

# MILES & MINUTES

Publication of the Richmond Road Runners Club

Spring 2022 | Volume 45, Issue 2

## HAPPY BIRTHDAY, JRPS!



### INSIDE

**James River Park  
System Turns 50**

**What Are Your Shoes  
Telling You?**

**Holy Guacamole!**

**What Makes an  
Athlete?**

**Races & Running  
Groups**



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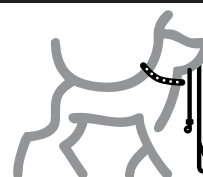


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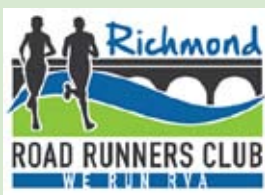
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**Miles & Minutes** is the official newsletter for and by members of the Richmond Road Runners Club (RRRC). The RRRC is a nonprofit organization whose goal is to foster fitness and a healthy lifestyle through running in the metro Richmond, Virginia 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.

#### Club Officers

|                   |                               |
|-------------------|-------------------------------|
| Rainey Niklawski  | President                     |
| Shawn Lafland     | Vice President/Operations     |
| Anne Magee        | Vice President/Communications |
| Victoria Hauser   | Secretary                     |
| LeighAnn Stacklin | Treasurer                     |

#### Function Heads

|                                      |                        |
|--------------------------------------|------------------------|
| Anne Brown, Mara George, Mike Levins | Race Timing            |
| Don Garber                           | Club History           |
| Glenn Melton                         | Equipment              |
| Trisha Kolesar                       | Grand Prix             |
| Suzi Silverstien                     |                        |
| Open                                 | Volunteers             |
| Open                                 | Membership             |
| Shawn Lafland                        | Operations             |
| Shawn Lafland                        | Race Coordination      |
| Shawn Lafland, Allison May           | RunSignUp/RRRC Website |
| Chris Mason                          | Social Media           |

#### Miles and Minutes

|                |                  |
|----------------|------------------|
| Annie Tobey    | Editor           |
| Anne Magee     | Assistant Editor |
| Ed Kelleher    | Proofreader      |
| Melissa Savage | Graphic Design   |

**Board of Directors:** Allison May, Anne Magee, Ben Wachter, Chris Mason, Farleigh Fitzgerald, Jennifer Perrin, Katherine Zampolin, Kirk Millikan, Mara George, Marcy George, Matthew Novak, Michael George, Mike Gholson, Mike Levins, Noah Mercer, Sarah Allen, Spencer Bissett, Sarah Golightly

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

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

**On the cover:** Runners tackle the James River Park System trails in the Sports Backers Trails & Ales.

Photo credit: Jesse Peters, Backlight Photography



Richmond Road Runners Club



@rvrroadrunners

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### You Are an Athlete

Yes, you

Webster's dictionary defines an athlete as a person who is trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina. We take a closer look.

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### The Day I Ran a 50k and Became an Ultra Marathoner Tackling the Seashore in Virginia Beach

After tackling the 31 miles of the Mel Williams Seashore 50k at First Landing State Park in Virginia Beach, Jacki Quinlan gave a recap of her experience.

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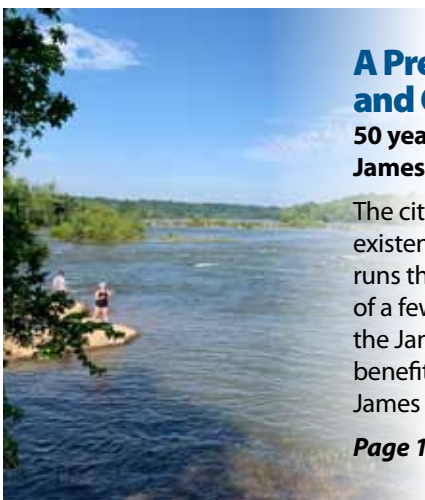


### A Precious 'Jim' for Runners and Others

50 years of a natural jewel along the James River in Richmond

The city of Richmond, Virginia, owes its existence and its growth to the river that runs through it. Thanks to the foresight of a few and continued efforts of many, the James River provides an additional benefit: the beauty and trails of the James River Park System.

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## [ EDITORS' LETTERS ]



### Showing Some Love to the James River Park System

I've been waiting for a chance to pen the feature article that's in this issue of *Miles & Minutes*. As one of the RRRC grant recipients, the James River Park System deserves some attention in our magazine.

It also deserves attention as our city's biggest single tourist draw and as a regional feature that has won accolades from magazines as diverse as *Outside*, *Men's Journal*, and *The New York Times*.

But perhaps the biggest reason our urban park deserves attention is for its contribution to the people of the Richmond region – and, selfishly, to me. I spend time there once a week, on average. I'm never there alone – always with my dog, usually with friends, occasionally taking part in a trail race, and invariably sharing a wave or smile with a diversity of strangers. I also feel surrounded by the beauties of nature, from chattering squirrels to towering trees to the soothing sounds of the river. I always come away feeling content – tired, maybe, but always happy.

It didn't take long for me to craft the magazine's feature on Richmond's James River and the JRPS, because it's not the first time I've written about it. All I had to do was repurpose copy from my earlier articles. The hardest part was trimming – so many great things to say!

Coincidentally, there's another reason the James River Park System deserves attention, especially in this issue: established in 1972, the park is celebrating its 50th anniversary this year!

Happy birthday, dear JRPS! And many more! ■

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

### A Local Love Affair

It's funny how life evolves. You simply meander down a path, or maybe several, and suddenly, they all converge.

Richmond became my home when I moved here for graduate school. I didn't initially love it here, mainly because the daily drive downtown to the MCV campus of VCU for PT school was grueling, but that eventually changed. Even when I met

my husband and chose to stay, I missed seeing water wherever I went, something that was a part of my daily landscape in Tidewater.

So what did it take for me to fall in love with this town? It was running, of course. Never in my wildest dreams did I think I would become a runner, much less an ultramarathoner! But thanks to the amazing running community here, that's exactly what happened. I caught the bug when I ran my first 5k race, and the rest is history.

In my quest for better health, I also transitioned from a vegetarian diet to vegan. It seems that I'm in good company among runners with this diet choice, as some of the greatest ultrarunners of all time are also vegan, like Rich Roll and Scott Jurek, and both happen to be writers as well!

Running with so many friends, I learned how to tell stories. I mean, what else do you have to do for hours on your feet? New friends equal new opportunities to tell my favorite stories all over again, which is so much fun! And then I realized that I have so much to say, and my blog Anne the Vegan was born, where I muse about not only vegan topics and recipes, but also running and the human experience, all with a focus on holistic wellness. You may have read some of my work in *Miles and Minutes*, some of which originally appeared on my blog. But rediscovering my love for writing would not have happened without running.

Running has given me so many gifts: my best friend, my sole sisters, better fitness, time to meditate, and now opportunities to give back to my community. I've learned many lessons from my own coaches, like the mantra, "Breathe, Relax, Believe," from head coach emeritus Blair Just, legendary Pink Nation MTT coach. (I use this mantra almost daily with my patients, as it's remarkably effective at refocusing them when they are anxious!) I've learned patience and discipline. I've gained confidence. And now I am giving some of these gifts back through coaching with Sports Backers MTT, where I've served as an assistant coach with the Pink Nation for three years, as VP of communications for RRRC, and now also as the assistant editor of *Miles and Minutes*.

And so, it seems, all my worlds are mingling. I thank you, the Richmond running community for that. I'm thrilled and honored to serve in these roles and contribute to the RRRC! Thanks for listening. ■

**Anne Magee** | *Assistant Editor*



## [ PRESIDENT'S MESSAGE ]



As we turn the corner with races back in person and participant numbers going up again, it is worthwhile taking a minute to remember – we have to be there for each other. One of the easiest ways to show up for the running community is to volunteer.

