

# MILES & MINUTES

Publication of the Richmond Road Runners Club

Summer 2022 | Volume 45, Issue 3

## ON THE ROAD AGAIN *Running When Traveling*

### INSIDE

Injury Prevention

Marathon Nutrition

Pandemic Lessons

Running Shoe  
Comfort

Race Calendar





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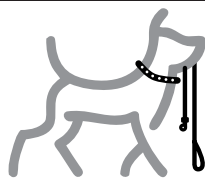


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**Miles & Minutes** is the official newsletter for and by members of the Richmond Road Runners Club (RRRC). The RRRC is a nonprofit organization whose goal is to foster fitness and a healthy lifestyle through running in the metro Richmond, Virginia 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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**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:** Katie and Kevin Shaffer, approaching Chamonix, France, on the trail on the final day of their trip along the Trail du Mont Blanc with Run the Alps.

Photo credit: Mark Brightwell, Run the Alps guide.



Richmond Road Runners Club



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### Running 101:

#### Bringing the power of knowledge to the people

Created to help runners feel empowered to perform exercises and movements that would help them run strong and healthy.

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Total Time	Distance
2:03:40	13.13MI
Active Calories	Total Calories
1,109CAL	1,265CAL
Elevation Gain	Elevation
275FT	▲ 219FT MAX ▼ 45FT MIN
Avg. Cadence	Avg. Heart Rate
168SPM	174BPM
Avg. Pace	
9'25"/MI	

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Running has such a high injury rate due to its repetitiveness and to misconceptions about training. Luckily, it's becoming more common to address injury prevention, as research is backing up new ways to stay healthy and prevent future injury.

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## [ EDITORS' LETTERS ]



The idea to write about running while traveling long precedes my term as *Miles & Minutes* editor. I first packed my running gear on a media travel trip several years ago, when I was in the peak of training for one of my first races (or, as my novice coaches liked to clarify, for an “event”). I was hooked, on running and packing my gear.

Media travel trips maintain a frantic pace as the hosts show off the destination to visiting writers, so I enjoyed the break that running gave me. These trips typically feature three stellar meals per day, so I was happy to run off calories. I also knew that engaging my body would enhance my mental focus and help me do my job.

Mostly, though, I appreciated the chance to see the destination in a way that I wouldn't have otherwise. I thought that my realization was a unique epiphany, an idea that I needed to share with other runners. Boy, was I wrong! When *Miles & Minutes* put out a survey on runners' experiences with running during travels, my epiphany was echoed by many.

OK, so I discovered gravity (insert winking emoji), but it doesn't detract from the memories I've accumulated during my travels. While on trips for business and pleasure, I've run through nearby destinations like Norfolk and Twin Lakes State Park, Virginia, in dozens of states, and in countries as far away as Costa Rica, Belgium, Australia, Hong Kong, and Shanghai.

In Asheville, North Carolina, and Baton Rouge, Louisiana, I connected with local running groups and got insiders' insights and warm memories – and the assurance that I wouldn't get lost.

I timed a trip to Austin, Texas, so I could run the Austin half marathon while there, and I learned that the city has way more hills than I'd realized.

Before my trip to Sydney, Australia, I discovered a 25k race on the outskirts of town, a distance that matched my training schedule. I connected with a local couple during the run. I also learned that the temporary limit on my credit card that I'd set for security purposes takes a couple of days to reload, which surprised me and the cabbie who returned me to the hotel, who thought for sure he'd been stiffed!

In running along the Victoria Harbor in Hong Kong, I had delightful views of Victoria Harbor, of the multitude of

creative holiday lights, of the city's spectacular architecture, and of everyday people.

My next trip is to Chicago to visit my daughter. She's been charged with asking friends about running routes before I arrive. And if she doesn't? I'll create my own tentative route, lace up my shoes, pack my phone, and head out the door. I'll make some discoveries and more memories, just like other Richmond runners have done on their travels. ■

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

### **We are slowly emerging from the pandemic. At least, we hope!**

In this issue, I'm taking some time to reflect on what I learned about myself, running, and the running community. I asked a few of my friends for their thoughts as well. During the height of the pandemic, I think many of us felt a bit lost and disconnected, especially from our running community.

One thing that did help to keep us connected over the past two years, like it or not, is social media. From finding out information about virtual races, to reuniting with training teams and running groups as COVID numbers declined, to learning new information from trained professionals, many of us turned to social media.

Two notable local professionals have built a significant following over the past year, and I'm happy to introduce them to you in this issue!

I've really enjoyed the content from Lisa Mitro, aka @dr.lisa.dpt, and Emily Moore, aka @thedietitianrunner, both on Instagram. Lisa is a local physical therapist and runner who also works with runners on injury prevention. Emily is a registered dietitian and marathoner who specializes in sports nutrition. Both also work with clients 1:1. I have learned so much from both of them, which is why I asked them to share a bit of their expertise with you in the summer issue, especially with training ramping up for fall races!

