empowered; I'm encouraged by it."

Miles & Minutes ran its own article on the Clarys in our spring 2021 issue. (Ha! We scooped *Runner's World*!) "Their purpose is to encourage all people of different paces and various backgrounds to get up and get moving – there's no such thing as a 'runner's body,'" wrote Crystal Koch in "Supporting the Community: Running with Rock."

For more information, check out the group's Facebook page, [Weoffthecouch](https://www.facebook.com/weoffthecouch/).

Runner's World ran an article in March 2021 on a similar running group in Charlottesville, also targeting the Black community: "How This Running Group Is Cultivating a Diverse, Inclusive, and Motivational Community." ProlyFyck Run Crew, named after a Nipsey Hussle lyric, attracts a diverse group of runners: young, old, Black, white, men, women, former collegiate track competitors, and new runners.

IMAGES: <https://www.facebook.com/weoffthecouch/>

Running Shoe Weight – A Heavy Topic – How low should you go?



By George Lane, DPM, FAAPSM

Running shoe weight should definitely be factored into your shoe selection decision making, along with the other shoe features discussed in this series of articles. As a general rule, lighter is better. In other words, if you could have the exact same features, besides

weight, in two otherwise identical shoes, the lighter weight shoe would be the better choice. The question then becomes, how light a shoe can you find that has all the features that meet your needs, such as adequate cushioning, foot support, and durability? Another question to consider: are there any features you can compromise on in a heavier shoe that would be offset by the advantages of a lighter shoe?

Advantages

The major benefit from lighter weight running shoes is that one can run with the same stride cadence with less work required, or an increased stride cadence with equal or less work required, due to less shoe weight to lift and swing through the air. This leads to improved running technique, better running efficiency and economy, and less injury potential.

In a personal example, switching to a lighter weight shoe helped me with a nagging hamstring injury I had been suffering from off and on for years. Increases in running mileage would eventually cause it to act up. I made a switch to running in lighter weight shoes and my hamstring issues resolved without requiring any other measures. The reason for this, I believe, is that by having less weight at the end of the pendulum (the lighter shoe on the foot, at the end of the leg) resulted in less wear and tear from work and stress on the movers of the pendulum (the hamstring muscles and tendons).

On the other hand (or foot)

However, I sacrificed some shoe cushioning to obtain the reduced shoe weight. As a result, I suffered two other injuries: stress fractures. Subsequently, I found a pair of lightweight

running shoes that provided more cushioning, and as a result, I've been able to run much more consistently without injury for a number of years (knock on wood!).

As mentioned above, there may be trade-offs that come with some lighter weight shoes, such as less shoe durability, less torsional stiffness, fewer stability features, or less cushioning than their heavier counterparts. Some of these may be advantageous for some runners, but problematic for others.

For example, a heavier runner may require more robust cushioning than some lighter shoes can provide. Also, a runner with severely unstable flat feet (severe overpronators) may require more material strength in the upper and more density or a wider base of support incorporated into areas of the midsole, thus adding weight as well as bulk to the shoe. In this situation, it is often possible to use custom foot orthotics within the shoe to better align the foot, thus allowing the overpronating runner to wear a much lighter and less bulky running shoe while likely getting superior foot support than the heavier shoe could provide in the first place.

Where the rubber meets the road

The good news is that running shoe technology is constantly evolving and we are seeing most running shoe companies now using materials and designs that have resulted in the production of very lightweight shoes that provide superior cushioning, stability, and even durability than those of earlier generations. A recent article by Sole Review found that just 10 years ago, the acceptable weight of a men's running shoe was around 12.5 ounces. Compare this to the current average weight of about 9.5 ounces, according to The Wired Runner.

The bottom line is that although the weight of the running shoe is an important factor – and as a general rule, lighter is better – selecting the best shoe for your specific needs requires other important considerations such as those described above. The assistance of an expert at a reputable specialty run shop can be invaluable in determining the best choice for you. ■

*George Lane, DPM, Richmond, Virginia
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Owner, Superior Foot Supports, SuperiorFootSupports.com*



Yeah, I did strip down to my sports bra. It was so hot, I didn't care!

Formerly the Patrick Henry Half Marathon, this annual event hosted jointly by Sports Backers and the Richmond Road Runners Club is notorious for the brutal weather conditions that are August in Virginia. One year, the race was held as the outer bands of Hurricane Irene struck Richmond!