From training teams coaches to the drivers of the RRRC van ... from the timing crews to people handing out water and pointing runners in the right direction ... from the race directors to the board of directors – all of the pieces that make the Richmond Road Runners Club races and programs so great are managed and run by volunteers. You.

It is in these roles where we are able to make the biggest differences. Volunteer impact can be seen community wide and all the way down to each individual. You may not remember every person who has ever handed you a cup of water during a race, and you may not have met the race director, but those volunteers were there for you and helped make that race special. By offering your time and talents to these efforts, you are helping to create space for people to connect to each other, and to reach their health and fitness goals.

So, please, as you plan your race schedule, consider volunteering as well. ■

**Rainey Niklawski** | *President*



## RICHMOND ROAD RUNNERS CLUB WELCOMES A NEW CAST OF CHARACTERS

### Our New Officers

**Rainey Niklawski** | *President*

*The president presides over meetings, represents the club before the Road Runners Club of America, Inc., calls special meetings, and appoints committee chairpersons as needed.*

I began as most runners do – by running to the end of the block and then nearly passing out from sucking so much wind. Running had never been my thing growing up, but I picked it up after I quit smoking in 2013. The thing is, I didn't just go outside and start running. I assembled a group of friends who would then sign up for an upcoming four miler and race in matching T-shirts. (I can still feel the chafe from that cotton shirt on an 80-degree June day). We then moved on to matching polyester tank tops and a team name. By then I was in too deep to ever look back to cigarettes, so I did what any Richmond runner would do and signed up for the half marathon training team.

Since then, I have done countless half marathons, six marathons, a bunch of Ragnar relays, three half-distance triathlons, and a smattering of other races that would make teenage me faint. Achieving my goals is great, but what drives me the most is when I'm coaching. There is nothing like the privilege of helping someone achieve their goals.

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## RRRC News Bits

*continued from page 3*

When I'm not running, I'm hanging out with my wonderful husband, Kile, and fabulous kids, Arielle and Zack. I've got an insatiable wanderlust, so we are constantly going to new places and trying new things. I'm the director of development for Richmond Animal League (professional fundraiser), and I love to read and garden. Also, I would be remiss if I didn't mention that I have four fuzzy cats who make sure the few hours I'm not doing things, I'm also not sleeping.

### **Shawn Lafland** | *Vice President-Operations*



*The vice president of operations assumes the duties and powers of the president in the president's absence, performs special assignments as requested by the president, manages the club's race calendar, and serves as contract race coordinator.*

My love for running started many years ago, at Brewer Middle School in central Maine, when I discovered cross country. This led me to the high school track team, not only a highlight of my school career, but an experience that would end up impacting me for years to come. More than 20 years later, after moving to Richmond with my wife and raising our three children, it has been such a treat to delve into running again.

Richmond has a fantastic running scene, and it inspires me to get back into running in the bigger races around the area. In 2016 I got the opportunity to transfer to Switzerland, where we lived for three years and traveled all over Europe. It was a fantastic experience!

Now back in Richmond, I joined RRRC as a board member over two years ago and recently stepped up as the club's vice president of operations. I have enjoyed working with the club members, putting on the club races, and engaging with community members.

In addition to running, I enjoy hiking, camping, and traveling near and far. We just bought a small sailboat for the next adventure and plan to spend the summer learning how to sail!

### **Anne Magee** | *Vice President-Communications*

*The vice president of communications develops and coordinates the club's communication, marketing, promotion, and merchandising efforts and its sponsorship program.*

My life as a runner began in 2012. Inspired by a flier about a neighborhood 5k at my local YMCA, I decided to challenge myself to a new fitness goal following a year-long weight loss journey. I caught the bug for running during that 5k, and the rest is history!



My gateway drug to training teams was the Monument Avenue 10k YMCA team in 2013, where I met my best friend, Patty. She convinced me that I was capable of running the marathon. Now, I've run nine of them, plus an ultramarathon (also her bad influence!). I have the privilege of passing this madness on to other new marathoners as a coach for the Pink Nation, one of the sub teams of Sports Backers MTT. I'm so excited to contribute to the Richmond Road Runners Club as your VP of communications!

Believe it or not, I do have a life outside of running! I'm married with two daughters: one with a newly minted driver's license, the other in college. I've been some version of vegetarian my entire adult life, transitioning to vegan in 2017. I'm a physical therapist specializing in inpatient rehabilitation, and I love helping my patients restore their independence with functional mobility. Collecting and reading books and creating all things crafty are also loves of mine. My biggest hobby lately is writing, and you may have read some of my work here in Miles and Minutes in the past year. I also have a blog, Anne the Vegan, and am now assistant editor for *Miles and Minutes*!

### **Victoria Hauser** | *Secretary*



*The RRRC club secretary records the minutes of meetings, handles correspondence as requested by the president, and keeps records of such minutes and correspondence.*

My running journey started in eighth grade. My middle school began offering afterschool sports programs, and since I was too short to play volleyball or basketball, I joined the track team, not realizing I was signing up for a life-long sport. I ran cross country and track in high school, and for a bit in college. After college, I moved to the Richmond area and ran a few races here and there. Eventually I began racing more consistently (and volunteering!) through the RRRC



Grand Prix program, and I upped my distance through the Sports Backers training teams for the half marathon and full marathon. For the past few years, I've stuck with 5, 8, and 10k races.

Outside of running, I recently started a new chapter pursuing a master's degree in library and information sciences through the University of Tennessee. I also work part-time as a project coordinator at a design firm. When I am not doing any of that, I enjoy yoga, volunteering, and reading. I am delighted to serve as secretary for another term!

### Leigh Anne Stacklin | Treasurer



*The RRRC treasurer administers all financial duties, signs checks, makes disbursements for expenditures approved by the board of directors, presents a budget pursuant to the by-laws, prepares financial reports requested by the president, and prepares or assists in the preparation of all necessary tax filings.*

My relationship with running became serious in the summer of 2019 when I decided to run the Richmond Half Marathon. It was the 40th running of the marathon, and I'm such a sucker for "anniversary" runs. I joined the Sports Backers Half Marathon Training Team, and once I made a few running friends, the idea of that race being a one-and-done went out the window pretty fast.

Since then, I have run six half marathons and four full marathons (two virtual). This year, I coached the RRRC Winter Marathon Training Team (half distance) with plans of running Shamrock Half for the first time and, hopefully, finally, running the Marine Corps Marathon in October after two years of deferrals.

My other passions include being a cat-mom to my two Richmond Animal League rescues, Tortellini and Macaroni, and knitting, and this year I'm going to try my hand at gardening. Being an auditor for the state pays the bills, but I really do love a good budget and have fun creating spreadsheets. So I'm really looking forward to contributing to the Richmond Road Runners Club as treasurer! ■

## RACE REPORTS



### First Day 5k

More photos can be found at <https://www.facebook.com/media/set/?set=a.4820996867977119&type=3>

The Richmond Road Runners Club hosted several races in the first quarter of the year, on roads and trails, from the First Day 5k on Jan. 1 to Sunrise 5k on March 26. Most of the races offered virtual options in addition to the in-person events. Here's a recap of one of them.

### Sweetheart 8k, Presented by Towne Bank – Feb. 13

By Anne Magee

After a pandemic year which necessitated a virtual race, it was great to return to our traditional location in Midlothian! This year's event was our final time with Marcy George as race director, as she has announced she will be passing the torch, and we are forever grateful for the care she has taken in fostering this race through the years.