Summer brings warmer weather, for sure, and the return of a couple of favorite race series! We hope you will check out the Summer Track Series with its return to the University of Richmond, and the Cul-de-Sac series, which returns to Shady Grove Elementary School in Henrico. You can find out more information about these events in this issue and on our website.

Thanks for listening. And happy running! ■

**Anne Magee** | *Assistant Editor*



## [ PRESIDENT'S MESSAGE ]



The first six months of my term have gone by so quickly, and I am more excited than ever. In-person races are back, and many of us are planning on a summer full of training for some fall goals. It's an exciting time for runners – even with

the hot weather testing us all.

When you are out running and setting goals, do me a favor. Meet yourself where you are. It's so easy to fret about extra weight put on in the last couple years, things you've done in the past, or the injury that's made training take a back seat, but what's not easy is giving yourself the grace to be comfortable with what you're *currently* able to do. To enjoy where you are.

When the time is right to set a strong goal and strive for it, by all means, knock it out of the park! But when it isn't, be okay with getting it done – however you can feel good doing it. Grinding yourself into the ground will accomplish nothing for your physical health nor your mental health. Also, running in the heat is its own special challenge!

I'll leave you with one last thought that helps guide the decisions I make when it comes to signing up for races and setting goals. "I don't get paid to do this, so if I'm not having fun doing this in my free time, what the heck am I doing?!" ■

**Rainey Niklawski** | *President*



## Sharing the RRRC Mission Across RVA

*By Annie Tobey*

The RRRC Grants Committee, led by Kirk Millikan, reviewed grant requests from several local organizations. The committee recommended giving funds to six groups whose mission aligns with the mission of the RRRC. At the May board meeting, Millikan presented the committee's recommendations and the board approved.

In each grant request, the organization provided information on the group's mission and vision, on how that aligns with the RRRC's mission, on how the funds will be used. Each one also agreed to provide updates to the board on use of the grant money. Each group's mission (taken primarily from the grant request forms) follows.

### Girls on the Run of Greater Richmond

Girls on the Run inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum that creatively integrates running. GOTR envisions a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. It works to inspire girls to build confidence and make intentional decisions, 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.

### Manchester High School Champions Together Track and Field Team

In Virginia, the Champions Together high school program fulfills the Unified Champion Schools requirements. Students compete on interscholastic track and field teams composed of approximately equal numbers of students with and without intellectual disabilities; an inclusive student-led leadership team must organize an annual awareness event like "Choose to Include"; and schools may participate in collaborative fundraising events planned by Special Olympics Virginia to raise funds for their school.

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## RRRC News Bits

*continued from page 3*

### REAL LIFE

REAL LIFE serves individuals who have been impacted by incarceration, substance use disorder, or homelessness by giving them an opportunity to overcome personal and community barriers that hinder their pathway to a thriving life. Using a holistic, evidence-based, person-centered, trauma-informed, and behavior modification approach, REAL LIFE works to help the whole person, equipping them to make lifelong changes. Case managers develop personalized treatment plans for each individual and address issues caused by adverse childhood experiences, including violence, poverty, health disparities, and racism.

REAL LIFE has found that physical activity helps Lifers work through trauma. Running is great for physical and mental health, and RRRC's support will give them a chance to explore a new avenue to physical and mental health – running.

### Shood (Shoes for Good)

Shood collects men's and women's new and gently used running shoes and reconditions and redistributes them to those who are homeless or living in poverty in Richmond. Since 2017, Shood has distributed over 10,000 pairs of shoes locally. Shood's new Shoothing Stars program provides running shoes and track spikes to student-athletes participating in cross country and track at Richmond inner-city high schools. Each student-athlete is professionally sized and fitted with running shoes and track spikes. Recipients also receive athletic socks, foot care, and race day items.

### Sportable

Sportable works with individuals with physical disabilities and visual impairments through adaptive sports. The nonprofit provides a range of athletic opportunities and community engagement programs for schools and businesses in the Richmond region. Sportable makes adaptive sports accessible and affordable for anyone with physical or visual disabilities through 15 distinct adaptive sports programs. The programs improve health outcomes, promote positive self-image and self-advocacy, provide important peer relationships, and enhance independence, which can translate into higher rates of employment and academic success. Sportable athletes also have opportunities to compete at various levels, from the playground to the Paralympics.

## WeOffTheCouch

The purpose of WeOffTheCouch is to encourage people of different paces and diverse backgrounds to get up and get moving. The group aims to provide a positive, supportive running experience centered around camaraderie, fitness, and fun. WeOffTheCouch aspires to help its community run to combat obesity and heart disease and to embrace a healthier lifestyle. To encourage as many people as possible to participate, the group covers costs such as running shoes, training teams, and race registrations. Regular group runs provide enthusiasm, support, camaraderie, and encouragement to all members.

