

MILES & MINUTES

Publication of the Richmond Road Runners Club

Winter 2022 | Volume 45, Issue 1

INSIDE

**Training Tips from
Shoe to Recovery**

Girls on the Run

**Marathon Mania
and Race Reports**

**Delicious Healthy
Recipes**

**Upcoming Races
& Teams**



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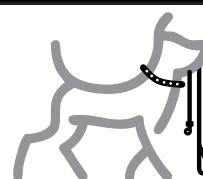


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Miles & Minutes is the official newsletter for and by members of the Richmond Road Runners Club (RRRC). The RRRC is a nonprofit organization whose goal is to foster fitness and a healthy lifestyle through running in the metro Richmond, Virginia area. 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 on-line at www.rrrc.org. Unless otherwise noted, opinions expressed in *Miles & Minutes* are those of the author, and not necessarily those of the Richmond Road Runners Club.

On the cover: Brennen O'Rourke (front) and Michael Blanchard ran the half at the inaugural Gritty Leakes Trail Marathons (see Page 15). *Photo credit: Jesse Peters, Backlight Photography*



Richmond Road Runners Club



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The importance of recovery

We all need to learn to listen to our bodies, and they will tell us what we need – from hydration to nutrition to the most important – the amount of sleep.

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Runners Need to Know About GOATA

No ifs, ands, or buts

Do you have pain in your foot, heel, knee, hip, or lower back? Do you continuously have repetitive stress injuries like runners' knee, back pain, pulled hamstrings, and Achilles tendinitis?

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Gritty Leakes Trail Marathon

A new fall trail race in Goochland

The race started in the dark, a short stretch of fire road followed by singletrack, illuminated only by headlamps and Knuckle Lights. Dawn followed quickly, and the brightening sky soon appeared through the skeletal trees.

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The Power of the Marathon

Where difficulties and benefits are synonymous

In my wildest dreams, 26.2 miles is a distance I never fathomed I could complete, especially as a new runner. I was the girl who got out of running the mile in gym class.

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PHOTO COURTESY OF TAM HARRISON

Anne Magee at the finish line of the 2015 Richmond Marathon with friends Sarah, Lisa, and Denice.

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[EDITOR'S LETTER]

Coronavirus, Kindness, and Runners

Life is a series of adjustments, and boy, have the past two years been full of adjustments.

First came the initial Covid-19 panic and the hasty shutdown. For runners, that meant race cancellations, followed by creative virtual opportunities. Then, we all thought we saw the finish line ahead, and race organizers began offering creatively modified in-person events. Unfortunately, the finish line was illusory, like the annoying spectator who proclaims “You’re almost there!” when you still have miles to go.

We’ve seen ups and downs in coronavirus infections, a variety of comfort levels with precautionary actions, and a muted return to “normalcy.” Whatever normalcy is.

Changes

We’ve also made changes, some of which might be worth hanging on to.

For example, I’ve been loving curbside pickup at grocery stores. What a time saver!

I also appreciate QR codes at restaurants and breweries – view the menu on your phone, not on a hardcopy menu that has been handled by who-knows-how-many people. It’s probably better for the environment, too.

Optional virtual races seem worth saving, too. This fall, I signed up for the RRRRC Capital Trail 10-Miler knowing I had another commitment that morning. I could support the Virginia Capital Trail and get a T-shirt that represented this Virginia treasure.

There’s one change, however, that I hope will be reversed. The stress and fatigue of ongoing restrictions has weighed on us all. For some, the prolonged state of affairs has provided an added excuse to neglect common courtesies. The service industry is replete with anecdotes of customers taking their anger out on workers.

Less than six months into 2021, the Federal Aviation Administration had logged 3,000 reports of unruly passengers, the highest since they began recording such cases in 1995. A Southwest flight attendant even lost two teeth after a passenger punched her in the face. According to airline workers, such cases are more frequent and more violent.



Similar incidents have occurred at retailers and restaurants, often in response to pandemic restrictions or fallout, including worker shortages and supply chain issues. An internet search of incidents can lead down a rabbit hole of similar reports.

Even a Richmond-area race experienced acrimony when a registrant complained about outdoor packet pick-up.

What’s a runner to do?

Except for that last example, Covid rudeness hardly seems a needed topic for a running club magazine. After all, runners are a pretty agreeable bunch. Sure, miles in to a long race or training run, we may get a little grumpy. After all, the pain and challenge can seem like labor transition to a woman who has birthed a baby, or passing a kidney stone for anyone who has birthed that mineral-filled particle.

Overall, though, runners often go the extra mile, especially in supporting their own.

After finishing her first ultramarathon in December, Richmond runner Jacki Quinlan wrote of her fellow trail runners at the Seashore 50k: “The conversations, the support for each other, the stopping dead in our tracks when someone took a fall – it’s just an amazing comradery for a group of people who don’t even know each other.”

It wasn’t just other runners that Quinlan praised. She thanked her mom, who soothed her jangling pre-run nerves and supported her along the 31-mile course. She thanked other supporters, too: “Having my daughter and her bestie waiting for me as I came in to the finish meant so much to me.” She

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[PRESIDENT'S MESSAGE]



I have only been a runner for about nine years. Before that, my goals included avoiding running at all costs. But I can't imagine my life without running ... or, more importantly, my running friends.

There is something so special about runners. It's not our drive, and it's certainly not our good sense (ask any injured runner ...), but instead the community that runners form. The running community forms a special bond that begins with a common interest and is glued together by a desire to help and support.

The examples of the running community coming together for the sake of a single member are in no shortage. I personally carry in my heart an incredible example. Years ago, I trained for a marathon – something I never thought I would do. Early in the morning before the start line, I got sick. Whether it was a stomach bug or food poisoning, I will never know, but I was obviously devastated. Two months later, I ran a virtual marathon put on by more than 50 running friends, including water stops, running buddies, cheering sections, and most importantly that hard-earned finish line. I still cry happy tears when I think about it. Like, I literally am right now. It is a show of support and friendship that you'd be hard-pressed to find elsewhere.

As the new RRRC president, I intend to care for and foster the running community. Every runner should feel the level of support there is to give. Together, we will make sure goals are met, laughs are shared, tears are dried, and everyone keeps moving forward. Let's keep running a team sport. ■

Rainey Niklawski | *President*

VIRTUAL RACES ARE STILL POPULAR

At the club's November meeting, RRRC board member Shawn Lafland shared an update from RunSignUp on race trends, including virtual racing.

According to RunSignUp's data, in-person racing has steadily increased as initial pandemic shutdowns eased. However, uncertainty over the Delta variant and COVID case numbers caused a late-summer uptick of virtual racing. Fortunately, the ease of converting to virtual and lessons learned over the previous year prevented races canceling completely. In fact, RunSignUp reported, most in-person events continued, "with 77% of September registrations for in-person events – more than we saw at any point between March 2020 and May 2021."