Eric Nachman and Marcy George

One of the fun features of this race is that you can register for the couples' challenge, with special awards for this category, and there is also a kids' run, making it a great event for the whole family.

The five-mile course winds through the Grove and Walton Park neighborhoods and Midlothian Mines Park. It begins and ends at the Urban Farmhouse restaurant in Midlothian, which was also a sponsor for this race. If you are a fan of tackling hills, this race is for you!

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## RRRC News Bits

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**Eric Nachman and Pam Hunter**

This year's race was the day before Valentine's Day, on Sunday, Feb. 13. Mother Nature's plans for the weather that day were questionable, with the threat of snow and cold rain to make for less-than-ideal race conditions.

Thankfully, luck was on the side of the runners, and the worst of the wet weather held off until later in the day.

Speaking of luck, Lucky Road Run Shop was another appreciated sponsor for this race, and host for packet pickup.

Of the race itself, Eric Nachman, a long-time member of RRRC, says, "It was so great to see so many running friends at a live race. I met @theshrinkingTaco from TikTok in person, and we ran together for a while!" Isn't it fun to meet social media friends in real life?

*Eric notes:* "Usually in this race I start out too fast, and then the hills kill me. Queensgate Road ... does it ever end? Up and up ... and the Woolridge hill at the end! It's more fun running down than up. I wonder why?" I know his fellow participants can relate!

Eric also appreciates our dedicated volunteers. "I knew many of them, and they really helped (me) finish. Let me say this too, how wonderful it is to see Pam Hunter, aka 'sag queen,' who has the biggest smile, gives the sweetest hugs, and picks up many runners' spirits."

We had a large group of runners from the non-profit #weoffthecouch participate this year. You may have read about this group, led by Anthony and Tara Clary, in a recent



**WeOffTheCouch at Sweetheart 8k**

article in *Runner's World* and *Miles & Minutes*. They are an inclusive running group encouraging active and healthy lifestyles in the Richmond community. You can follow them on Instagram and Facebook, and perhaps join them on a run!

"We are #weoffthecouch, a community of runners who love running, and we love each other," says founder Anthony Clary.

Of the race, Clary says, "The Sweetheart 8k ... was absolutely awesome! The five miles of rolling hills were unmatched. The encouragement from the Richmond Road Runners Club, volunteers, and other race participants was just what each of us needed to get it done."

Indeed, the Richmond running community is amazing!

Another favorite about this race? The homemade cookies after – everyone absolutely loves this!

Our top finishers were Michael Forder of the men and Gina Chase of the women, both clocking times below 40 minutes, impressive for such a hilly course!

We hope you will join us next year for this very special event!

## UPCOMING RACES

Find information on upcoming races at [RRRC.org](http://RRRC.org) (click on the SignUp button below the masthead) and on Facebook @ Richmond Road Runners Club. NOTE: If a registration isn't yet open, but sure to check back for your chance to participate.

### HBCU Black Excellence Scholarship Foundation Fun Run – April 10

The HBCU Black Excellence Scholarship Foundation is hosting the inaugural "HBCU Love Fun Run" at Dorey Park. The event is a fundraiser for the scholarship fund that





provides scholarships for high school seniors who will be enrolling in one of the five Virginia HBCUs, and collegiate scholars who are currently enrolled in one of the five Virginia HBCUs.

The Fun Run is a walk/run and is welcome to anyone who would like to support and/or participate. The event includes:

- 1-mile walk/run
- 5k (3.1 mile) walk/run
- 5-mile walk/run

## Healthy Kids Running Series

The Healthy Kids Running Series is a five-week running program in the spring and fall for kids Pre-K through eighth grade. The HKR Series holds one meet each week and offers age-appropriate running events including the 50- and 75-yard dashes, the 1/4 mile, the 1/2 mile and the 1-mile run. Kids compete each week for a chance to earn points. At the end of the Series, the boys and girls who accumulate the most points in their respective distances are awarded trophies. All participants receive a medal on week 5.

## VSU AAA/Alumni 5k – April 16 (+ virtual)

The VSU AAA/Alumni 5k run, hosted by Phi Beta Sigma Alumni Association of Virginia State University, raises scholarship funds for students, brings awareness, builds community relationships, and promotes health and wellness. The 5k is open to competitive runners, fun runners, walkers, and families.

## ASCV Challenge, 5k & Family Fun Day – April 14-May 14 (+ virtual)

The 20th Anniversary of the Autism Society of Central Virginia's 5k & Family Fun Day offers in-person and virtual opportunities. Participants near and far can engage in a variety of endurance activities before the 5k event. Participants can also register for the 5k & Family Fun Day, capping off the Challenge by traversing the final 3.1 miles together at Crump Park on May 14. The day will feature the 5k run, live-streamed awards ceremony, entertainment, a resource fair, and activities for the whole family.

## Wood River Run 5k – April 16

The 5k race honors the memory of Christian Wood, a talented young kayaker who lost his life while paddling on the James River in 2018. The proceeds from the race will be used to fund scholarships to Passages Adventure Camp and park improvement work of Friends of the James River Park ([JamesRiverPark.org](http://JamesRiverPark.org)).

## Ukrop's Monument Avenue 10k – April 23

The Ukrop's Monument Avenue 10k presented by Kroger is back at Monument Avenue!

## Superhero Heart Run – April 24

Mended Little Hearts of Central VA and Heart Heroes are bringing back the Richmond Superhero Heart Run in person, at a new location. The Superhero Heart Run is a fun, family-friendly 2k & 5k walk/run to raise awareness and funds for children born with congenital heart defects, the #1 birth defect.

## Uncorked Half and 5k – May 7

Discover Virginia countryside as you run, unwind, and uncork an experience, culminating at New Kent Winery. The day is as much about pampering as racing, whether you choose the half or the 5k. As soon as you cross the finish line, the lesson in luxury begins. Treat yourself to the deluxe race experience and, of course, wine.

## RRRC Carytown 10k – May 8 (+ virtual)

The Richmond Road Runners are back in Carytown for the Carytown 10k on a flat, fast, and certified (VA09019RT) course that is run mostly on Cary Street and Grove Avenue. The race will start and finish near Cary Court in Carytown. There will be a free Kids Run (1/4 mile) before the start of the 10k. Both in-person and virtual are RRRC Grand Prix (GP) events for 2022. RRRC GP participants receive a race point for posting a time for either event. RRRC GP participants in the in-person race will receive place points based on overall and age group finish times.

## Trail Running at Dominion Energy Riverrock – May 20-22

Outdoor sports fans and well as music lovers and curious spectators can soak in three days of inspiration and fun at this annual event of the Richmond Sports Backers.

Three events for runners take advantage of Richmond's amazing James River Park System (see Page 14 for more about the river and its park). Participants who tackle two of the events, dubbed the Trail Takedown, get extra bling.

- Belle Isle Blitz 5k, May 20
- James River Scramble 10k, May 21
- Bust the Banks Half Marathon, May 22

Runners might also want to consider the Adventure Race, a multi-sport team event that will test speed, teamwork, navigation skills, decision making, and endurance.

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## RRRC News Bits

*continued from page 7*

### RRRC Larus 4 Mile Run – May 22 (+ virtual)

The inaugural Richmond Road Runners Club's Larus Four run/walk will be held in-person in Larus Park and will start and end at Stony Point Fashion Park. The trails are beginner friendly. Children aged 6 and older and youth are welcome to run this event.

Larus Park is one of Richmond's best kept secrets. Weaving and winding throughout the park, you will marvel at how small yet big this park truly is. It feels like you're in the mountains. This park is not flat, but don't let the hills stop you from enjoying this city treasure. On race day there will be plenty of course markings via survey tape as well as course marshals.