## SAVE THE DATE!

*By Anne Magee*

Find information on upcoming races at RRRC.org. For a more complete list of area races, click on the RVA RACE CALENDAR tab. To register for a race, click the SignUp button on the race calendar listing or below the masthead on the RRRC home page. Follow us on Facebook @ Richmond Road Runners Club for updates. NOTE: If a registration isn't yet open, but sure to check back for your chance to participate.

### Pony Pasture 5k Presented by Edward Jones

*July 23, 2022 • 7:30 a.m.*

The Pony Pasture 5k will once again be the RRCA Virginia 5k Championship Race!

Richmond Road Runners Club dedicates this annual 5K race to the memory of Dr. Peter Still. Peter was a scholar, gentleman, runner, and a friend to many. The proceeds of this race benefit the Richmond Road Runners Club Scholarship Fund. Each year the club has awarded \$2,000 scholarships to selected graduating high school seniors. The scholarships are awarded to individuals who have and will represent the beneficial aspects of running as a healthy lifestyle. The recipients of the 2022 scholarships will be announced at the conclusion of the Pony Pasture 5K.

This beautiful course is a flat and fast, out and back 5K on Riverside Drive along the James River. The race starts and ends at the Pony Pasture Rapids parking lot located on the south bank of the James River. You don't want to miss this event!



## Ashland Half Marathon

Aug. 27, 2022 • 6:30 a.m.

The Ashland Half Marathon is a cooperative effort with Sports Backers and is the perfect mid-term exam, so to speak, for the Richmond Marathon. This event is a Richmond Road Runners Club Grand Prix Race. And just like last year, the race will have a 3.5 hour limit.

The course takes you through all of the charming features of the small college town of Ashland, beginning and ending on the campus of Randolph Macon. In between, you will discover the quaint town, the railroad tracks and Amtrak station that give Ashland the nickname Train Town, and the rolling hills and farmland of the countryside.

Typically, this race is either super-hot or pleasantly cool for late August! There is no in-between. One year, we even had a hurricane! (Really!)

We hope that you will join us in running or volunteering for this special event!

## Our summer social and fall races are back!

**RRRC's Flying Squirrels Night** is Aug. 18. Registration is open!

**Das Bier Run** at Center of the Universe Brewery, a 4 x 1 mile relay team event, is Sept. 24. Registration is open!

**The Poop Loop 4ish Miler** is Oct. 1. Registration is open for this trail race at Ancarrow's Landing.

The **T-Rex Run** returns to Dorey Park on Nov. 13.

And finally, the **Wegmans Turkey Trot 10k** will be Thanksgiving Day, Nov. 24. Look for registration to open soon!

## RACE REPORTS

By Anne Magee

### Carytown 10k – May 8

Who else began their Mother's Day celebrations by running the Carytown 10k? In its welcome return to the streets of Carytown post-pandemic, Mother Nature greeted us with unseasonably cool temperatures and a misty rain. Perfect weather for running, if you ask us!

There were 368 runners who participated in person. The overall winner and first place male finisher was Harrison Toney with a time of 30:39.50. Our first female finisher



Carytown first place female runner Laura Labuschaigne.



Carytown 10k

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## RRRC News Bits

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and second overall was Laura Labuschaigne with a time of 34:04.7. Both very impressive efforts!

We are so appreciative of the organization of race director Anne Brown and all of the many volunteers that made this event successful, as well as our sponsors, Richmond Sports Massage and the Richmond Road Runner Fleet Feet store! Some of you were lucky enough to even get a massage after the race from some of the wonderful therapists with Richmond Sports Massage.

We hope to see you at the race next year!

## Stratford Hills 10k – May 28

What better way to spend a part of your Memorial Day weekend than by running a 10k race by the beautiful James River? Sure, the course comes with a fairly spicy hill, but that's just another feature that makes this course interesting!

The 43rd running of this race was led by race director and former RRRC President, Nikkia Young. We thank her and our many volunteers for making this race a success! We also thank our multiple sponsors, including CKE Rejuvenation, Outpost Richmond, Galley Kitchen and Market, and SaltStick. Nikkia was very happy about the weather, the great sponsors, and the many happy runners!

There were 141 in-person participants this year. Brian Flynn from Ashland was our overall and first place male finisher with a time of 32:10.9. Gabi Wechsler of Henrico was our first place female finisher with a time of 39:56.4.