RunSignUp's key takeaways from were:

1. Virtual isn't going anywhere. While the percentage of participants that are virtual may continue to drop, the status of virtual as a viable option (and a smart contingency plan) ensures that it'll stick around for years to come.
2. The lessons of 2020, including an improved understanding of COVID-19 and new modifications to race day, have helped races to weather new challenges and continue to offer in-person options. Despite a few high-profile cancellations of in-person events, more than three quarters of registrations each month were for in-person events.

RRRC races in the near future continue to offer both in-person and virtual options.

RACE REPORTS

Capital Trail 10 miler & 5k – Oct. 30

This year's runs along the Virginia Capital Trail and in support of the Virginia Capital Trail Foundation had a total of 390 participants: 172 people tackled 10 miles, 195 people took on the 5k, and 33 people completed the race virtually.

In-person participants earned a free beer at Stone Brewing.

IMAGES: <https://www.facebook.com/virginiacapitaltrail/posts/10159691620875912>

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RRRC News Bits

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Turkey Trot 10k and Kids Run – Nov. 25

Runners and walkers wound through Bryan Park for this year's Turkey Trot to earn their Thanksgiving dinner calories. Virtual runners could participate anytime during the holiday weekend. On-site participants could head post-race to nearby Final Gravity Brewing for their well-earned beer.

Bear Creek 10 Mile Trail Run – Dec. 5

Runners had a cold but clear morning to take on the trails around Bear Creek Lake and Cumberland State Forest. They found creeks to cross, logs to hurdle, and plenty of leaf-covered dirt trails along the rolling course.

Toy Run 5k – Dec. 11

The event included a Kids Run as well as the Toy Run 5k, plus a virtual Toy Run 5k option.

Race proceeds and additional donations for this benefit race go to Mason's Toy Box. This nonprofit organization lends emotional, financial, and medical support to families engaged in pediatric medical life-altering struggles by offering gifts to hospitalized children (and their family members). Mason's Toy Box Foundation provides relief to families facing overwhelming emotional and financial burdens. With each donation, toys will be purchased and shipped directly from participating merchants to pediatric patients and their families.

UPCOMING RACES

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

First Day 5k – Jan. 1

Frostbite 15k – Jan. 23

The 38th running of Frostbite, a signature event of the Richmond Road Runners Club, returns to the Byrd Park and Randolph area, after running on an alternate course in 2021. The chip-timed race uses staggered starts. Harry the Hipster Moose will also be back for the 2022 event, rocking a uniquely RVA style.

The Virtual Frostbite 15k allows participants to run when and where they please Jan. 22-24.

This event is sponsored by Final Gravity Brewing, which will offer \$4 beers to participants, with River City Wood Fire Pizza on-site at the brewery starting at 11 a.m.

Sweetheart 8k – Feb. 13

The Sweetheart 8K will be an in-person race on Sunday, Feb. 13, featuring a scenic 8K (5 mile) course through The Grove and Walton Park communities, historic Midlothian Coal Mine Park, and the surrounding roads and trails. The race starts and finishes at the Urban Farmhouse in The Millworks in Midlothian. There is a couples' challenge, and participants can run the 8K with their sweetheart.

Huguenot 3 Miler – March 6

Old-time trail/cross country racing at its best, on the trails of Robious Landing Park in Midlothian, with staggered starts. The Virtual Huguenot 3 Miler will allow participants to run when, where, and with whom they please.

Sunrise 4 Miles – March 26

The out-and-back course traverses the Texas Beach trail starting at Dogwood Dell. Start time will be early, as the sun rises.

Richmond Road Runners Club Contract Races

RRRC's experienced race directors provide race management services to assist other organizations in planning and managing races. Specific services include reviewing courses; promotional opportunities; providing and setting up rental equipment including timekeeping machines, finish line chute, and overhead time clock; and compiling results.

Confirmed contract races for the next quarter include:

megsmiles, Jan. 15

Kids Run, 8:30 a.m.

5k, 9 a.m.

Atlee High School at 9414 Atlee Station Rd., Mechanicsville
Also offering a virtual option.

<https://www.run4meg.com>

RRRC Marathon and Half Marathon Training teams

The Richmond Road Runners Club's winter marathon and half marathon training began on Saturday, Dec. 4. Runners meet at the RRRC clubhouse, for a warm pre-run indoor meeting place. All levels and distances begin their training runs at 7:30 a.m.

Training distances are geared specifically for the Shamrock Marathon and Half Marathon in Virginia Beach (scheduled for March 20, 2022) and the Sports Backers Marathon (full and half, March 11-13, 2022). Coaches are also happy to help participants adjust the schedule to fit other goal races, and they welcome runners who are just looking for people to run with.

All paces and skill levels are welcome on the RRRC winter training teams. The only pace requirement is whatever it takes to finish each person's goal race by the time limit.

The team is also looking for volunteer assistance with hydration stops, so please consider helping out.

Registration for the 2021-2022 team closes Jan. 2. (Reach out to Coach Crystal Koch for late registrations if you have an adequate base of training miles).

RRRC Advanced 10k Training Team Beginning Jan. 29, training for spring 10k races

Join the Richmond Road Runners Club's Advanced 10K Training to achieve a sub-60 minutes personal record in a 10K race during spring 2022. Training starts on Saturday, Jan. 29, 8 a.m., from the RRRC clubhouse.

This program is designed for intermediate to advanced runners. It provides a defined range of weekly volume supplemented by prescriptive pacing guidance for tempo and track workouts. The 2022 program will adhere to Critical Velocity training guidelines and pace targets.

When the program begins, participants should have a mileage base of at least 15-20 miles per week for 1-2 months.

The program includes:

- 13 weeks of structured training
- Saturday tempo runs (6 to 8.5 miles total distance)

- Weekly track workouts at 6 p.m. on Tuesday evenings at Sports Backers Stadium, starting Feb. 1
- Additional training plan and runs/track workouts for those racing the Carytown 10K
- Training targeted for the 2022 Sports Backers Monument Avenue 10K and/or the 2022 RRRC Carytown 10K as the goal races.

Volunteers always needed and appreciated!

The Richmond Road Runners Club is a volunteer organization and needs help from RRRC members and non-members to promote running in the Richmond area. Volunteer options are available from your couch as well as along a racecourse, for youth age 12 and up as well as adults.

Races. See a race from a new perspective by helping at the finish line, along the course, or at race registration or check-in. We support our own club races and we provide race services for many community races. New volunteers are welcome, so no experience necessary – there will be people to help you at the race.

To volunteer at a race, visit the race's website and click on the Volunteer menu tab.