As the new name indicates, this race is run in Ashland, Virginia. The course winds through many streets I either run on or drive frequently. It's a fairly small race, and begins and ends on the campus of Randolph-Macon, winding through quaint streets of the town and into the farmland of Hanover County. There's even a stretch that bikers love since they can practice hills (also mile 11 on the course).

The last time I ran this race was in 2016, when conditions were so poor weather wise, I swore I'd never run it again. Naturally, each year since, we seemed to get an unusually cool day for August for this race. This year, I broke my word. Peer pressure is a dangerous thing, people! Most of my fellow Pink Nation coaches were running, and admittedly, I was tempted because of the new rebranding! So it seemed that my half marathon 11 would be the inaugural running of the Ashland Half.

OOPS, I DID IT AGAIN

Running the Ashland Half Marathon after five years off and a re-branding

By Anne Magee

Off and running with a pep talk

Race morning, I woke up at 3:38am. My alarm was set for 4! So be it. It was time to get up and ready. Getting to the race early was important because the coaches set up canopies for our tailgate after the race! And, as luck would have it, it was my turn to give the benediction before the race (this is what we call our motivational speech pre-run, a Pink Nation tradition!)

Pre-run pep talk to the Sports Backers MTT Pink Nation team.

Here's what I said:

As promised, since I signed up to run this race with you, we are in for a day that's sure to be as hot as the surface of the sun. You're welcome.

Seriously, though, I'm sure you all are feeling a mix of different emotions today! BECAUSE IT'S RACE DAY!!!

BREATHE. RELAX. We can do this!

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Oops, I Did It Again

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If you are feeling nervous, this is good. It means that you care. Use this energy to fuel your race today. We will face the excitement of this challenge together.

I'm quoting Alexi Pappas, professional runner and Olympian, from her book *Bravey*. If you haven't read this yet, you really must. It's my new favorite book about running and life!

About nerves, Alexi says:

"Nerves are cousin to excitement and excitement is cousin to gratitude. Pay attention to your nerves: If you feel nervous, it's a sign that a Very Big Thing is unfolding. Be nervous for how good that thing can be."

About the pain of racing, Alexi offers this advice:

"Racing is about understanding that pain is a sensation but not necessarily a threat, and if you continue to put one foot in front of the other you will break through your rough patch."



Pre-run pep talk to the Sports Backers MTT Pink Nation team. Photo courtesy of Maria



Proof that this road exists ...

And about persistence, Alexi says:

"Grit is what's left over when nothing's left."

So let's take some quick lessons from Alexi. Nerves are good. When the race gets painful, just concentrate on one foot in front of the other. And when you feel depleted as this race, heat, and humidity unfold, remember that you have grit. Remember your why. You are trained, and you are ready. Be brave. We can do this!

ALL GO! NO QUIT! COWBOY UP!!!

That last bit we say together as a team. It's another Pink Nation thing!

With the Ashland Half starting 30 minutes earlier than usual and with 3½ hours to run the race, I felt a bit of relief as we set off from the start line. My last half was 3:20. Granted, that was the Blue Ridge Half Marathon, which climbs two mountains, but I was still sort of concerned.

The first half of the race was pretty smooth. We ran around the town of Ashland, which is fairly flat. Then we made our way to the hilly country roads. I had prepared myself mentally for the worst part of the race for me, running down Yowell: a very hilly farm road with no shade. I've definitely struggled here before! But this time, it didn't seem so bad.

The race changes when we turn onto Route 666, affectionately referred to as the "devil's road." Yet another



Some of our team who ran Saturday.

twisty-turvy country road, which leads to even more twisty-turvy country roads ... and suddenly you are at mile 10, approaching the long hill that is mile 11 of the course. I was thrilled to see Lisa and Kelly, the only two Pink coaches not running the race. What a welcome sight to see their smiling faces and hear their words of encouragement!

And then, just like that, we were up the three hills of mile 11, and there was only one mile left of the race. It was brutally hot and relentlessly sunny at this point. I was grateful that mile 11 was mostly shaded. I had already taken quite a few walk breaks by this stage of the race, as had most of the runners in my company. But I was pleasantly surprised to look down at my watch as I made my turn back to the campus of Randolph-Macon and realized that not only would I finish in less than three hours, I would finish in less than 2:50!