PHOTO FROM TRISHA WHITTINGTON



PHOTO FROM SELINA CELEBRE



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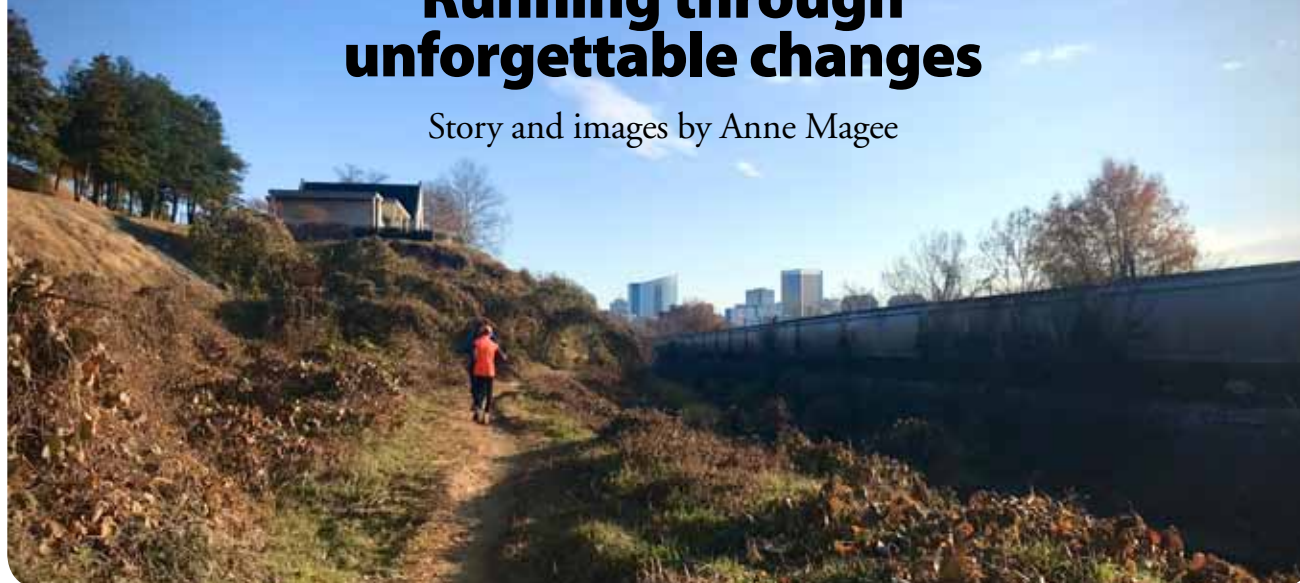
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# Pandemic Lessons

## Running through unforgettable changes

Story and images by Anne Magee



North Bank Trail in the James River Park System.



Anne on the trails at Poor Farm Park in Ashland.

We have lived in this pandemic world for over two years now. Thankfully, the days of empty shelves, fighting over packs of toilet paper, and overwhelmed hospitals seem to be mostly over, but we will be forever changed by this experience. And although the stickers

on the floors of our favorite stores encouraging social distancing are eroding, I doubt the memories of these months will fade anytime soon.

### My story

On March 1, 2020, I ran my eighth half marathon: the One City half. It was my first time running a race in my hometown of Newport News. The news of COVID was percolating, but many were in denial that the virus would reach our shores. The One City Marathon winner had planned to run the Lake Biwa Mainichi Marathon in Japan the following week, but he canceled his plans due to the spread of the coronavirus overseas. If I had known that I

had grabbed the last chance to run a major race in my area just before everything shut down, I would have relished each moment of running it more.

We all know what happened next. The pandemic suddenly halted dreams and pivoted priorities. Some quite literally paid with their lives. And we all endured months of uncertainty.

During the strict lockdown, my thoughts oscillated between wanting to take the opportunity to become my fittest self to a bit of “you only live once” philosophy. Why not enjoy the simple pleasures of life, like homemade bread and cakes I made out of boredom, when we literally might die tomorrow? Some days, the latter won. But most days, I struck a balance between both. I still managed to get a bit fluffier despite continuing to exercise.

I really did try to stay active, physically and mentally. I continued to run. With streets relatively empty, with gyms closed, and with lots of time on my hands since I was furloughed, I also rode my bike more. These activities became my outlet to escape monotony. I looked forward to my daily escape outside, feeling the wind as I rode my bike or exploring my local trails by foot. I improvised

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## Pandemic Lessons

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gym equipment, making use of wine totes to hold cans as weights, and using my stash of resistance bands, too.

Virtual races and challenges became a commonplace for the running community, giving us at least something to work on. I participated in a couple of these events with Sports Backers, and I completed the Marine Corps Marathon Desert Storm 218 miler with a team. My marathon was also virtual in 2020. I will never forget the support from my running friends as they manned a SAG for those of us who ran our marathon that day!

By this point, I was also back to work as a physical therapist. I was a part of a rehab team that helped many COVID survivors get their lives back. An N95 mask was an essential part of my uniform. It was surreal.