### RRRC Stratford Hills 10k – May 28 (+ virtual)

This is the 43rd year for Richmond Road Runners Club's Stratford Hills 10K. No giveaway or swag. Stratford Hills 10k is a low-frills race!

### Summer Track Series – June & July (Matthew Novak)

University of Richmond's track is reserved for the following dates:

- |                    |                     |
|--------------------|---------------------|
| ■ Tuesday, June 14 | ■ Tuesday, July 5   |
| ■ Tuesday, June 21 | (subject to change) |
| ■ Tuesday, June 28 | ■ Saturday, July 23 |

### Cul-de-sac Series – three days in July

The 20th running of the Cul-de-sac race series is scheduled for July 4, 11, and 18. The race will be back at Wyndham, and the July 4th kick-off makes it a great American race. More great American details to come!

## RRRC Marathon and Half Marathon Training Teams

For 15 weeks, from December 2021 until March 2022, runners came together at the Richmond Road Runners Club clubhouse to train for a variety of races – or simply to run with other runners, for moral support, and for the support of experienced coaches and hydration stops.

Head coaches Crystal Koch and Anna Czaplicki Ryan and assistant coaches hosted Saturday morning runs: two levels for half marathon runners and two levels for marathon runners. As for the previous season, routes were designed to train runners for their races while also providing thematic and historical information.

Four team members contributed their feedback on this year's training season.

I just completed my first season with the WMTT. I continue to be so impressed with the Training Teams RRRC offers. This team in particular has the best weekly emails with all the motivation and pertinent information needed! As a bonus we received weekly routes with Richmond history lessons of the areas we ran in. Being a Richmond native, it felt great to learn more and be aware of the ground we covered. I also appreciate how the group felt inclusive of all paces and

there was a sub group for every pace. I'll be back next year and not just for the hoodies either.

– Asheley Tuck

Besides a great Saturday morning running crew, my favorite part of WMTT was the variety of routes and distances each week. Because of the flexibility in picking my training distance, it was neat to be able to decide each week how far (or little!) I wanted to go. There were always coaches and runners along the various routes and I found a nice pack to run with each week. It was incredibly organized and yet felt really flexible... something we all desperately need these days!

– Kate Gray Miller





I wanted to express my appreciation for training with you guys during the RRRC Winter Training.

Personally, it was an invaluable experience that helped me during the winter months sustain and maintain my new fondness for running and especially my health.

I always looked forward to the emails from you folks (notably the historical highlights of the route! I haven't read them all, though) and the Saturday group runs.

Thanks again!

— Alex

I do not like running in the winter, but I knew I was going to have to put in the training miles to get ready for the One City Marathon on March 6. Looking around at all of the available groups, I settled on WMT put on by the RRRC. I had run with them last year but didn't get to see the training through to the end due to an injury.

Last year we ran from Dogwood Dell and were outside before and after runs. This year we met at the clubhouse, which meant heat and real bathrooms. Coach Crystal Koch also made sure there was hot chocolate in many different flavors available for after the run, which made it quite pleasant. Crystal and Anna Ryan, the other head coach, were always looking out for all of the runners and I spent many happy miles with them. I would definitely recommend this running group for any winter training!

— Dawn Walker

## 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:

RRRC responded to the City of Richmond Parks and Recreation Department's grant request with \$1,350 to help pay for the printing of 10,000 copies of updated, water-resistant maps of the James River Park System.

See Page 14 for our story on the James River and the Richmond park system.

Last fall, RRRC presented grant funds to **Girls on the Run** (GOTR), designed to create a safe space and empowerment for girls using running as a tool. (See the previous issue of *Miles & Minutes* for our highlights of the organization.)



The organization requested funds to support its 5k race, which had to be modified because of pandemic restrictions. Instead of holding one larger race where all the girls came together, each site held its own end-of-the-season 5k. Grant funds from our club provided supplies for the run: bibs, noise makers, water bottles, snacks, poster board, streamers, plus 5k medals for girls and ribbons for their running buddies, and shirts.

"Girls on the Run Greater Richmond launched Spring 2022 on March 7 and is in the middle of their biggest season yet!" reported Anna Strahs Watts, Mission Advancement Director for GOTR. "Serving over 350 girls across Chesterfield, Hanover, Henrico, Richmond City, and Powhatan, all 20+ teams will come together at City Stadium for a Celebratory 5k on Saturday, May 14. Come cheer, or volunteer! Reach out to [annastrahs.watts@girlsontherun.org](mailto:annastrahs.watts@girlsontherun.org) for more information.

RRRC is also providing grant funding to **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](http://RRRC.org) or visit [www.Sportable.org](http://www.Sportable.org).

## The Importance of Understanding Your Running Shoe Wear Patterns Part 2



By George Lane, DPM, AAPSM

As discussed in Part 1 on this subject, the shoes you run in should be dedicated strictly to running to ensure 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:

- Shoe tilt – inward (valgus) or outward (varus)
- Midsole creasing
- Outsole (tread) wear patterns
- Insole wear patterns
- Upper of shoe wear patterns

In the first quarter 2022 Miles & Minutes, in Footnotes, Part 1 of this topic, I discussed the first of the above four points in detail, so Part 2 will address the other points.

### Midsole Creasing

New creases in the midsole (**Fig. 1**) are a sign that the midsole of the shoe is losing its cushioning, as well as a sign that early valgus (inward) or varus (outward) tilt could be occurring, as discussed in Part 1. Regarding the loss of cushioning, some people may tolerate this better than others; however, in order to determine if it is a significant loss, try on a new pair of the same model shoe and compare the feel. You may be surprised at how much more cushioned the new shoes feel compared to the ones you are currently wearing, and this may suggest it is time to replace the old ones.



**Fig. 1: Midsole creasing**

### Outsole Wear Patterns

Outsole or tread wear patterns can give insight into how you run. It is typical for wear to develop under the lateral outsole under the ball of the foot (lateral forefoot) with no wear under the heel of a forefoot striker (**Figs. 2a, b**). Outsole wear under the lateral heel is typical of a heel striker (**Figs. 3a, b**). Wear under both the lateral heel and lateral ball of foot is typical of a heel striker whose rearfoot foot under-pronates (**Fig. 3c**).

If there is significant wear of the outsole at the central forefoot, you likely need to replace the shoes – although you cannot see what is happening to the underlying midsole, it is probably significantly compressed and you may be on the verge of injuring the ball of your foot from increased pressure (**Fig. 4**). Also, if the medial side of the outsole under



**Fig. 2a: Forefoot striker typical location of foot contact is under the lateral forefoot**



**Fig. 2b: Wear on lateral side of outsole under forefoot but not heel, typical of runner who is a forefoot striker**

the heel or ball of the foot is overly worn down, you are likely running with an abnormal gait pattern, such as significant over-pronation, and may be especially susceptible to injury.

If the outsole wear on the right shoe is not symmetrical with that on the left, you are probably running

with some sort of compensation for a difference in your right side from your left side (**Fig. 5**). If you are experiencing symptoms, this may give a clue as to what the cause is.