Our Pink Nation coaches ran in the final participant to finish together. Another tradition.

In retrospect

Would I run this race again? I don't know. If I don't sign up, we will have one of those special, unusually cool August days with clouds and a nice breeze! I am beginning to think that my participation curses the weather for this race!

Bad things about this race? The weather, of course. And midway through the run, my Nathan hydration belt pocket split in two places at the seam. I spent a fair bit of energy worrying that I would drop my sport beans or my phone!

Good things about the day? It was a race. In person. It was very well organized, as both Sports Backers and the Richmond Road Runners are pros. The race was just a few miles from my house on roads I run frequently. Hearing the sound of runners striking the pavement at the beginning of the race before everyone spread out was amazing, and a sound I didn't realize I missed. Seeing friends on the course was equally amazing, as one part is an out and back. Other friends were course marshaling. Having the support of coaches who weren't running this race was so nice. Seeing their happy faces and hearing their cheers was definitely refreshing as we headed into the series of hills at mile 11! And having the coveted bling and swag of the inaugural Ashland Half! ■

Anne Magee is a physical therapist, wife, mom, runner, artist, and vegan who is passionate about helping others find wellness. She's also an assistant coach for the Sports Backers Marathon Training Team and an ambassador for Nuun, Switch4Good, and Foot Levelers Blue Ridge Marathon 2021. You can follow her blog at www.AnneTheVegan.com.

Autumn from a Younger Perspective

Kids Run RVA Keeps Kids Moving with Fall Fit Club and Marathon Jr.

Images from the 2019 Marathon Jr. (Photos by Caroline Martin Photography, courtesy of Sports Backers)

For most adult runners, there are some truly cherished fall running milestones: the first workout on a chilly morning, the first trail run, the first pumpkin spice latte after a run, and, of course, the fall goal race, whether it's a marathon, half marathon, 5k, trail ultra, or anything else in between.

Many youth runners look at autumn activities the same way. For middle and high school runners in Richmond, that usually revolves around the cross-country season. For kids ages 4 through 14, the goal race often means the Marathon Jr. from Sports Backers. This year's event is set for Saturday, Oct. 30, with a new course location at Sports Backers Stadium. It starts and finishes on the stadium track and provides a unique opportunity for participants to run along the baseball field at the Diamond, home of the Richmond Flying Squirrels.



"Marathon Jr. is an exciting event for all of our participants and their volunteer coaches, and we're looking forward to the new course location for this year's event," says Jacki Quinlan, director of youth programs for Sports Backers.

The Marathon Jr. is part of the VCU Health Richmond Marathon, taking place two weeks before the 26.2, 13.1, and 8k events.

Join the club – the new club!

The one-mile youth running event is the exciting culmination of the fall running season for many Kids Run RVA clubs around the region. Kids Run RVA, a program of Sports Backers, organizes run clubs in schools and neighborhoods and provides daily and weekly fitness programs to help prepare participants for Marathon Jr.

One of Kids Run RVA's newest additions for 2021 is the Fall Fit Club, a virtual fitness option for kids who are unable to take part in an in-person run club. The eight-week program runs from Sept. 27 to Nov. 21, with five activities for participants to complete

KidsRUN^{RVA}
FALL
FIT
CLUB



each week: Workout Wednesday Club on Zoom with other participants, a Brain Break University exercise video, a Kids Run RVA Activity, Moving Minutes Challenge, and a Fall Fit Club Activity. The Fall Fit Club head coach will send activities to participants, and kids will track their progress on a specially designed Fall Fit Club guide.

Fall Fit Club participants can earn a finisher T-shirt by completing all activities during at least five of the eight weeks of the club and are encouraged to turn in their activity logs at the Marathon Jr. to proudly wear their shirt during the event. The race itself, which is celebrating its ninth running in 2021, provides a true race-day atmosphere and is the first real race experience for many of the participants.

More than just training for a one-time event

Setting and achieving goals and crossing the Marathon Jr. finish line are big parts of the overall mission of Kids Run RVA. The program aims to establish healthy habits early in life that are critical to the long-term physical, emotional, and social development of all children. Kids Run RVA works to provide all kids the chance to participate in daily physical activity, with an intentional focus on underserved communities that lack access to affordable fitness opportunities.



“Kids Run RVA strives to create fitness opportunities in all formats and to make fitness fun,” says Quinlan, “Our fall programming leading up to Marathon Jr. is a great example of that.”