We did get to have our summer camp for grownups in 2020 – the Sports Backers Marathon Training Team – but it was down to a skeletal number of participants due to the pandemic and all of the questions we couldn't answer, like if there would even be a Richmond marathon to run. MTT brought a welcome sense of stability to those summer and early autumn months. In the end, we did get a marathon, but not on our usual downtown course. But it was still a race, and we were grateful.

2021 saw live, in-person races returning in a more regular format, with modifications like masking in tighter group settings, such as in the corrals and post-race festivals. Fall



Before a Pink Nation run in 2020.



Anne finishing the virtual Marine Corps Marathon in 2020.

marathon training teams also returned to a more traditional style and numbers. And by the time the Richmond Marathon arrived in November, things seemed, well, almost normal. Race day was a glorious celebration of the Richmond running community! Being on the course as a coach to support all the runners was amazing.

That being said, with my 2020 and 2021 marathons both virtual races, I can't wait to run a marathon on a racecourse again. My fall marathon this year will be my 10th. Which race will I run? Well, I still have to figure that out!

## What did the pandemic teach me about running?

- I can run long distances alone successfully. Because of this, I trusted myself to take on my first ultramarathon in 2021!
- Running is a bigger mitigator of mental health struggles than I realized.
- Planning routes became trickier during the strict lockdown, as many public bathrooms and water fountains were unavailable.
- The Richmond running community is resilient.
- The patter of hundreds of feet hitting the pavement during a race is a beautiful sound I didn't realize that I missed until I was able to experience it again.



## Some enduring issues:

- Run clubs and nonprofits who organize running races are still working to return to pre-pandemic levels.
- Many runners are still hesitant to sign up for major races early due to the possibility of race cancellations.
- Virtual options for races may be here to stay, which isn't necessarily a bad thing.

## What did the pandemic teach others about running?

### Opportunity

Many of my friends were inspired to work toward new fitness goals with more time to train on their hands:

"For me, I decided to try to push myself out of my comfort zone a bit with some running challenges," said my friend, **Frank L.** He participated in a Yeti 24-hour challenge during the height of lockdown, and when he queried his friends for 5-mile routes in unique parts of town, he took me up on my offer to create one for him in my favorite town of Ashland!

**Debbie B.** used the time to tackle a major goal: "Nothing else to do, so I trained [for] and ran my first marathon!" What a great way to pivot the lockdown to an opportunity!

### Virtual races

As far as virtual races are concerned, the verdict varies. I have one running friend who adamantly dislikes the format, stating she would never spend money to run just for the swag. But I know race directors who admit that having a virtual option allows runners the freedom to switch if race conditions change, including weather or virus transmission levels, and gives smaller run clubs a way to still generate



Anne on a pandemic bike ride.

revenue. I personally signed up for a few virtual races with the understanding that my entry fee would help my favorite organizations survive the pause in live races.

### Mental health

Just like me, many friends realized that their workouts were absolutely essential to managing their mental health.

**Nikki M.** says, "Running kept me sane when I couldn't see people and my homeschooled kids were driving me nuts. Also, I really feel it made me feel stronger and healthier at a time when a lot of people were giving up on their health."

"I didn't realize how important building that routine [of running would be to helping] me find resilience during the pandemic," says **Dan W.** "My running days became ... opportunities to control something, anything, and a reset button. It helped me feel joy when there was so little to celebrate."

### Discovering trails

When getting outside was a refuge from the risk of transmitting the virus, trails seemed like an obvious place to find peace. Due to their increased popularity, some trails actually closed initially, including the Noland Trail in Newport News and the Greenway in Roanoke. Even the trails in the RVA were restricted, with parking lots at trailheads closed on peak use days to control crowds. But they thankfully reopened.

"During the pandemic, getting out on the trails with my run buddies was my only form of outside interaction I got," says



Anne with Nikkia Raedawn waiting for the One City half to begin.

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## The Ultimate Requirement of All Running Shoes: Comfort

### 3 factors that can affect the feel



By George Lane, DPM, AAPSM

In the previous eight articles, I discussed the factors determining what properties to be aware of in all running shoes. Now, the most important factor must be considered: do the shoes feel comfortable on your feet when you wear them or run in them?

If not, probably one of the criteria from the previous articles wasn't met. A few things that were not mentioned in the previous articles may also affect the ultimate feel of the shoe, such as the lacing system, the outsole lug configuration, and the "forefoot rocker" sole of the shoe.

### Lacing system

Some people have areas of sensitivity on the top of the foot due to bony prominences or other issues that can be irritated by lacing. If the laces of the shoe are causing discomfort across the top of your foot in spite of an otherwise good fit, there may be alternative lacing techniques (example: skipping eyelets at a level of pinching – **Fig 1**) or laces with different properties (example: laces that are more elastic, such as Lock-Laces® – **Fig 2**), both of which could possibly remedy the problem.