Miles & Minutes contributors. The magazine of the Richmond Road Runners Club is distributed throughout the Richmond area. We welcome running-related submissions such as race reports, healthy recipes, personal essays, and any other running-related topics. You don't need to be an experienced writer to be part of the club's magazine. Submissions will be edited for clarity and grammar to help each piece shine.

Follow the Richmond Road Runners Club on Facebook or check club emails for more opportunities, including race pacers, board positions, committees, and more. In addition to warm fuzzies, volunteers earn Grand Prix points for each service they render.

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RRRC News Bits

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RRRC Grand Prix 2022

The Grand Prix is the Richmond Road Runners Club's running competition for RRRC members. The competition encourages and rewards speed, participation, and volunteerism. The Grand Prix is a great way to keep your motivation up throughout the year and rewards you at the end for completing the challenge.

This program offers rewards for activities that many of us are already doing – running and volunteering. Generally, to become a Grand Prix Finalist, a participant must run in five club races, volunteer at one club race, and volunteer at the finish line of one contract race. The number of races required varies for our Grand Master runners.

The Grand Prix year coincides with the calendar year. To be a part of the Grand Prix competition, you need to be a registered, paying member of RRRC and sign up for the Grand Prix by Feb. 12, 2022. Registration for Grand Prix is free.

You'll find details on Grand Prix at the RRRC.org website (under the Club Competitions tab) and sign-up at the website under the RVA Race Calendar tab.

Your RRRC Membership and Entry Fees at Work!

The Richmond Road Runners Club's mission is to support running and healthy lifestyles throughout the Richmond, Virginia, region. We do this by sponsoring races in the area, helping other organizations put on races, coaching training teams, supporting kids' running programs, supporting group runs, and awarding academic scholarships to college-bound runner athletes. The club also emphasizes accessibility, including for new runners; connections with other like-minded groups in the area; and respecting participants of all experiences and ability levels.

Another way the club supports its mission is through its grants program, which invites not-for-profit organizations that promote forward movement in the greater Richmond area to submit requests for financial support. The requests must coincide with the Richmond Road Runners Club's mission and guidelines.

RRRC Club Grant Highlight: Girls on the Run

Running is important, but somewhat incidental, to Girls on the Run (GOTR). The program was founded by Ironman competitor Molly Barker in 1996 in Charlotte, North Carolina, to create a safe space for girls. The underlying goal is empowerment, using running as a tool.

"We inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running," says the group in its mission statement. "We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams ... while fostering care and compassion for self and others. Trained coaches use physical activity and dynamic discussions to build social, emotional, and physical skills in every girl while encouraging healthy habits for life."

An independent study showed that 97% of Girls on the Run participants learned critical life skills, including resolving conflict, helping others, and intentional decision-making.

In 2021, GOTR Richmond applied for and received RRRC grant funding.

"Both organizations support empowering our Richmond community with running and healthy lifestyles as well as provide a sense of connectedness to its members," said Catherine Estevez, program director and acting executive director, in the grant application. "We also know both the value and need for supporting our youth and getting them





started with healthy habits and goals early to enhance their well-being and health.”

GOTR Richmond has continued to serve girls during the pandemic by adapting its programs. More than 360 girls have been served since March 2020. “Staying nimble and adaptive requires both energy and financial resources,” wrote Estevez.

The organization requested funds to support its 5k pandemic-modified race, which will include shirts, bibs, medals, noise makers and streamers, water bottles, snacks, etc., “to make the experience feel special and real, despite not being able to gather collectively for one event.”

Estevez also proposed that funds could be used for staff CPR and first aid training, safety monitors to attend each 5k, and new curriculum books for coaches.

Despite the pandemic, said Estevez, “We have kept moving forward inch by inch and adapted our programs so we



could keep serving young girls in the Greater Richmond Community at a time when they undoubtedly need it the most, and that comes with financial implications. Without in-person events, our sponsorship revenue has decreased. Support would help us to keep being innovative and to support our teams, coaches, and sites despite the hurdles of these challenging times.”

Estevez will update the club on use of the grant funds. Pick up the next issue of *Miles & Minutes* or attend the monthly RRRC meetings to stay informed!

Two other organizations are receiving RRRC grant funds:

Sportable Adaptive Sports and Recreation, Inc., an adaptive sports club based in Central Virginia that provides sporting opportunities to more than 400 athletes each year by offering a variety of competitive and recreational adaptive sports programs. See the summer 2021 issue of *Miles & Minutes* in the magazine archives at RRRC.org or visit www.Sportable.org.

City of Richmond Parks and Recreation Department, to help pay for the printing of 10,000 copies of waterproof maps of the James River Park System trails. Stay tuned for more details in the spring 2022 issue of *Miles & Minutes*! ■

Understanding Your Running Shoe Wear Patterns Part 1



By George Lane, DPM, AAPSM

Running shoes wear down in a variety of ways. Both normal and abnormal wear patterns may develop over time. Wear patterns can be noted on the shoe's outsole, midsole, insole, and upper, all of which are important to inspect regularly.

Understanding how to evaluate these wear patterns can be important for a number of reasons:

- Running shoe wear patterns can give you clues regarding an injury you've developed or that you may be at risk for developing.
- Wear patterns can provide signs that your shoes are no longer providing their intended cushioning or support due to excessive wear.
- Certain wear patterns can warn you that you are in an inappropriate model for your particular running mechanics and that you should strongly consider a different model of shoe to replace your current model.

Inspecting new shoes

Before committing to the purchase of a new pair of shoes, you should inspect them for pre-existing defects that could lead to abnormal wear patterns. Although such defects are uncommon, quality control in manufacturing is not always up to par. Plus, shoes at a shoe store may have inadvertently

been misplaced with mismatched shoe sizes when a previous customer tried on several pairs.

To inspect shoes before purchase:

- Inspect for symmetry in the length and width of the left shoe as compared to the right shoe. Also check the tag inside each shoe to confirm they are indeed the same size and width.
- Check for symmetry in the location of stitching and trim on the upper of the left and right shoe, and check for any potential material damage.
- Place both shoes on a flat surface and make sure that neither shoe tilts inward (valgus) or outward (varus). In other words, you want an imaginary vertical line bisecting the back of the heel counter of the shoe to be perpendicular to the ground surface (Figures 1a, 1b).

Inspecting your running shoe wear patterns

The shoes you run in should be dedicated strictly to running to assure that the wear patterns you are creating are from running and not influenced by any other activities such as walking, driving, cycling, etc. I recommend keeping track of mileage run in a new pair of shoes and, at least once every 75 to 100 miles, inspect the wear patterns. Examine the following (which we will discuss in more detail below):

- Have one or both shoes begun to tilt inward (valgus) or outward (varus) (Figures 1a, 1b)?