Fig. 3a: Heel striker typical location of contact is under the lateral heel



Fig. 3b: Outsole wear under the lateral heel is typical of a heel striker



Fig. 3c Wear under both the lateral heel and lateral ball of foot is a typical of a heel striker who also under-pronates



Fig. 4: Excessive outsole wear in central ball of foot region



Fig. 5: Asymmetric wear between right and left shoe

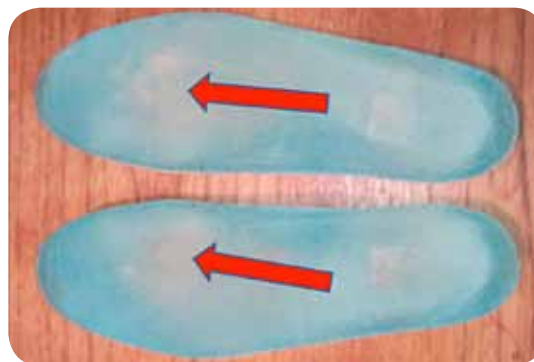


Fig. 6: Insoles show high pressures in the central ball of foot area on the right but more medial ball of foot on the left

## Insole Wear Patterns

Insole wear patterns, determined by looking at the indentions and wear locations on the insole of the shoe (most running shoes have a removable insole to allow you to observe this), can tell where the majority of your foot and toe pressure occurs.

The distribution should be relatively even under all areas, with exception of the arch area, where no wear should occur. If there are focal high-wear spots, this indicates a location of

abnormally high pressure and may correlate with a location of an impending or actual injury (Fig. 6). Also, if the outline of your toe impressions extends to the edges of the insole, the shoe is probably too small, and resultant toenail or toe injury may result (Fig 7).

## Upper of Shoe Wear Patterns

Bulges, worn-down material, or tears in the upper of the shoe in the toe-box region likely indicates abnormal pressures on the toes (top or near front) or sides of the ball of the foot

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Fig. 7: second toe with corn and hammertoe. Too short of a shoe and a too-shallow depth of the vamp may have contributed to this.



Fig. 8: Tearing of upper in toe area over big toe and little toe due to shoe too snug in these areas



Fig. 9: Interior of heel counter worn through by heel friction

## \$2 Million in Funding for the Fall Line Trail

A new trail system in the works in Central Virginia will stretch from Ashland to Petersburg. When completed, the 43-mile paved, multiuse Fall Line trail will travel through Hanover, Henrico, Richmond, Chesterfield, and Colonial Heights.

On March 15, the U.S. Consolidated Appropriations Act of 2022, a federal funding bill, was signed into law by President Biden, with \$2 million in funding for the southernmost portion of the trail in Petersburg.

“The Fall Line trail highlights Virginia’s natural beauty and once finished will connect the Greater Richmond Region,” said Sen. Mark Warner. He and Sen. Tim Kaine helped secure the funding.

“Central Virginia has so much to offer with our rivers and trails. Not only do trails connect our communities; they’re wonderful for exercise and boost our overall quality of life by getting us out into nature,” said Sen. Kaine.

The Fall Line trail will connect to public schools and universities, to the Virginia Capital Trail and Appomattox



River Trail, and to numerous parks, including Bryan Park, Battery Park, Abner Clay Park, James River Park System, Charlie Sydnor Playground, Falling Creek Trail, Bensley Park, Goyne Park, and Ettrick Park. Sixteen miles of the paved walking, running, and biking trail are already in some stage of progress.

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

## Foot Notes

*continued from page 11*

(medial or lateral sides at ball of the foot). In the toes, these could indicate the cause of bruised nailbeds or black toenails, ingrown toenails, corns (areas of thickened skin), hammertoes (crooked toes), ball of foot pain, and joint pain in the toes and ball of the foot (**Figs. 7, 8**).

Bulges or tears in the shoe at the sides of the forefoot are suggestive that the shoe is too narrow across the area. The inadequate space could lead to pain over these locations of the foot, as well as pain under the ball of the foot, especially burning pain that radiates into the central toes, known as a “Morton’s neuroma.”

Excessive wear about the interior heel region of the shoe indicates excessive friction and pressure in the area, which could mean you are developing a “bursitis” type condition (soft tissue inflammation from the heel rubbing in the shoe) (**Fig. 9**). This can be caused by a bony prominence in the back (posterior) region of your heel. Another possible cause can be the shoe not fitting snug enough in the heel, causing the heel to slide against the adjacent part of the shoe. If you are not experiencing symptoms related to this wear pattern, you may continue to wear these shoes with caution; however, if you do begin to experience symptoms, a change in shoe model should be considered. ■

*George Lane, DPM, Richmond, Virginia  
Fellow, American Academy of Podiatric Sports Medicine  
Owner, Superior Foot Supports, [SuperiorFootSupports.com](http://SuperiorFootSupports.com)*



# You Are an Athlete

By Anne Magee

Webster's dictionary defines an athlete as a person who is trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina. "Trained or skilled in exercises" also sounds a lot like my career as a physical therapist, describing at least part of what I do on a daily basis.

One vestige of my CrossFit days that I continue to carry with me is the interpretation of this definition. If you are working out in a CrossFit box, you are an athlete. If you are showing up and doing the work, you are earning that title. I really enjoyed this about CrossFit culture, and I took it with me to my running.

The accompanying photo was taken during a CrossFit Open workout a few years ago. I chose it because I love how strong and focused I look. Sometimes you don't feel this way in



PHOTO COURTESY OF BILL DRAPER

the process, but if you look at yourself objectively, sometimes you can gain a new perspective on what you have accomplished in your fitness journey.

Some people may argue that only those who compete

**Anne, just an average runner, helping other amateur athletes do great things...**



Anne, at the end of a snatch lift.

at serious levels deserve to call themselves athletes, as if winning competition medals is the only measure of success in sports. But when we apply this word to the average person participating in fitness journeys, that participant begins to look at themselves differently.

I showed my husband a picture of a few of our runners crossing the finish line of the Richmond Marathon last weekend: our final runners. He just kind of shook his head and said, "If it takes them that long, then what's the point?" The point, it seems, is what he's missing. The adventure that is the marathon takes months of dedication and training. I don't care how slow you are. If you did the work, and you finished and earned that medal, you are an athlete. Marathon training is serious business.

I'm an average runner. I always will be. Does this fact make me not an athlete? Not in my eyes. When I shifted my mindset to this, I started taking better care of my body. I prioritize sleep and nutrition. I cross train. I work on recovery and mobility. I don't think, "Well, I'm not worthy of doing these things because I'm not running races in the Olympics." I'm an athlete because I'm doing these things despite the fact that my body may not ever look as impressive as an elite athlete's body. It's still serving me well, and I continue to amaze myself at times at what I've accomplished despite my averageness. I also know I'm doing the best I can to protect my health.

So if you are an amateur athlete like me, don't sell yourself short by denying your status. Change your mindset. You are a runner, CrossFitter, yogi, weightlifter, or whatever fitness endeavor floats your boat. You are an athlete. Treat your body well. Even if the only real competition is with yourself. ■

# The Day I Ran a 50k and Became an Ultra Marathoner

## Tackling the Seashore in Virginia Beach

By Jacki Quinlan

*After tackling the 31 miles of the Mel Williams Seashore 50k at First Landing State Park in Virginia Beach, Jacki Quinlan gave a recap of her experience. The race is presented annually by Tidewater Striders (the coastal Virginia equivalent of RRRC and a member of the same national organization, Road Runners Club of America).*

*Here are Jacki's takeaways from her experience.*

### My Support Crew was EVERYTHING.

My mom kept me calm the day before when everything was going wrong and I was an emotional wreck. She stood out there all day, which is not easy for her to do. She gave me the BEST massage last night before I went to sleep. She put up with me – period.

Starting the race with my MTT buddies, especially Sandra Langenbucher and Jay Schmid, was very special and made me feel at home. Getting to hug and laugh with them at the end was even better!

Having my daughter and her bestie waiting for me as I came in to the finish meant so much to me. Having my buddy Max waiting at the finish line for me after running his own 50k and getting to spend time with him and his beautiful



family at the post race party at Smartmouth Brewery made the day even more special.