The Sports Backers program gives thousands of Richmond-area kids the chance to have fun while being physically active in their own communities.

“Whether the kids have been running regularly with their run clubs or taking part virtually in the Fall Fit Club, we know they will be ready to go on Oct. 30,” says Quinlan.

As most runners know, the goal race might signify the end of a training cycle, but it’s really just another step on the fitness journey. The same is true for participants who take part in Marathon Jr. – it’s a fun event and an exciting way to cap off the fall running season, but it’s just one of many ways that Kids Run RVA and Sports Backers aim to keep kids engaged in physical activity throughout the year. Crossing the Marathon Jr. finish line and earning a medal are great ways to motivate and inspire young runners to enjoy active living throughout their lives.

Visit www.SportsBackers.org to register for Marathon Jr. and the Fall Fit Club. Check out many other ways to get involved with Kids Run RVA while you’re there. ■



The best running training plan

What to look for when you're working toward a goal

By Annie Tobey

Sometimes, we just want to throw on our running clothes, lace up our shoes, and head out the door, with no objective but pleasure or stress relief. Other times, the objective may be more specific. Your goal may be to complete a particular race, place tops in a race or age group, qualify for Boston, or simply improve your overall health. With a goal comes a need to train – and a need for a strategy and plan.

Expanding the possibilities

During my early running years, I was on the “Whatever Whenever” training plan. I ran most of my miles on a treadmill, with a TV to entertain me. Twenty minutes was the max before boredom set in.

When I joined the Sports Backers 10k training team, the official training schedule became my authority. I followed the regimen to a T, loathe to miss a training run. I carried a similar fervor forward to the half marathon training team, then to the marathon training team.

But when I decided to run a 50k, I saw a different aspect of training. A Google search for “training for a 50k” and an informal survey of ultra-running friends demonstrated the diversity of training strategies – and the lack of a single magic training plan.

Popular strategies

If you're looking for a training strategy and you're not already a part of a training team, you will find no shortage

of official training plans. Most are accessible online, in a book, or through an app. The most widely used plans (and some mnemonic fun to help you remember them) include:

Not the “This mission is too important” Hal. Veteran runner Hal Higdon has been running competitively since 1947 and sharing his running experience and wisdom for decades, including the 1997 book, *Hal Higdon's How to Train: The Best Programs, Workouts, and Schedules for Runners of All Ages*; *Run Fast: How to Beat Your Best Time Every Time*; and books on training specifically for marathons and half marathons. His programs can be accessed through his website, HalHigdon.com, and the TrainingPeaks' Run with Hal app.

Not the bourbon guy. Another veteran, Jack Daniels, has been coaching winning runners for more than 50 years. His classic book, *Daniels' Running Formula*, came out in February 2021 in its fourth edition. It includes event-specific training, from 800-meter runs to ultras and triathlons; advice on setting up one's own plan and 31 training plans and workouts; and four running plans for fitness, to get in shape or regain conditioning after injury.

Not a measure of vision, fortunately. The 80/20 plan is based on the theory that athletes improve the most when they perform 80 percent of their training at low intensity and 20 percent at moderate to high intensity. Plans are available for a variety of goals, including running, triathlons, strength, obstacle courses, and maintenance. They're

available at 8020Endurance.com or in *80/20 Running: Run Stronger and Race Faster by Training Slower* by Matt Fitzgerald and *80/20 Triathlon*.

"I like the 80/20 concept," says Richmond-area runner David Goode. "Most of my 80% runs I set my watch to only show HR [heart rate] data. I run off that info. Then I go hard when doing my 20% runs based off time and HR data."

"There's no exact science that will work the same for two people but 80/20 has proven to be generally successful across the board for a variety of runners and ability levels," agrees Brian Tucker, certified yoga teacher and local advocate for health and wellness. In addition to the 80/20 guideline, he recommends, "Progressively load your monthly cycle by building volume each week by about 10 percent, then reducing the volume every fourth week to recover ... to minimize injury risk, incorporate strength training and recovery work on the off days."

Not the first or the last. The science-based Furman Institute of Running and Scientific Training (FIRST) philosophy aims to limit overtraining and burnout while still improving race times. It uses the "3plus2" program – 3 targeted runs (a track workout, tempo run, and long run) and 2 aerobic cross-training workouts. The FIRST training book title seems like click bait: *Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program*. But it works.