Figure 1a. Shoes tilted in valgus.



Figure 1b. Shoes tilted in varus.



Figure 2. Running shoe demonstrating a lateral guide rail.



- Are there new creases in the midsole material in any location?
- Are the outsoles (treads) wearing down in any specific areas?
- Have the insoles become indented significantly in any specific location(s)? You must pull the insole out of the shoe to inspect for this.
- Do the uppers have any areas that have distorted in shape or become worn down? Key areas to examine are around the toes and inside the heel region.

Figure 3. Appropriately constructed custom foot orthotics (on right) fully correct flat, overpronated foot misalignment.



Standard orthotics use a wedge under the heel, which does not correct foot posture.

Orthotics from Superior Foot Supports cradle the entire foot and lift the arch, restoring foot posture.

When the running shoe begins to tilt inward or outward, it typically means that the midsole has started to become asymmetrically altered from the compression forces of running. Not only is this a sign that it is time to get a new pair of shoes, but it's also an indication that you should consider a different type of shoe. Continued running in those shoes could increase your risk of injury.

Looking beyond the shoes

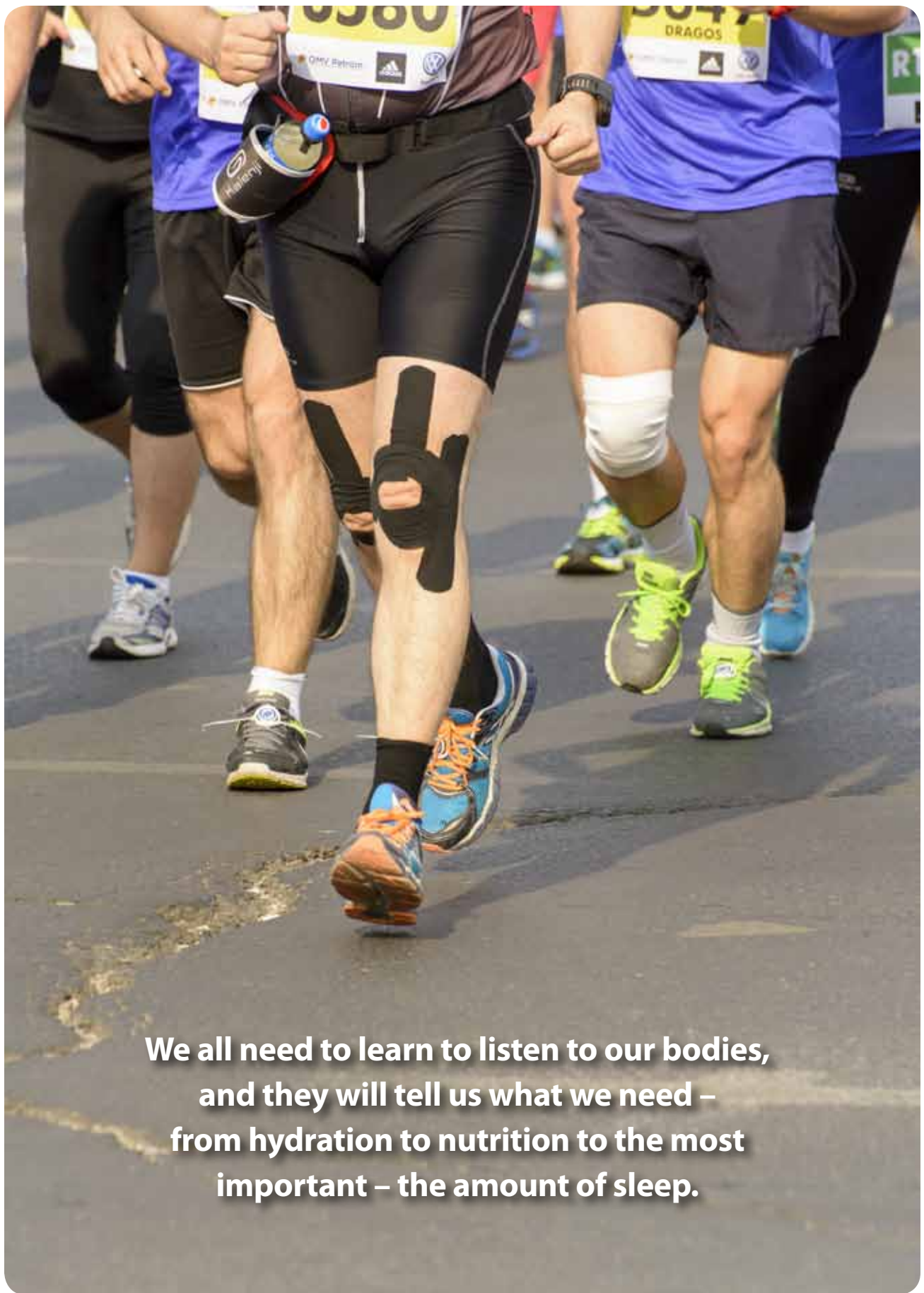
Upon inspection, if your shoe(s) are breaking down in varus, you should check to see if you are in stability type running shoes and, if so, switch to shoes with fewer stability features. If you are already in neutral shoes and they are breaking down in varus, your feet are likely underpronating (staying supinated) and require a neutral shoe with a firmer midsole and/or a firm "guide rail" (Figure 2) on the lateral (outer) side of the shoe where the midsole interfaces with the upper, to reduce or eliminate the varus breakdown.

Conversely, if your shoe(s) are breaking down in valgus, your feet are likely overpronating within the shoe(s). Shoes with more robust stability features may reduce or prevent valgus shoe breakdown; however, it is important to understand that your feet may still be overpronating within the shoe – it's just that the stability features are preventing the shoe from valgus breakdown.

Importantly, both varus and valgus breakdown patterns may be a sign that there are structural or functional imbalances in your feet, ankles, or legs that may require attention from a podiatrist or sports medicine expert for corrective measures such as foot orthotics (Figure 3) or physical therapy. Foot orthotics, specifically those capable of realigning foot imbalances, can control foot overpronation or underpronation, reduce or eliminate the development of shoe breakdown in valgus or varus and minimize the risk of developing a variety of overuse running injuries.

Continued in the next issue of Miles & Minutes ... ■

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



**We all need to learn to listen to our bodies,
and they will tell us what we need –
from hydration to nutrition to the most
important – the amount of sleep.**

An Underappreciated Aspect of Training

The importance of recovery

By Toshal Thanawala

Most of us who work out or compete at any level can attribute self-motivation as one of our traits, setting for ourselves goals to get better every day. As runners, we find ourselves pounding the pavement at all times of the day or night, enduring all kinds of weather to get our miles.