### And then there's ...

And then there's 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. I legit was running so fast that last mile and that wouldn't have happened without her pulling me with her rope (figuratively speaking, although I think she might have actually had a rope to wrap around me if need be). This experience would not have been the same without her. I may have finished, but I would have been much more miserable and slower. Thank you, Carrie!

### I learned to run through the pain.

Of course, I've had pain during marathons, but the knee pain I had at this race, starting around mile 22 or so, was worse than I've ever had. I pushed through, and at some point, my knees stopped hurting as much – or I stopped caring that they hurt.







## Other takeaways

- I ran faster the last five miles than I did the majority of the middle half of the race. I just got into autopilot mode and felt strong, even though it was hard and I was sore. At that point, it hurt whether I was walking or running, so may as well run.
- I left it all out on that course. I have no regrets and I know I gave it my all. I went into it knowing I would walk some – you are supposed to – but I really didn't walk much at all. Very short spurts of walking to get up a hill or eat the food I had grabbed at the aid station, but that was pretty much it. And I'm proud of that.
- Tidewater Striders is AMAZING. This event was so fantastic and so well organized. The support on the course was great and 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. That pierogi was my favorite of all – just what I needed.
- Trail runners are the best type of runners. Yep, I said it. The conversations, the support for each other, the stopping dead in our tracks when someone takes a fall – it's just an amazing comradery for a group of people who don't even know each other.
- I think I liked this more than running a marathon. Yep, I said it.
- I DID THE THING Y'ALL!! Despite my arthritis, the bruised bone, my sore hip that's still healing from an old stress fracture, despite not having time in my busy schedule to train as much as I should have, and despite having a very rough week leading up to this – I put it all aside and overcame everything that could have held me back.

That's all I have to say about becoming an Ultra Marathoner. ■







PHOTO COURTESY OF JESSE PETERS, BACKLIGHT PHOTOGRAPHY

# A Precious 'Jim' for Runners and Others

## *50 years of a natural jewel along the James River in Richmond*

Story and images by Annie Tobey

**T**he city of Richmond, Virginia, owes its existence and its growth to the river that runs through it. Thanks to the foresight of a few and continued efforts of many, the James River provides an additional benefit: the beauty and trails of the James River Park System.

For Richmond-area runners, this includes 22 miles of trails, providing a generous slice of nature within an easy drive from home.

### **A natural history**

The waterway known as the James River begins in the Blue Ridge Mountains at the confluence of the Jackson and Cowpasture rivers and continues for 350 miles, where it empties into the Chesapeake Bay at Hampton Roads. The watershed covers about 10,000 square miles.

This waterway has probably been flowing to the Atlantic Ocean since the Mesozoic Era (roughly 200 million years ago). A river has been flowing through what we now know as Richmond since the Pliocene Epoch (about two million years ago), though its course probably varied considerably from where it flows now.

About 15,000 years ago, nomadic groups began hunting and fishing along the river. Around 1,000 B.C., the groups settled into agrarian communities on either side of the waters, which provided abundant fish and wildlife, transportation, and fertile soil.

Richmond lies on the fall line, a geological formation where the Piedmont gives way to the Coastal Plain. The land segues from hard bedrock to soft sediments, marked by rapids and waterfalls. The fall zone rock, which runs along the east coast of North America, was formed 330 million years ago by the collision of two ancient land masses, now recognized as North America and Africa.

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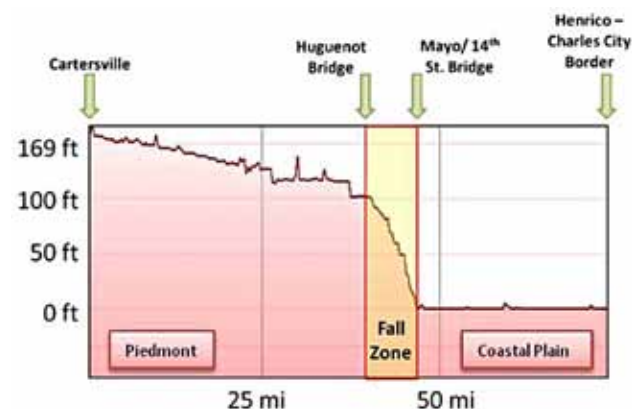
### Guidelines for trail use

The trails of the James River Park System are open to hikers, mountain bikers, runners. To protect nature and wildlife and to contribute to the best experience for all, users should follow a few easy guidelines.

- Use common sense to stay safe.
- Use courtesy to ensure a positive experience for other users.
- Do not litter. (Trash cans are available to make this one easy.)
- Leash dogs and maintain control at all times.
- Stay on marked trails and don't take shortcuts.
- Don't use trails when they're wet or muddy. If you do encounter puddles, go through rather than around to avoid disturbing growth. Use the 24/1 rule (for every inch of rain, give the trails 24 hours to dry) and/or use the RVA Trail Report on Facebook or Instagram as your resource for trail conditions.
- Communicate as needed with other trail users:
  - Cyclists and runners in groups are encouraged to (and typically do) announce how many in their group are behind them.
  - Headphones are discouraged, because they interfere with hearing communications from other park users.
  - "Bike/runner up" signals an approaching bike or runner in front; "Bike/runner back," for a biker or runner approaching from behind.

## James River

*continued from page 19*



The fall line along the James extends seven miles and drops 105 feet, starting at what is now known as Bosher's Dam and continuing to Mayo Island. Half of that elevation loss comes in the last half-mile at Richmond's downtown.

Before European settlers, Chief Powhatan had his village capital just below the fall line. Early settlers and colonists traveling upriver stopped where the falls began – what's now known as Rocketts Landing – the farthest navigable point. They initially established trading posts, and expansion continued. The location created ideal conditions for manufacturing – using water for power – and for transportation, while also providing water for household use.

The river also gave Richmond its name. In the 1730s, William Byrd II dubbed the settlement "Richmond" because





the view from Libby Hill reminded him of the river Thames in Richmond, England.

In the 1800s to early 1900s, granite mining was an important industry in this area. Three quarries operated along the stretch of Riverside Drive between Boulevard and Reedy Creek. Granite quarried in the area was used to construct many well-known and common structures, including the State, War, and Navy building (now the Eisenhower Executive Office Building) in D.C. and Richmond's Gothic City Hall, completed in 1894.

## Decline and revival

Like many natural resources, the James River was taken for granted – used and abused. Change began in the 1960s and '70s, which were a time of increased environmental awareness and activism throughout the U.S., including in Richmond.

By the 1970s, industrial pollution had contributed to making the James River unfit for swimming and fishing – so unfit that Governor Mills Godwin Jr. mandated that fish caught within 100 miles of Richmond could not be consumed. High levels of Kepone, an insecticide, were discovered below Richmond. Allied Signal Company had been dumping the neurotoxin into the river since the early 1960s. “The contamination was severe and led to a 13-year fishing ban from Richmond to the Bay,” said DEQ environmental specialist Keith Boisvert. “It won the James the distinction of being one of the most polluted rivers in the country.”

The realization catalyzed environmental reform and led to mass cleanup efforts and prompted the formation of the James River Association in 1976 and a crackdown on polluters. Today, the river is safe for paddlers and swimmers.

The land along the James got attention during that time as well. In the 1960s, the city considered building a highway along the river, and developers eyed the land for their own purposes. But in 1966, several citizens organized to oppose the proposed highway. Their efforts helped to galvanize Richmonders to protect the sections now known as Pony Pasture and Huguenot Flatwater.

Two local men, Charles Schaefer and John Keith Jr., saw the value in protecting more of the land, and they began acquiring property for that purpose. A total of about 380 acres of land was donated to the City of Richmond, which created the James River Park System in 1972 – 50 years ago this year.