Richmond runner Tom Visotsky has had success with the FIRST program. "It's gotten me to Boston four times, and I'm still hitting track repeats in similar times to what I ran 15 years ago," he says. Visotsky points out that the program was designed by three professors at Furman University. They found that running fewer but more intense miles, combined with cross-training, reduced injuries and led to faster running times – nearly 20 minutes in a marathon. "The 16-week program calls for five 20-milers," he adds, "but overall total mileage is about 23% less than other marathon training programs. I highly recommend FIRST to anyone willing to add speed and intensity to their training in order to reach for a new PR."

Despite differences in the FIRST program and the MTT program, Visotsky has been able to participate in the team, making adjustments as needed. "I just add a few miles when needed," he explains. "I will also 'flip' a week's training when needed."

The birth and growth of the MTT program

Many Richmond runners have experienced training plans as part of a team, such as the RRRC winter marathon and half marathon training team and Sports Backers teams, from 8k to marathon.

In 2002, Sports Backers approached Don Garber about starting the marathon training program. "They had just recently taken over the marathon from the newspaper, and they wanted to add a training component," Garber says.

In creating the Marathon Training Team program, he was "greatly influenced by the writing of Hal Higdon. It's a good, moderate, easy-to-understand plan. Jack Daniels has great plans, but you have to be an exercise physiologist to understand them. A plan has to be simple and easy to understand. You can't make it so hard or onerous that you can't follow it."

MTT offers two levels, differentiated by total training mileage (about 500 miles during the season for one level and 700 miles for the other). It incorporates weekend group long runs, cross-training, hill workouts, and track workouts.

"We've modified the plan over the years," says Garber. For example, the more advanced Black sub-team added more mileage to their schedule. "Through the years, we've made changes, sometimes to accommodate races." The schedule added in the trio of RRRC Cul-de-sac 5k races, for speed work, and the half marathon in Ashland each August, as a "mid-term."

A running plan for you

Your ideal training plan will work for you, and every training plan won't work for every individual. Kevin Burcham, certified coach for Ironman, USAT Level 1, and RRCA, says the best plan is "one that a well-qualified coach prescribes. Everyone is so different ... Weight training is very important, but how and where it fits into a plan is key."

"You've got to have a plan that you can be honest with yourself about," says Garber. For example, he says, you may admire Olympic distance runners who run 140 miles per week, "but if you're working 50 hours a week, that's not going to work for you. A plan has to fit your lifestyle or your commitment or goals in order to work."

continued on page 14



You can find your next issue of *Miles & Minutes* at these Richmond-area locations.

Lucky Road Run Shop, Midlothian
 Chesterfield County Parks & Rec
 Dick's Sporting Good, Midlothian
 Dick's Sporting Goods, Willow Lawn
 Lucky Road Run Shop, Willow Lawn
 Fleet Feet, Patterson Avenue
 Richmond Road Runner, Carytown
 Final Gravity Brewing, Northside
 New Balance, Short Pump
 REI, Short Pump
 Dick's Sporting Goods, Short Pump
 Town Center
 Athleta, Short Pump Town Center
 Lululemon, Short Pump Town Center
 Fleet Feet, Short Pump
 RRRC special events

Support those who support Richmond runners!

The best running training plan

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On how closely runners should follow the MTT plan, Garber says, "I don't expect anyone to run every mile on the plan, but you need to make sure that you don't habitually shortcut yourself. If the plan tells you to run 40 miles for the next 5 weeks, 30 miles for all 5 weeks makes a significant difference, but 35 one week doesn't make a big difference. Be flexible, make some miles up, but you don't want to be regular, just occasional. I've always said – the best thing you can do in training is to be consistent – consistently follow what you plan."

Of other training plans, Garber says, "If you're selecting a plan and you're running with other people, make sure you all agree on the same plan. You'll train better if you have someone out there to encourage your running."

Runners can also find plans on exercise apps, like Runkeeper, MapMyRun, and Running by Daily Burn.

Chris Harnish supports an individualized training plan. Harnish has a doctorate in exercise physiology and is a former elite cyclist and 2018 USA Off-road Triathlon national champion. He's currently the exercise science program director at Mary Baldwin University. "The main issue with training programs is one of two or both problems: it's generic and doesn't meet the individual needs of a runner, or it's lopsided; too many miles (usually) and only focused on one side; again, miles or volume is common, but too much intensity is another problem. Goals of the runner matter, too.