Another way adjusting the lacing configuration may improve comfort is with certain ankle or heel fit issues. If you



Figure 1



Figure 2

experience pain at the front of the ankle, check to see if the top lacing crossing the area of pain is causing it. If so, try backing the laces out of the top set of eyelets and re-lace at one level below the top. Confirm if this relieves the problem without causing the shoe to otherwise feel uncomfortable. With respect to a loose fit in the heel or the heel slipping up and down in the shoe when walking or running, first ensure that your heel is seated firmly in the back of the heel cup and the lacing is snug the entire way up. If this doesn't solve the problem, the "heel lock" lacing method may work (**Fig 3a, 3b, 3c**).

### Outsole lugs

Although not common, certain shoe models have outsole lug configurations that for some people may be uncomfortably prominent under the area of the foot where they are located



Figure 3A



Figure 3B



Figure 3C



(Fig 4). Running with such a situation could lead to bruising or more severe injuries such as joint damage or stress fracture. There is little to do to adjust for this problem other than shave down the prominent lugs, which is not recommended as it may affect the integrity of the sole of the shoe.

### Forefoot rocker-type sole

Finally, a shoe with a “forefoot rocker” shape, especially if stiff, could cause an altered feel to the “ride” of the shoe (Fig 5). For runners with arthritic joints in the ball of the foot or big toe, this often can reduce discomfort by protecting the affected joints from painful motion. Although this shoe type is well accepted by most feet, if it causes an awkward-feeling gait or discomfort, it would be best to find another model of shoe. ■

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



Figure 4



Figure 5

## Pandemic Lessons

*continued from page 9*

**Amy M.** “It was good for the soul.” I couldn’t agree more!

**Janell W.** took to the trails for the first time, saying, “The pandemic pushed me onto the trails. I was always a road runner, but suddenly it really felt ‘old,’ and I needed something new, a change, and the pandemic made that happen.”



Anne waiting to begin the Blue Ridge half marathon in 2021.

Here in the RVA, we are so lucky to have access to so many amazing and beautiful trail systems. From the multiple little trails in the town of Ashland, to the James River Park trails, to the Virginia Capital Trail, to Pocahontas State Park, we have such a variety to enjoy.

### Reflections

We have all been affected by the pandemic, a universal trauma the world has endured together. Those of us who survived illness from COVID or helped people recover may never be the same. Most of us tried to stay active, and many in our community became active for the first time. And although the virus may not be completely finished wreaking havoc, as a society, I think we are collectively eager to move on.

As strong as our running community was before, I do believe that it continues to grow and evolve. We may still be a bit trigger shy on hitting that button to sign up for races, but I think numbers will eventually rebound.

The question remains: what is the new normal? I’m looking forward to finding out. ■

# RUNNING 101:

*Bringing the power of knowledge to the people*

By Laura Welch



On a Sunday afternoon in late May, 21 participants gathered in a studio for my second running workshop, entitled Running 101. The first workshop had been just before COVID-19 hit in early 2020.

As a doctor of physical therapy and owner of Inspire Physical

Therapy, I created Running 101 to help runners feel empowered to perform exercises and movements that would help them run strong and healthy. The timing was in hopes of catching runners right before they started diving into training for fall races, which locally is usually around June for the Richmond Marathon.

## Inception of the course

A few years ago, during a patient visit, I was discussing running injuries with someone and blurted, “Getting injured is like a rite of passage for a runner!” and immediately thought that, first of all, it was one of the stupidest things I’ve ever said, and second, there is no way that getting injured as a runner should be accepted as something that just ... happens. Yes, injuries are a part of being human. But I noticed for myself that the more I understood the mechanisms of what an efficient gait looks like and as I gained the knowledge of smart training, I started getting injured less. Ultimately, I thought, if I can run with fewer injuries because of everything I have learned over the years, couldn’t other people do the same?

Running 101 included movement exercises for range of motion, strength, and stability, sprinkled with knowledge of the latest running research. I provided hands-on assistance to ensure proper mechanics. We also discussed various training tips, including using heart rate measurements to monitor how training is going, whether it’s a good day to run especially slow or perhaps back off completely.

The workshop concluded with a round of raffle prizes, generously provided by local businesses whose missions

are to improve health and wellness to the Richmond community. All participants received a printout so they can continue practicing at home.

After hosting two successful running workshops, I have realized there is a need for continued support for the running community. In hopes of helping runners have a flourishing running career, I am beginning weekly 30-minute virtual exercise sessions that address movements that are most important for an efficient gait. These sessions will be designed for participants to discover movements that are the most challenging for them so they may continue practicing them throughout the rest of the week. Sessions will be live; however, an on-demand library will be available for those that can’t attend in real time. More information and registration is available at <http://inspirephysicaltherapy.net>.