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PHOTO COURTESY OF JESSE PETERS, BACKLIGHT PHOTOGRAPHY

## A few park timeline highlights

**1972:** James River Park System was created.

**2009:** Governor Tim Kaine signed a deed of easement that preserves and protects hundreds of acres of the park from future development.

**2012:** Richmond was named the “Best River Town Ever” by Outside magazine, thanks in large part to the park.

**2019:** The park was inducted into the Old-Growth Forest Network.

**2021:** Men's Journal published a list of the 15 best running trails in America, with the North Bank and Buttermilk trail loop ranked at number 11.

**2021:** The Conservation Fund, working with the Capital Region Land Conservancy and James River Association, purchased five acres along Dock Street to put under a conservation easement to prevent it from future development and include it as part of the James River Park System.



PHOTO COURTESY OF JESSE PETERS, BACKLIGHT PHOTOGRAPHY



## James River

*continued from page 21*

Since its creation, the park has grown to more than 600 acres. It offers over 22 miles of trails – amazing paths for mountain biking, trail running, or hiking – plus kayak/canoe access, rock hopping opportunities, special programs, and conveniences such as 12-month fountains, waste receptacles, parking, and bathrooms.

The James River Park System provides a huge draw for tourists, too, and the infusion of dollars that they spend while they're here. According to the Richmond Region Tourism Annual Report for 2020-2021, the park was the #1 regional attraction for attendance.

But those of us who live in Richmond and the surrounding counties can enjoy the park year-round.

We pump up our adrenaline or our heart rate – on the water, on the seat of a bike, or on our feet.

We connect with nature as we hear the water tumbling over the rocks and wind playing with the trees. We listen for birds, frogs, and insects. We spot raccoons, hawks, great blue herons, pileated woodpeckers, and deer as well as wildflowers, trees, and gentle waterfalls. We smell earthy vegetation, sweet blossoms, and musky wildlife.

And we spend quality time there with family and friends and give our dogs a multisensory treat.

However you choose to enjoy it, truly, the James River Park System is a gem. ■







PHOTO COURTESY OF JESSE PETERS, BACKLIGHT PHOTOGRAPHY



## Maintaining the park and its trails

Trails suffer the indignities of weather, erosion, usage, and vegetative growth. Ongoing maintenance is essential, and city employees and volunteers work hard to keep the park system poised for use. As just a few examples:

- To support the safety of users, the JRPS added geo-referenced markers along the trails. In case of emergency, people can call 911 and tell fire and rescue which marker is nearby. This change decreased emergency response from 30 minutes to five minutes.
- This spring, volunteers have been working overtime to remove invasive plants from the park, especially non-native English ivy and winter creeper, which choke the growth of native trees. Workers have built new bridges over stream crossings and restored washed-out trails.
- A new trail section was added recently along the North Bank trail, just east of Maymont. Completed in 2019, the section eliminated a detour through about six blocks of neighborhood streets.
- Over the years, the Richmond Road Runners Club has contributed to the fountain at Pump House, cleaned up trails, and contributed money to support the James River Park System. In 2021, RRRC gave a \$1,350 grant to the City of Richmond Parks and Recreation Department to help pay for the printing of 10,000 copies of water-resistant maps of the James River Park System trails. The map includes a few minor updates from earlier maps. The new maps were released in early 2022.
- Numerous volunteer opportunities are available to support the park, through the James River Outdoor Coalition (Facebook.com/JROC. RVA) and Friends of the James River Park (JamesRiverPark.org and JamesRiverPark.org/invasives).



## 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](mailto:MilesAndMinutes@RRRC.org). Images welcome but optional.

## Holy Guacamole!

### A Favorite Dip Made with an Oh-So-Healthy Ingredient

*From Anne Magee*

According to Healthline, avocados are an excellent source of important nutrients. They're a concentrated source of healthy fats and fiber, plus vitamins and minerals – including nutrients that our diets often lack. They're good for the immune system, beneficial for gut health, a rich source of antioxidant and anti-inflammatory compounds, and may reduce heart disease risk factors.

#### One 7-ounce avocado contains:

- **Calories:** 322
- **Fat:** 30 grams
- **Protein:** 4 grams
- **Carbs:** 17 grams
- **Fiber:** 14 grams
- **Vitamin C:** 22% of the daily value (DV)
- **Vitamin E:** 28% of the DV
- **Vitamin K:** 35% of the DV
- **Riboflavin (B2):** 20% of the DV
- **Niacin (B3):** 22% of the DV
- **Pantothenic acid (B5):** 56% of the DV
- **Pyridoxine (B6):** 30% of the DV
- **Folate:** 41% of the DV
- **Magnesium:** 14% of the DV
- **Potassium:** 21% of the DV
- **Copper:** 42% of the DV
- **Manganese:** 12% of the DV

Avocados can be enjoyed in many different ways, beyond the expected south of the border cuisine and the trendy avocado toast. Consider them in smoothies, with eggs,



in salads, and dips. Including, of course, the old standby: guacamole.

### Anne Magee's Recipe for Easy Guacamole

The old vegan party dip debate is ... hummus vs. guacamole. Which one do you bring? Because, honestly, you are bringing this snack to guarantee that you'll have something to eat!

Now, I'm a convenience cook, so if there is any way to make something more quickly, I use the tricks! I use lots of canned and frozen items in soups. And for guacamole, I figured I would try using pico de gallo. After all, it has everything you need, already chopped. Note that this differs from salsa! Pico simply looks like chopped veggies, not red and saucy. Several grocery stores in the Richmond market carry this in their produce section. My favorite is from Walmart, followed by Kroger, and I can occasionally find this at Aldi as well. It's my favorite shortcut!

This is one of the first recipes I taught to my younger daughter, who frequently takes the role of sous chef in our kitchen! She's gotten so good at making this, I usually delegate this task to her. In developing this coveted life skill, I feel certain that I have assured her immense popularity in her college years ...

So, without further ado, here is my recipe for easy guacamole.

*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 ambassador for Boco Gear, SaltStick, Switch4Good, and Foot Levelers Blue Ridge Marathon 2022.*

# Easy Guacamole

## INGREDIENTS:

- **3-4 ripe avocados** (skin should be uniformly dark, and the fruit should give a bit when squeezed; if you remove the nub at the top of the avocado, it should look green underneath.)
- **¼ to ½ cup prepared pico de gallo**
- **1-2 fresh limes**
- **One chopped jalapeño, if desired**
- **Salt to taste**

## DIRECTIONS:

- Prepare the avocados by cutting in half, then removing the pits. (Gently, but decisively, slap the knife into the center of the pit. You should embed the knife enough that you can twist and remove the pit.) Use a spoon to scoop out the flesh into a medium size mixing bowl.
- Chop the jalapeño, if using, and add to the mix. (I've found that using a plunger style chopper works really well to finely chop the pepper without killing my hands or dealing with gloves!)
- Add desired amount of pico de gallo.

- Squeeze the juice of 1-2 limes over the mixture. Amount depends on how much you like lime! (We like our guac limey. A handheld citrus juicer is a great investment and makes this task easier!)

- Taking your spoon and knife, start cutting the mixture, pulling from opposite sides and turning the bowl frequently, until mixture is desired consistency. Alternatively, you can use a pastry blender to cut the avocado and blend.

- Salt to taste.
- Serve with your favorite Mexican food or with tortilla chips as a dip!