Recovery is a popular buzzword with people who focus on fitness, at a pro or an amateur level. The latest recovery product finds its way into most of our post-run discussions, and I am sure you will not disagree, we all might be talking about it with enthusiasm even during our happy hour. (Why not? Even some scientific articles have talked about beer being a recovery drink!)

In today's tech-savvy world, we all have different apps and devices that crunch numbers and give stats and individual recommendations. We train hard and push ourselves harder with eyes set on that PR. Most of us are guilty at some time or another of disregarding the nagging ache or the minor cold and keep training, as we would hate to be sidelined. We are afraid of losing the momentum, and so we might train twice as hard to make up for even a small loss of time off our feet.

During training, we stress our bodies, and our systems respond by giving our bodies resources to handle the stress. This is how we get stronger. However, the load needs to be appropriate for positive adaptation. Overloading can lead to tissue fatigue and increase risk of injury and illness. This is what makes recovery an integral part of our training process. Our body can rebound from the strain of training only if it is provided with an optimal environment to recover.

What is the best way to recover? Can we speed up the process? What rituals or supplements or gizmos should we use to give us optimal recovery?

With so many choices out there, it can be daunting to come to conclusions. The most important thing is to go back to basics. Recovery takes time; we cannot speed up the process. Each individual is different, and each body's needs are different. We all need to learn to listen to our bodies, and they will tell us what we need – from hydration to nutrition to the most important – the amount of sleep. Sometimes, just slowing down the pace of the day, or sitting down with our feet propped up with a book, can be the best recovery methods. A good nap post run or waking up in the morning without the assistance of the alarm can do wonders.

At the end of the day, the takeaway message is learning to listen to your body. Lack of rest can make one fragile and susceptible to injury or over-training. Pushing through can make us feel tough, but it is a false sense of toughness. We might just be digging a bigger hole for ourselves by circumventing the body's warning signals. The non-glamorous definition of recovery is learning the art of stillness. ■

*Toshal Thanawala, PT, DPT, Dip MDT, has been a practicing physical therapist for 13 years. She loves the outdoors and enjoys running and hiking. The only thing that will keep her indoors is a good book. She's also a food and beer enthusiast. Thanawala garnered many of these recovery lessons from her own training and experience and from *Good to Go: What the Athlete in All of Us Can Learn from the Strange Science of Recovery* by Christie Aschwanden. (www.GoodToGoBook.com).*

Runners Need to Know About GOATA

No Ifs, Ands, or Buts

By Lynn Grimm, PT, Dip MDT, GOATA/C and
Matthew Grimm, MD, Cert. MDT

Running with pain is not normal.

Have you ever considered that if pain is stopping you from running now, how often will it stop you later? Running is a birthright and should never be painful! How would it feel to run free without having the worry about injuries at the back of your mind?

The secrets of durable, pain-free runners

Why is it that some people – irrespective of age, into their 80s and 90s even – can keep running without hurting

Do you have pain in your foot, heel, knee, hip, or lower back? Do you continuously have repetitive stress injuries like runners' knee, back pain, pulled hamstrings, and Achilles tendinitis? While your health care providers may have labeled you with such diagnoses, chances are, you have a movement problem.

themselves? The secret is in how we as humans all over the world developed.

These pain-free runners are using same movement patterns as crawling babies and indigenous people, neither of whom has been encumbered with ill-fitting shoes or sedentary lifestyles. By using similar movement patterns, with help from genetics and a movement-rich environment, super durable athletes can develop.

Do you have pain in your foot, heel, knee, hip, or lower back? Do you continuously have repetitive stress injuries like runners' knee, back pain, pulled hamstrings, and Achilles tendinitis? While your health care providers may have labeled you with such diagnoses, chances are, you have a movement problem. You may be running with dysfunctional movement patterns from an otherwise sedentary lifestyle. It doesn't have to be this way. There is a way you can keep running as long as you want to and become the endurance durable athlete you want to be. GOATA may be your answer.



Usain Bolt and Tyson Gay demonstrating the 22.5-degree set, head and trunk over the landing leg, and the foot straight with the inside ankle bones high.



Still shots from a video of a runner demonstrating the spinner walk technique.

What is GOATA?

GOATA (Greatest of All Time Actions) is a movement system designed to protect your joints and connective tissues from injuries and make running pleasurable again. GOATA training is the simplest way to have endurance durable connective tissue security and explosive fluid movement – qualities that runners should strive for and possess if they want to enjoy their sport.

GOATA was developed through hours of studying slow motion video of super athletes and developing infants. Analysis of these videos uncovered an innate pattern of movement that is encoded in our central nervous system. It showed that crawling babies exhibit the same movement patterns that super athletes use in walking and running. These movement patterns are also found in indigenous tribes not exposed to “conveniences” of modern civilization, as well as in the 80-, 90-, and 100-year-old track and field super movers we mentioned earlier.

To uncover a person’s movement patterns, GOATA coaches use math, simple carpentry tools to measure movements, and slow-motion video. This information shows the coaches what each individual needs to “recode” in order to achieve optimal movement patterns, like those of crawling babies, super athletes, and indigenous communities.

Once you see the optimal movement pattern, you can’t unsee it! Depending on your assessment, the recode can take some time and diligent practice.

Important movement qualities required for pain-free explosive running

Do you run flat footed or with collapsed ankles? Are you training linear drills? You are leaving performance on the

table by reducing the ability of your hip and spine to move with effortless spiraling energy. Your movement issues will slow you down and create pain at some point.

GOATA Running Indicators

In running, there is a landing phase, a leaving phase, and a reset. When done properly:

- During the landing phase, the head and trunk are directly over the landing foot.
- The foot is straight with the inside ankle bones high.
- Once the foot hits the ground, it will begin to pivot off the 4th and 5th metatarsals and the ankle begins to corner (moving weight from under the 4th and 5th metatarsal heads).

The three main engines of the body are the hips, shoulders, and spine. These engines should all work together in synchronicity.

- The spine will rotate 22.5 degrees towards the extended or landing leg.
- The head and shoulder will follow suit, lining up directly over the landing foot.
- After the foot pushes off, the heel will then leave the ground and rotate away from the body, known as “heels away all day.”

If you can master this and get these three engines to work as they should, your running style will improve. You will no longer experience those nagging repetitive injuries and running will be the joy it is meant to be.

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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!**

Runners need to Know About GOATA

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What can you implement today?

Start watching other great runners. Video them if you can. Look at their feet, ankles, and energy transfer. Do you see the difference? Great, copy it. If you cannot replicate it, then a GOATA coach can show you how.

Get started on your own recode by implementing the spinner walk as a drill to help reclaim your GOATA running potential.

It is never too late to form habits that recode the good movements that you were born with. It is as simple as working on alignment and posture, which will pay off in a big way.