It is my dream to host future running workshops, but with the rise in COVID-19 cases, this will have to wait. Until then, we are so lucky to have a virtual option so that everyone may continue having access to this valuable information. ■

## Questions?

Please email Laura at [laura@inspirephysicaltherapy.net](mailto:laura@inspirephysicaltherapy.net)





# Tips for Injury Prevention

## Better than a pound of cure

By Lisa Mitro PT, DPT



Did you know that about 80% of runners get injured each year?! Running has such a high injury rate due to its repetitiveness and to misconceptions about training. Luckily, it's becoming more common to address injury prevention, as research is backing up new ways to stay healthy and prevent future injury.

With little changes in your weekly routine, you can continue to run pain free and feel stronger with each stride. Let's dive into some injury prevention tips:

### Tip #1: Increasing Cadence

The first thing I would look at is a runner's cadence, or steps per minute. To see what your cadence is, just check your running watch and take the average cadence over a handful of runs. After you have calculated your average cadence, let's compare it to your goal cadence. Increasing your cadence to a range of 170-180 steps per minute can decrease your risk of injury by more than 30%. Increasing your cadence changes the angles of where the force is distributed when the foot strikes the ground. It is recommended to only increase your cadence by 10% each week. I recommend focusing on increasing your cadence on recovery runs.

### Tip #2: Adding Strength and Mobility Training

Adding strength training specific toward muscles used in running is proven in the research to help prevent injuries. Strength training doesn't need to be a whole event at the

Total Time	Distance
2:03:40	13.13MI
Active Calories	Total Calories
1,109CAL	1,265CAL
Elevation Gain	Elevation
275FT	▲ 215FT MAX ▼ 45FT MIN
Avg. Cadence	Avg. Heart Rate
168SPM	174BPM
Avg. Pace	
9'25"/MI	

gym for an hour, either. I recommend including two to three days of 20 to 30 minutes of strength training with resistance bands and dumbbells to start. Strength training should include exercises that focus on building stability and strength with plyometrics, working muscles specific to runners. This includes addressing the following muscles: soleus, hamstring, quadriceps, hip flexors, gluteus medius and maximus, and the smaller stabilizing muscles throughout the body.

Adding mobility training after runs or workouts will help improve your joints' range of motion. This gives your body more ability to move into new ranges that stretching will not give you. Mobility is flowing in and out of a joint's range of motion, only holding two to three seconds before coming out of that movement. Want better joint health and faster

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## Tips for Injury Prevention

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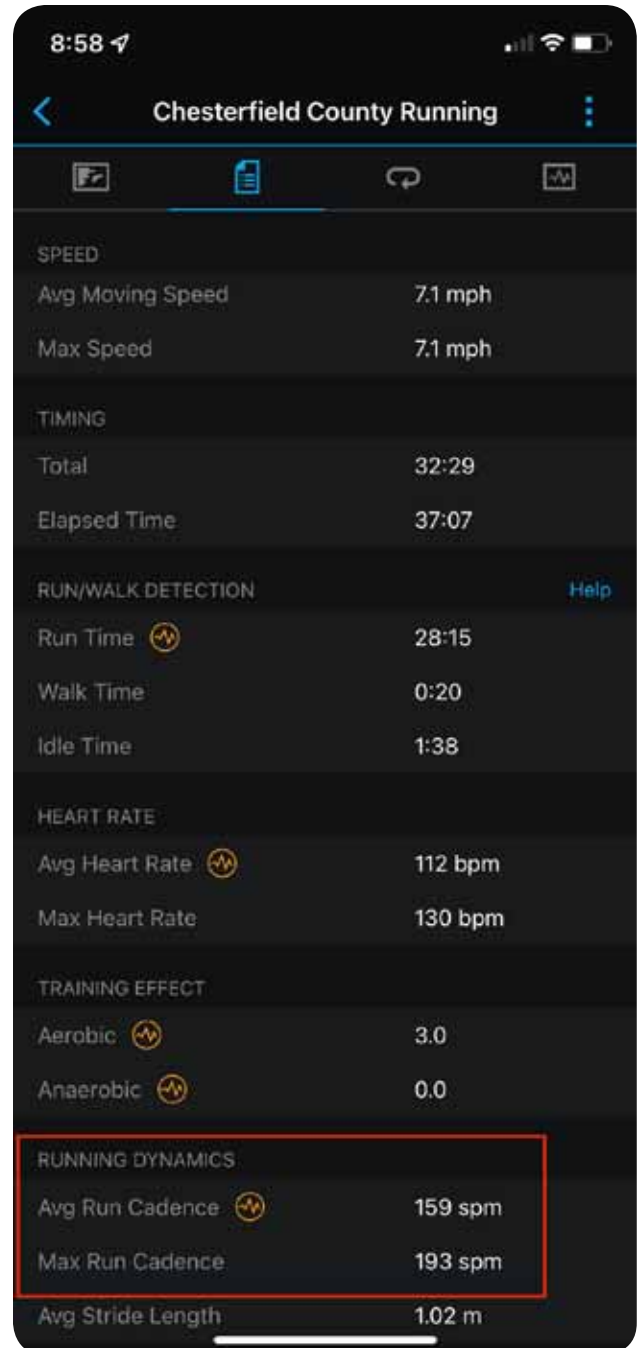