"Greg McMillan's book is a great starter for customizing pre-made plans," he says.

In *You: Only Faster*, McMillan presents the step-by-step process he uses to create customized training plans, including how to tweak a plan based on one's own strengths and weaknesses as a runner.

According to Harnish, the key aspects of a training plan are:

- 1) It should match what your goal is, and it should offer some tips on how to modify it to tailor it.
- 2) It SHOULD NOT center on one singular approach – e.g. increase mileage for 10 weeks, all intervals or lots of "threshold/tempo" intensity, etc.
- 3) High-mileage programs for mileage's sake are unnecessary and could be more injurious for newer runners, and definitely more fatiguing.

- 4) The best programs use basic periodization and shift training focus over the course of the plan to prep for the race.

“Bottom line,” Harnish adds, “training plans are a great starting point for someone aiming to do a race, but no one should feel it’s a rigid guideline.”

Individual considerations

In creating or following a training plan, consider:

Physical abilities or limitations

You know your own body, but it’s always wise to consult a medical professional before embarking on any new exercise program.

Experience

If you’re a new runner or returning after years off, amping up your mileage too quickly might be challenging both mentally and physically. Too many miles or too much intensity may lead to burnout and/or injury.

Time and life limitations

Keep your expectations realistic. If commitments such as job and family already pack your schedule, this may not be the time to qualify for Boston or run your first ultramarathon.

Goals

Are you seeking PRs and BQs or simply health and fun? Or as Richmond runner Mike Swain described his training motivation, “Beer as a reward.” I can relate!

Age

Age matters. Boston doesn’t add minutes to age-group qualifying times just to be nice. On the other hand, we can still achieve amazing goals as we age. Hal Higdon achieved his greatest success as a masters (ages 35+) runner.

Jack Daniels’ Running Formula includes age-related modifications for runners from ages 6 to 80. The 80/20 plan reminds runners that runners age 50 and over require longer recovery periods after intense workouts. *Fast After 50: How to Race Strong for the Rest of Your Life* by Joel Friel offers a wealth of helpful resources for endurance athletes.

Personal preferences

Finally, ask yourself, how much effort do I really want to put in? What motivates me?

“I prefer a time-based plan versus a mileage plan,” says Nikkia Young, RRRC president. “I coach with Fitness

Protection Program [FitnessProtection.com], and we have monthly plans that help keep people ready for a half/full (with ramp up).”

“I am pretty motivated to cycle on my trainer by the gaming elements of Zwift. A plan with more rewards and recognition might help me,” says long-time runner Marit Bank.

Perhaps you prefer to just throw on your running clothes, lace up your shoes, and head out the door, with no concern for time or speed. As long as you’re moving and staying healthy, that’s a worthwhile plan! ■

Training and Exercise Vocabulary

When you dig in to training plans, you’ll find an abundance of acronyms:

- **HIIE:** High Intensity Intermittent Exercise (near-maximum efforts)
- **HIIT:** high-intensity interval training
- **SIT:** sprint interval training (“all out” efforts – bursts of hard exercise followed by a short rest periods)
- **MICT:** moderate-intensity continuous training (moderate, steady-state exercise)
- **LTHR:** lactate-threshold heart rate
- **HR:** heart rate
- **VO₂ max:** the maximum (max) rate (V) of oxygen (O₂) your body is able to use during exercise – i.e., aerobic capacity
- **PR:** personal record
- **LSD:** long slow distance
- **MPW:** miles per week
- **NS:** negative splits
- **TMI:** too much information! Be smart in your training to avoid burnout and injuries or a **DNS** (did not start the race) or **DNF** (did not finish). Don’t let the acronyms or complexities spoil your enjoyment of the sport

[RUNNER RECIPE CORNER]

Favorite running fuel

Whether you run to eat or eat to run, fueling your body is an essential part of training and of staying healthy. Here we provide two runner-favorite recipes that add to the pleasures of refueling!

Got a favorite recipe to share?

Email it to MilesAndMinutes@RRRC.org. Images welcome but optional.