If you have any questions about GOATA or want a copy of the spinner walk in video format, please don't hesitate to contact us. ■



Lynn Grimm is a certified GOATA coach, a highly specialized physical therapist, and diplomat in The McKenzie Method of Mechanical Diagnosis and Therapy. Her practice is located inside GLS – GOATA Movement Systems in Marrero, LA. She offers in-house assessments and recoding in Pensacola Beach, Florida. You can

contact her through her website, www.GrimmPT.com or email her at LynnGrimmPT@gmail.com.



Matthew Grimm, MD is a board-certified orthopedic surgeon, credentialed in The McKenzie Method of Mechanical Diagnosis and Therapy, and a GOATA enthusiast. He is a partner at Jefferson Orthopedic Clinic in Marrero, Louisiana. Learn more at his website, www.JeffOrtho.com or email him at GrimMatthew@gmail.com.

Contact a certified GOATA coach to receive a personalized slow-motion assessment and recode regimens to regain your fluid explosive movement and freedom of movement at www.GoataCoaches.com.

Gritty Leakes Trail Marathon

A new fall trail race in Goochland

By Annie Tobey

As runners gathered at the start of the inaugural Gritty Leakes trail race, co-director Erin Williams gave the pre-race instructions. The event included a half marathon, which covered one “loop” of trails at Leakes Mill Park in Goochland, Virginia, and a marathon, which repeated the loop. “You’ll be tired on that second loop,” Williams cautioned the marathoners, “so be sure to pick up your feet.” I regularly run the trails in Richmond’s James River Park System and Pocahontas State Park, so I wasn’t concerned.

Her words returned to haunt me.

The first pass of a twisty trail

The race started in the dark, a short stretch of fire road followed by singletrack, illuminated only by headlamps and Knuckle Lights. Dawn followed quickly, and the brightening sky soon appeared through the skeletal trees. The leaves had only recently fallen, littering the path and hiding lots of roots and a few scattered rocks.

Leakes Mill Park, about three miles west of Goochland Courthouse, is quiet and scenic. In addition to trails, it’s home to soccer fields, a pavilion, restrooms, and a parking lot. Singletrack trails wind through the woods, up and down the rolling hills of the Virginia piedmont. The routes are planned, groomed, and maintained for mountain bikers (though hikers and runners are welcome on the trails year-round, too). The



trails weave back and forth, and the switchbacks pack many miles into the 176-acre park.

Given the spaghetti-like twists and turns, I became disoriented early as to where I was on the course. Fortunately, the racecourse was well-marked and easy to follow (aside from a bit of an early detour in the dark, but I blame myself for following a pack of runners rather than depending on my own judgment).

One .3-mile stretch of singletrack is aptly named the WTF trail. According to one trail map I consulted, WTF stands for Walter’s Trail Feature. However, given that its off-camber trails, tight turns, and other challenges have earned it a

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Gritty Leakes Trail Marathon

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black diamond mountain biking rating, the name is either coincidentally fitting or a way to evade censorship.

A lengthier stretch of the course features several deep gullies. Maneuvering these steep down-and-up ditches is surely a high point for experienced mountain bikers. For runners, the challenge is navigating the gravelly downslope without landing on the bum.

Around mile 10, I began running with another marathoner. For the next few miles, we shared running experiences, life experiences, and moral support. (Yes, only mile 10 and we already appreciated moral support!) The interaction illustrates one of the beauties of running: the friends we make along the way – some long term, others just for a few miles.

She told me so!

During my second pass of the course, I realized the wisdom of Erin Williams' pre-race advice. Roots, hidden below fallen leaves or barely noticeable on clean stretches of dirt, became stumbling blocks. No shuffle running here. After my second fall, followed quickly by a stumble, I became gun shy and began walking. However, noting how long it was taking to eat



Renee Cholyway earned second place female in the half.



PHOTO COURTESY OF JESSE PETERS, BACKLIGHT PHOTOGRAPHY

Annie Tobey powered her way through the marathon.

up the miles, I summoned the organizer's pre-race advice and more cautiously picked up my feet on each turnover.

When I admitted my falls to volunteers at an aid station, they assured me that other runners had said the same. Post-race, I learned of other tumbles, even among experienced trail runners. One runner fessed up to 16 falls. The Gritty Leakes event brought new meaning to "fall trail race."

In the height of my post-20-mile fatigue, the thought of bailing flit briefly across my mind. However, I didn't want my first DNF (did not finish). Plus, I realized that with the convoluted nature of the course, I could end up adding distance instead if I took a wrong turn!

Those last challenging miles invoked the adage that running is as much mental as physical. I was physically drained and needed the mental to get me to the finish line. I thought of an article I'd read recently on why Kip Kipchoge smiles when he runs. Apparently, smiling lessens an athlete's perceived efforts while improving efficiency and granting a more positive outlook. So I tried it. I can't say that I wasn't still exhausted, but I couldn't help but laugh at the silly smile-grimace that was undoubtedly plastering my face.

Completing this race took me an hour longer than I'd expected. I've completed my post-mortem to determine what I can improve upon next year, but the challenging course will invariably affect my pace.

Crossing the finish line was especially sweet. An attractive finisher's medal, swag (including a beer glass from Lickinghole Creek Craft Brewery and a marathon finisher's jacket), post-

PHOTO COURTESY OF JESSE PETERS, BACKLIGHT PHOTOGRAPHY



Second place female marathoner Carena Chin (center) with race organizers Erin Williams and Dan Blankenship.

race food, and friends waiting at the finish line turned the misery to accomplishment and comfort.

Race details

The Gritty Leakes Trail Marathons event was hosted by Race Team RVA (www.raceteamrva.com) on Nov. 6, 2021. The race was well managed and supported. The organizers



Garmin map of my Gritty Leakes trail marathon, a course that the race directors described as “spaghetti.”



Third place male marathoner Tim Craft with race organizers Dan Blankenship and Erin Williams.

provided nicely stocked aid stations and finish line food. Hydration fill-ups were infrequent and cupless, so the organizers recommended carrying hydration vessels.

After the race, Williams was complimentary of the runners, too. “When I ran sweep of the course to pull up the markings, I didn’t find one little stitch of trash,” she posted on Facebook. “Not even the torn-off triangle part of a Gu or snack bag. Nothing. Zilch ... I’m so thrilled that our runners at Gritty Leakes respected the park system enough to leave it so pristine.”

Yes, the course was difficult, though I’ve traversed rockier and hillier. Such is the reality of trail tracing. Of the runners’ many trips to the ground, none required EMS services.

I recommend the event for anyone who appreciates the challenges, natural beauty, and rewards of trail running. Just be sure to pick up your feet. ■



The top row of Anne Magee's medal display, with the first nine of her marathons.