**Note the bright green color of the fruit under what remains of the stem of the avocado.**



# [ GROUP RUNS ]

| Name   | Day of the Week                                 | Time   | Location   | Pace   | Contact   |
|--|---|--|--|--|---|
| <b>Black Girls Run</b>   | Mondays   | 5:45 p.m.  | Wells Fargo parking lot, White Oak Village Shopping Center                           | Various  | <a href="https://www.facebook.com/groups/bgrrichmond/">https://www.facebook.com/groups/bgrrichmond/</a><br>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  |   |
| <b>Black Men Run</b>   | Sundays   | 8:00 a.m.  | Fountain at Byrd Park Lake   | Various  | <a href="https://www.facebook.com/groups/BMRRichmond">https://www.facebook.com/groups/BMRRichmond</a>   |
| <b>Bryan Park Group</b>  | Saturdays                                       | 7:00 a.m.  | Stir Crazy Café  | 9:00 to 12:00                                    | Susan Deusebio<br>skdeusebio@gmail.com  |
| <b>City Stadium Runners</b>  | Saturdays                                       | 7:45 a.m.  | City Stadium   | 8:00 to 14:00                                    | <a href="https://www.facebook.com/groups/577195912350952">https://www.facebook.com/groups/577195912350952</a><br>citystadiumrunners@gmail.com                                       |
| <b>Crossroads</b>  | Wednesdays                                      | 6:00 p.m.  | Crossroads Coffee  | 8:00 to 10:30                                    | mikesn5va@gmail.com   |
| <b>Dog Pack</b>  | Sundays – Beginning in December                 | 7:30 a.m.  | Carytown Panera  | 8:30 to 14:30                                    | <a href="https://www.facebook.com/groups/1671581323100585">https://www.facebook.com/groups/1671581323100585</a>   |
| <b>Fan Foxes</b>   | Tuesdays, Wednesdays and Thursdays              | 6:00 a.m.  | Fox Elementary School  | Various  | <a href="https://www.facebook.com/groups/fanfoxes">https://www.facebook.com/groups/fanfoxes</a>   |
| <b>Midlothian ACAC</b>   | Thursdays                                       | 5:45 a.m.  | 11621 Robious Road far end of ACAC parking lot                                       | 7:30 to 9:30                                     | <a href="https://www.facebook.com/groups/MidloACACRun">https://www.facebook.com/groups/MidloACACRun</a>   |
| <b>Midlo Mafia</b>   | Daily   | 5:30 a.m. / 6:00 a.m.                            | Midlothian YMCA  | Various  | <a href="https://www.facebook.com/groups/429449713804077">https://www.facebook.com/groups/429449713804077</a>   |
| <b>Mountain Hearts Running Club</b>  | Varies  | Varies   | Varies – ad hoc trail runs in the mountains  | Various  | <a href="http://www.strava.com/clubs/mountainhearts">www.strava.com/clubs/mountainhearts</a><br><a href="https://www.facebook.com/mtnhearts">https://www.facebook.com/mtnhearts</a> |
| <b>November Project (LFG) Run Group</b>                                      | Saturday  | 7:10 a.m.  | Meet @ VMFA (Rumors of War)  | 4 and 7 mile routes<br>8:00-12:00 min mile paces | fullerchrism@gmail.com<br>Chris Fuller  |
| <b>Richmond Running and Social Meetup</b>                                    | Mondays<br>Wednesdays<br>Thursdays<br>Saturdays | 6:30 p.m.<br>6:30 p.m.<br>6:30 p.m.<br>8:30 a.m. | Libby Park<br>Carytown Panera<br>Retreat Hospital (ER side)<br>Byrd Park VITA Course | Various  | <a href="https://www.meetup.com/RVA-Running-Social-Meetup">https://www.meetup.com/RVA-Running-Social-Meetup</a>   |
| <b>Ridgefield Runners</b>  | Tuesdays, Wednesdays and Thursdays              | 6:00 a.m.  | John Rolfe Commons<br>Publix / YMCA  | Various  | <a href="https://www.facebook.com/groups/368386789999522">https://www.facebook.com/groups/368386789999522</a>   |
| <b>River City Run Club</b><br><i>To support drug- and alcohol-free lives</i> | Mondays   | 4:30 p.m.  | Journey House (beside the fire station), 6401 Horsepen Rd.                           | Walkers/ runners of all levels                   | <a href="https://rivercityrunclub.com">https://rivercityrunclub.com</a>   |
| <b>Road Runner Running Store</b>   | Mondays   | 6:00 p.m.  | 3002 W. Cary Street  | Various  | <a href="https://www.facebook.com/RoadRunnerRunningStore">https://www.facebook.com/RoadRunnerRunningStore</a>   |
| <b>Rogue Runners</b>   | Tuesdays, Thursdays                             | 5:30 a.m.  | Starbucks at Libbie and Grove  | 7:30 to 10:00                                    | <a href="https://www.facebook.com/groups/254849741268828">https://www.facebook.com/groups/254849741268828</a>   |



| Name  | Day of the Week   | Time  | Location   | Pace                         | Contact   |
|---|---|---|--|------------------------------|---|
| <b>Run Short Pump</b>                                 | Tuesdays, Thursdays   | 5:30 a.m.                                       | Einstein Bros. Bagels on Pump Road                   | 7:00 to 10:00                | Frank Finn, finn.frank@gmail.com  |
| <b>RVA Monthly Trail Run</b>                          | 1st or 2nd Saturday or Sunday of each month   | 8:00 a.m.                                       | Pump House Parking Lot Trailhead                     | Various                      | RVA Monthly Trail Run Facebook page<br>Mark "Iscool" Guzzi, 804-651-5415, markiscool1@hotmail.com               |
| <b>RVA Stroller Runners</b>                           | Tuesdays, Thursdays   | 9:45 a.m.                                       | Various  | Various                      | <a href="https://www.facebook.com/groups/1597418347194024">https://www.facebook.com/groups/1597418347194024</a> |
| <b>Sandston Striders</b>                              | Saturdays   | 8:00 a.m.                                       | Chicahominy Family YMCA                              | Various                      | George Talley, gc_talley@verizon.net  |
| <b>Shady Grove Runners</b>                            | Mondays, Tuesdays and Thursdays   | 5:45 a.m.                                       | Shady Grove YMCA                                     | Various                      | <a href="https://www.facebook.com/shadygroverunners">https://www.facebook.com/shadygroverunners</a>             |
| <b>Sugar &amp; Twine Training Team</b>                | Tuesdays, Thursdays   | 6:00 a.m.                                       | 2928 W. Cary Street                                  | 8:00 to 9:00                 | <a href="https://www.facebook.com/groups/361699573878105">https://www.facebook.com/groups/361699573878105</a>   |
| <b>Tuesday Nite Trail Run</b>                         | Tuesdays  | 5:45 p.m.                                       | Dogwood Dell parking lot, grassy field near dog park | 9:30 or faster               | Mark "Iscool" Guzzi, markiscool1@hotmail.com  |
| <b>We Off the Couch: Running with Rock &amp; Tara</b> | Monday (ladies only)<br>Wednesday (5+ miles)<br>Sunday (2-mile beginner's run)<br>Sunday (5+ miles) | 6:30 a.m.<br>5:30 p.m.<br>10 a.m.<br>10:45 a.m. | Varies   | Various<br>All paces welcome | Weoffthecouch on Instagram, Facebook, & Strava<br>weoffthecouch@gmail.com                                       |
| <b>Winter Trail Group</b>                             | Saturdays   | 9:00 a.m.                                       | North Bank Pump House Trail Head                     | Various                      | <a href="https://www.facebook.com/groups/shamrocktraining">https://www.facebook.com/groups/shamrocktraining</a> |

### Brewery-focused group runs

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

To make any changes, including adding new groups or deleting inactive groups, email [MilesAndMinutes@RRRC.org](mailto:MilesAndMinutes@RRRC.org).



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



# First Day 5k

January 1, 2022