Jackfruit BBQ with Vegan Coleslaw

From Anne Magee

Do you love barbecue? It's a favorite for my family. But since I'm the lone vegan, I make my own. I even make my own coleslaw, and then we have shared sides. Jackfruit itself is an intimidating item, but buying it canned simplifies this dish. It took me a couple of tries to get it right, but adding the sliced onions really boosts the flavor. Simmering the jackfruit long enough to break it down makes a big difference in the texture, giving it a stringy, chewy, yet tender bite – similar to, well, slow-cooked barbecue!

1 tablespoon olive oil

1 onion, peeled, cut in half, thinly sliced

1 can Trader Joe's jackfruit in brine, drained

Your favorite vegan barbecue sauce (I like Stubbs spicy)

Salt to taste

In a medium saucepan, warm the olive oil over medium heat. Add the sliced onion, salt to taste, and sauté until they start to brown. Add drained jackfruit, stirring to combine



with onions. Pour $\frac{1}{2}$ – $\frac{3}{4}$ cup of barbecue sauce over the mixture, stirring to combine. Cover, turn heat to low, and simmer for 20 minutes, stirring occasionally. Uncover, stirring to break up pieces of jackfruit. Serve on a bun with vegan coleslaw.

Vegan Coleslaw

I don't follow a specific recipe for this, but generally I divide a pack of pre-cut coleslaw cabbage into two portions, $\frac{2}{3}$ for regular slaw for my family, and $\frac{1}{3}$ to make vegan slaw for me. To the cabbage I've reserved for my vegan slaw, I mix in 1 tablespoon spicy mustard (Dijon or brown work equally well), 2 tablespoons apple cider vinegar, a healthy dash of seasoned salt, and enough vegan mayo to make it the desired consistency, usually about $\frac{1}{3}$ cup, give or take.

Leftovers are easy to store in the fridge for up to a week.



Flourless Peanut Butter Cookies

From Annie Tobey

By using coconut sugar instead of refined white sugar, you'll be adding minerals such as zinc, potassium, and magnesium. The coconut sugar contributes a rich, tropical touch to the flavor. It also darkens the color of the cookies, as compared to typical peanut butter cookies. And without flour, you get even more peanut butter goodness. Mix in some mini chocolate chips or coconut flakes if desired.

1 cup peanut butter

1 cup coconut sugar

1 large egg, lightly beaten

1 teaspoon vanilla extract

Coarse sea salt (optional)

Preheat the oven to 350 degrees Fahrenheit and place racks in the upper and lower third of the oven. In a medium bowl, mix the peanut butter, sugar, egg, and vanilla until well combined. Spoon 1 tablespoon of



mixture about 1 inch apart onto ungreased baking sheets. Flatten the mounds with the tines of a fork, making a crosshatch pattern on the cookies. Sprinkle coarse salt on top of the cookies (*optional*).

Bake until golden around edges, about 10 minutes, switching the position of the pans halfway thorough baking. Transfer to racks to cool. Repeat with the remaining dough.

Editor's Letter

continued from page 2

Here are some ways that RRRC can help you, whatever your season of life.

- **If you're new to the area or a long-time resident looking for new connections:** Join the club to meet kindred spirits. Attend races as a spectator, participant, or volunteer. Become a board member or take on another useful role. See Page 18 for a membership form or visit **RRRC.org**. Join one of the area's other groups, too. Choose from more than two dozen ready to welcome new members, Pages 20-21.
- **If you're a parent:** Tote your kids along as you volunteer at races to expose them to a healthy lifestyle. Engage with the kid-focused opportunities at **RRRC.org** under the Youth Running tab. Sign them up as an RRRC member.

- **If you fancy the camaraderie of races:** Find information on upcoming races (our own and others) in *Miles & Minutes*, at **RRRC.org** (click on the SignUp button below the masthead), and on Facebook @ Richmond Road Runners Club.
- **If you desire to serve the community:** Learn about volunteer opportunities on Facebook, join the club to receive our newsletter, or reach out to **volunteer@rrrc.org**. Submit an article to **milesandminutes@rrrc.org** (no need to be a seasoned writer or fitness professional!).

See you out there! ■

Annie Tobey | *Editor*
milesandminutes@rrrc.org

[MEMBERSHIP APPLICATION]

First Name

Last Name

Address 1

Address 2

City

State

Zip Code

Email Address

Phone Number

Birthdate (mm/dd/yyyy)

Gender(M/F)

Please check one of the following in each column:

☐

New Membership:

☐

Individual (\$15)

☐

Renewal:

☐

Family (\$20)

☐

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☐

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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.