The Power of the Marathon

Where difficulties and benefits are synonymous

By Anne Magee

Ultramarathons aside, in the world of running, the ultimate test of mental strength and physical fitness is the marathon. Why is running the marathon such a powerful testament to a person's will and mental toughness? One reason: the pain. We'll revisit this point in a bit.

In my wildest dreams, 26.2 miles is a distance I never fathomed I could complete, especially as a new runner. I was the girl who got out of running the mile in gym class. I signed up for my first marathon training team with every intention of dropping to the half. But as I checked off each new distance PR, I started to envision crossing that finish line. I'm fairly certain my mother thought I would die running my first one. Now, I've run nine of them.

A rare breed

On the first day training for my second marathon, our head coach of the Pink Nation, Blair Just, reminded us: only 1% of the world has ever run a marathon. Marathoners are exceptional. Blair would also remind us each week to breathe, relax, and believe that we could do this. I am a physical therapist, and this last mantra I share with my patients often, especially before tackling a new, anxiety-inducing skill in therapy. It always helps.

Many years ago, I worked with a patient in rehab who had suffered a stroke. She was a relatively young woman to have gone through this, and she was really struggling mentally. She was also a marathoner. I got to use the 1% line with her, reminding her of how tough she was. If she could get through a marathon, she could do the work to recover from her stroke. She didn't realize how small of a percentage of the population had actually tackled that distance! Even if I



Anne Magee with her best friend, Patty, who convinced her that she was capable of running a marathon.

wasn't working with her on a particular day, I'd catch her eye and say, "ONE PERCENT." She started to believe she could heal. She left the rehab hospital walking independently.

You can't just decide one day that you're going to run a marathon. This race takes planning, training, and discipline. My fall marathon training schedule begins six months before my race, and that's assuming that I've kept up with a winter, off-season running routine.

The rewards of the sport

I've found running to be hugely beneficial for many reasons. Other than my main means of maintaining my physical fitness, it's my outlet for mental fitness as well. It's my time to meditate when I run solo. It's social time and possibly

even a group counseling session when I run with friends. It's also my way of generating endorphins. Have I ever felt a runner's high? Yes. Yes, I have. It doesn't happen every run, but they do happen from time to time!

But running the marathon distance (or longer) brings its own special experiences, most notably with pain. Yes, the marathon is painful, both during and after the race. But greeting the pain during the race becomes expected, especially after running multiples. Typically, this starts for me at about mile 17. If you're familiar with the Richmond race, this is along Main Street, where you are often greeted by drunk brunchers who will loudly chant your name to cheer you on. On the Marine Corps Marathon course, this is on the National Mall, where you have the distraction of the Smithsonian museums and the threat of the first gauntlet to keep you motivated.

Even with these distractions, you must let that pain in, acknowledge it, and exist and persist despite it. We have other tools to help combat the pain of fatigued and spent muscles like replacing electrolytes, restoring glucose, taking walk breaks, or pausing to gently stretch, but these don't take away the pain. You still must face the hurt to finish your race.

Regardless of the course, by the time you get to the final 10k, you just want to be done. Your legs are screaming. Your will is spent. You are questioning your sanity. You may or may not have made a deal with the universe pending your completion of this race. Most competitive marathoners will



Anne Magee (left) with Sarah Douglas after finishing their first marathon in Richmond in 2014.



PHOTO COURTESY OF ERIC NACHMAN

On the Lee Bridge during the Richmond Marathon in 2019.

tell you that this is where the race really begins. I think the best part of the race is in the last couple of miles, because this is where the crowds are usually the biggest and loudest, and you know you will finish.

Overcoming the pain and crossing that finish line never ceases to amaze me. I experience a huge emotional release after every marathon. My Richmond races are the most special, always finding at least one person I know at the finish to award my medal. Sometimes my husband joins me for the last few miles of a Richmond race. But for all but one, I've cried. Not just a few tears, but a sobbing mess of ugly tears. One year, my husband captured video of me as I approached the finish, and you can clearly see me winding up to cry. Last year's marathon was virtual, and I think I actually shouted expletives in jubilation rather than crying.

Sharing the experience

Coaching the Richmond Marathon and supporting my team on the course in both 2019 and in 2021, it was crazy to meet my runners near the finish and instantly know what mental space they were in, simply because I had been in all of them at one point or another in each of my own marathons. You can see it in their faces. You can hear it in their voices. You can see it in their gait. Whether injured, delirious and repeating mantras, focused and unaware of how close they were to finishing, or having the best race of their lives, I had been there and knew what to do. Part advisor, part cheerleader, part dealer of salt tabs, Tylenol, and band-aids, part medical professional – that was me. Serving in that role was so much fun! Especially watching my runners approach that finish line. I was so happy to witness them realize their dreams!

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[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 re-fueling.

Got a favorite recipe to share?

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

Vegan Vegetable Soup with Farro

From Anne Magee

We are knee deep into winter, which means it's soup season! I have revamped my usual vegetable soup recipe, and I'm ready to share. Even my teenagers love this, and they have requested it repeatedly. Because, let's face it: there's nothing that says comfort like homemade vegetable soup!

I think the key to making a great soup is to layer flavors. Using the bouillon paste, the seasoning salt, and the soffritto seasoning each give lots of depth to this soup. If you are fan of barley, you will love the swap to farro in this dish. It has a nutty, chewy texture that pairs nicely with the other textures and flavors.



Do you love soup weather as much as I do? If you try this dish, take a photo, post on Instagram, and tag me @annecreates. As always, I hope you all are safe and healthy.



This one comes together so quickly it can easily be a weeknight dish.

- 2 tablespoons olive oil**
- 1 onion, diced**
- 1-2 cloves garlic, minced (or use Dorat cubes or jarred, minced garlic)**
- 1 carton vegetable broth (4 cups)**
- 2 cups water**
- 1 tablespoon Better than Bouillon vegetable flavor paste**
- 1 package mixed frozen vegetables**
- 1 15-ounce can crushed, petite diced, or diced tomatoes**
- 1/3 cup farro (I like Kroger or Trader Joe's brands, as they are par cooked)**
- 1 15-ounce can Great Northern beans, drained and rinsed**
- 1 tablespoon soffritto seasoning from Trader Joe's**
- 1 tablespoon dried parsley**
- 1 tablespoon Italian seasoning**
- 1 tsp seasoning salt (I like Lidl brand)**
- Salt and pepper to taste**



In a soup pot or Dutch oven, over medium heat, warm the olive oil. Add the onion and garlic, sautéing until translucent. Add remaining ingredients, bring to a gentle boil, then reduce heat to low. Cover and simmer over low heat for about 30 minutes, or until farro is tender. Taste and adjust seasonings if needed. Serve!

Kale, Black Rice, and Goat Cheese Salad

From Annie Tobey

Black rice is a gluten-free, powerhouse grain, a good source of fiber, and contains more of that essential runner nutrient, protein, than white rice. It also contributes a nutty earthiness to any meal. Kale is a nutrition superstar, too, loaded with vitamins A, K, B6, and C, plus calcium, potassium, copper, and manganese. I recommend the dinosaur kale, for a little less kale bitterness.

Salad ingredients

- 3/4 cup uncooked black rice
- 1/4 teaspoon fine sea salt
- 1 big bunch dinosaur kale, ribs removed and chopped into small, bite-sized pieces
- 1/3 cup roughly chopped dried cherries or cranberries
- 1/2 cup roughly chopped walnuts
- 4 ounces goat cheese, crumbled

Vinaigrette ingredients

- 1/3 cup extra-virgin olive oil
- 1 tablespoon + 1 teaspoon sherry vinegar or red wine vinegar
- 1 tablespoon Dijon mustard
- 2 cloves garlic, pressed or minced
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon black pepper

Cook the black rice according to the package directions.

While the rice is cooking, make the vinaigrette by whisking all ingredients together in a small bowl or



measuring cup. As soon as the rice is done, blend in the chopped cherries or cranberries and the vinaigrette.

Place the chopped kale in a large serving bowl. Sprinkle it with a few dashes of salt and massage the kale with your hands by scrunching up large handfuls at a time for several minutes. (If the salad will rest in the fridge for a few hours before serving, you don't need to massage the kale.)

Once the rice and vinaigrette blend has cooled down to room temperature, stir the rice and most of the nuts into the kale. Gently crumble most of the goat cheese into the salad and lightly stir. Taste. Sprinkle in more vinegar if needed.

Crumble the remaining goat cheese and nuts on top of the salad. Serve promptly, or refrigerate for later. The salad keeps well for four to five days in the refrigerator, covered.

The Power of the Marathon

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The marathon is so much more than a race. It's a teacher of discipline, resilience, and determination. The quest to complete this goal teaches you how to focus. It teaches you how to have a relationship with pain. The rituals of training bring calm and centering to an otherwise hectic life. Training for this race builds communities. Running these races also teaches you so much about the cities in which you run.

Mentally, whenever things get tough, I remind myself that I have run not one, but multiple marathons. To choose to put myself through the pain of the race is one thing. To choose to do it again is quite another. I'm either incredibly brave and persistent, or incredibly stupid. You decide.

But the brain has a funny way of making you forget how bad the pain gets, just like childbirth. One thing is certain, however. I am part of the ONE PERCENT. And no one can take that away from me. That's the power of the marathon. ■

[MEMBERSHIP APPLICATION]

First Name

Last Name

Address 1

Address 2

City

State

Zip Code

Email Address

Phone Number

Birthdate (mm/dd/yyyy)

Gender(M/F)

Please check one of the following in each column:

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

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

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

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

Yes: ☐ No, please keep private: ☐

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, and animals are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Richmond Road Runners Club, the Road Runners Club of America, the Commonwealth of Virginia, local government agencies, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

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



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

Please mail check to:

RRRC
P.O. Box 8724
Richmond, VA 23226

We prefer that you join online! It saves volunteer time and typos! Please register or renew online at: <https://richmondroadrunnersclub.rsupartners.com>

Editor's Letter

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was grateful for “starting the race with my MTT buddies,” and noted that “having my buddy Max waiting at the finish line for me after running his own 50k ... made the day even more special.”

And she gave many thanks to running friend Carrie Parker, “who joined me for the second half of the race, kept me talking and distracted, filled up my water bottle, held my stuff, kept my head in the right space when I wanted to focus on the negative, made me laugh my way through the miles, and even challenged me to pass several people during the last mile or so.”

Other runners can undoubtedly relate to such experiences.

What can we as runners do to combat today's increase in rudeness? In adjusting our behavior to be even more thoughtful, we can:

Volunteer

Quinlan said of the volunteers at Seashore, “The volunteers at the aid stations were amazing – ‘What do you need? Sweet? Salty? Here's what we have – let us know what you need.’ They must have known the mental capacity we had at that moment and literally helped us understand what we were seeing laid out on the table, helped us figure out what we needed, and helped us get it.” (See Page 5 for volunteer needs.)

Cheer

Even when you don't volunteer, your informal support can help runners along the race or during a training run, especially when their strength and spirits are flagging. Hand out words of encouragement, like “You can do this!” “Great job!” “Looking strong!”

To marathoners, you can remind them (as Anne Magee points out in her article on Page 18) that only 1% of the world has ever run a marathon.

Or you can hold up humorous signs that bring a smile to runners' faces: “Always give 100%! Except when giving blood.” “Smile, you're still faster than all the people behind you.” And “Toenails are for sissies.”

And just be kind!

Whether you're training, racing, or simply going through a day, remember to be kind. Most of the time, a person enforcing rules isn't the one making them. Much of the time, the rules are there for a reason (even if you don't agree). And nearly always, hostility accomplishes little anyway. Like the old parable of the wind and the sun, who were competing to remove a traveler's jacket – the wind's strong-armed attempts to blow off the jacket were unsuccessful, while the sun's gentle beam of warmth achieved the goal.

Whether running or not, be sure to exercise that kindness muscle. You know that feeling you get after a satisfying workout? You can get that same warmth from being kind. ■

Annie Tobey | *Editor*
milesandminutes@rrrc.org

PICTURE
YOUR
AD HERE

For details, contact
MilesAndMinutes@RRRC.org



[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
November Project (LFG) Run Group	Saturday mornings,	7:10 a.m.	Meet @ VMFA (Rumors of War)	4 and 7 mile routes 8:00-12:00 min mile paces	fullerchrism@gmail.com Chris Fuller (spotlighted on last page of latest installment of RRRC newsletter)
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

Name	Day of the Week	Time	Location	Pace	Contact
Run Short Pump	Tuesdays, Thursdays	5:30 a.m.	Einstein Bros. Bagels on Pump Road	7:00 to 10:00	Frank Finn, finn.frank@gmail.com
RVA Monthly Trail Run	1st or 2nd Saturday or Sunday of each month	8:00 a.m.	Pump House Parking Lot Trailhead	Various	RVA Monthly Trail Run Facebook page Mark "Iscool" Guzzi, 804-651- 5415, markiscool1@hotmail.com
RVA Stroller Runners	Tuesdays, Thursdays	9:45 a.m.	Various	Various	https://www.facebook.com/groups/1597418347194024
Sandston Striders	Saturdays	8:00 a.m.	Chicahominy Family YMCA	Various	George Talley, 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



Capital Trail 10 miler & 5k

October 30, 2021