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Richmond, VA 23226

We prefer that you join online!

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richmondroadrunnersclub.

rsupartners.com

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

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

Yes: ☐

No, please keep private: ☐

I know that running a road race is 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: _____

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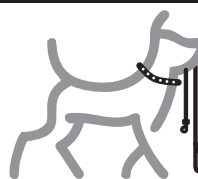


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[GROUP RUNS]

Name	Day of the Week	Time	Location	Pace	Contact
Black Girls Run	Mondays	5:45 p.m.	Wells Fargo parking lot, White Oak Village Shopping Center	Various	https://www.facebook.com/groups/bgrrichmond/ blackgirlsrunrva@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 Park Lake	Various	https://www.facebook.com/groups/BMRRichmond
Bryan Park Group	Saturdays	7:00 a.m.	Stir Crazy Café	9:00 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	8:00 to 10:30	mikesn5va@gmail.com
Dog Pack	Sundays – Beginning in December	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
Midlothian ACAC	Thursdays	5:45 a.m.	11621 Robious Road far end of ACAC parking lot	7:30 to 9:30	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
Mountain Hearts Running Club	Varies	Varies	Varies – ad hoc trail runs in the mountains	Various	www.strava.com/clubs/mountainhearts https://www.facebook.com/mtnhearts
Richmond Running and Social Meetup	Mondays Wednesdays Thursdays Saturdays	6:30 p.m. 6:30 p.m. 6:30 p.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/368386789999522
Road Runner Running Store	Mondays	6:00 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

Name	Day of the Week	Time	Location	Pace	Contact
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, 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
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
We Off the Couch: Running with Rock & Tara	Monday (ladies only) Wednesday (5+ miles) Sunday (2-mile beginner's run) Sunday (5+ miles)	6:30 a.m. 5:30 p.m. 10 a.m. 10:45 a.m.	Varies	Various All paces welcome	Weoffthecouch on Instagram, Facebook, & Strava weoffthecouch@gmail.com
Winter Trail Group	Saturdays	9:00 a.m.	North Bank Pump House Trail Head	Various	https://www.facebook.com/groups/shamrocktraining

Brewery-focused group runs

Final Gravity Running Club	Sundays, Thursdays	11:00 a.m. 6:00 p.m.	Final Gravity Brewing 6118 Lakeside Ave.	Various	https://www.facebook.com/finalgravityrunclub
Track Starr Run Club	Tuesdays	6:30 p.m.	Starr Hill Brewery 3406 W. Leigh St.	Various	https://www.facebook.com/starrhillrva https://www.facebook.com/events/4734180313276797
One for the Road RVA	Wednesdays	6:00 p.m.	Visits different breweries	Various	https://www.facebook.com/groups/100890573593214
Richbrau Ramblers	Wednesdays	6:00 p.m.	Richbrau Brewing 5 S. 20th St.	Various	https://www.facebook.com/groups/489877135105581
The Veil Trail Run Club	Wednesdays	5:30 p.m.	The Veil Brewing 4910 Forest Hill Ave.	Inter-mediate	https://www.strava.com/clubs/theveiltrail
Väsen Run Club	Wednesdays	6:00 p.m.	Väsen Brewing 3331 Moore St.	Various	https://www.facebook.com/vasenbrewing
Blind Dog Brewery Run Club	Thursdays	6:00 p.m.	Blind Dog Brewery 4515 W. Hundred Rd., Chester	Various	
Runnin' Roosters Run Club	Thursdays	6:00 p.m.	Crazy Rooster Brewing 1560 Oakbridge Dr., Powhatan	Various	https://www.facebook.com/crazyroosterbrewing

To make any changes, including adding new groups or deleting inactive groups, email MilesAndMinutes@RRRC.org.



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



Looking for a running group, for fitness or fun?

Check out our updated group list on Pages 20-21.



The Fan Foxes celebrated the September 2021 nuptials of runners Claire James and Chris Fuller (center).



The Fan Foxes on Global Running Day, with Harvie the hound rarin' to go.



Final Gravity Run Club.



One of the two teams representing and supporting Kids Run RVA at Ragnar Trail Richmond on Sept. 10-11, 2021. Read about the kid-focused program on Pages 10-11.



One for the Road partook of a run before converging on Center of the Universe Brewing in Ashland for the release of El Duderino.