recovery? Try mobility training for 10 to 15 minutes each night.

### Tip #3: Take Your Rest Days and Sleep Seriously

Taking rest days and getting seven to eight hours of sleep is your body's way of repairing itself, so it's important to make time for rest. The hours of sleep will increase as you increase your training due to the increase of muscle repair needed. Taking at least one rest day a week will allow for better training and should be thought of as a reset for your body. A rest day should consist of no more than walking and mobility training. A rest day truly means not doing a lot of activity and avoiding moderate to strenuous exercise. Let those muscles and joints rest!

Adding these tips week after week will transform you from a good runner into a great runner while preventing injuries that can leave you out for the season. Don't overthink it either! I recommend planning out your week for workouts, mobility, and running so you can stick to the plan and address your goals. ■



*Dr. Lisa Mitro is a physical therapist who specializes in the prevention and treatment of running injuries and has helped thousands of runners from across the globe. She's on a mission to inspire and educate runners of all experiences and ages so they can continue running pain free. She is a Richmond native and a true believer that movement is medicine.*



# Marathon Nutrition Starts Now!

## Fueling your body before, during, and after

By Emily Moore, RD



Training for fall marathons is here! One of the best tools that you can have as a runner training for 26.2 is your nutrition. Fueling your body as a runner can help you run faster and stronger, feel energized throughout the day and during

running, promote a faster recovery between workouts, help you avoid hitting the wall, and smash out a race PR! Your nutrition is just as important as all the training and miles that you put in. So what exactly should you focus on with your nutrition as a runner?

### Runners' Meals

Your nutrition is not just something to focus on before, during, and after your run – it's something to focus on all week long! Your first step is to start building a strong nutrition foundation through meals and snacks.

What should you put on your plate at meals? A runner's plate includes carbs, protein, fat, and color (fruits/veggies). As a runner you need all 3 macronutrients (carbs, protein, and fat).

Carbohydrates are your body's preferred source of fuel. Your body uses carbohydrates most efficiently for fuel. Carbs are essential for performance and will help you run faster and feel energized on and off the road.

Carbohydrates are a significant energy source for your brain and can help you keep focused and thinking sharp. The brain alone actually uses a minimum of 120 grams of carbs per day!

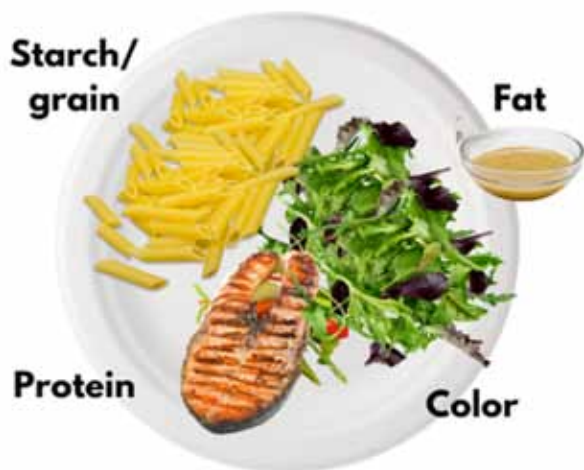
Carbs are also protein-sparing. This means that when you're meeting your carbohydrate requirements, it prevents the body from breaking down your muscle to use as fuel. Protein is often thought as the nutrient to help with muscle recovery, but carbs play an important role in this too! As a runner, you have higher carbohydrate requirements compared to non-runners because you're using more energy to train. Your non-running friends may be eating differently from you, but that's okay – keep your eyes on your own plate!

Protein is also a vital part of your runner's plate. Protein is used by the body to build and repair tissues and muscles and to make hormones. Along with carbs, it will help your

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### How to build out your own runner's plate

*\*Note that as your miles increase, the portion of starch/grain on your plate should increase as well.  
It may even increase to 50% of your plate!*



#### COLOR

berries  
apples  
mango  
apricots  
grapefruit  
leafy greens  
peppers  
cucumbers  
eggplant  
asparagus  
broccoli  
cauliflower

#### STARCH

pasta  
rice  
crackers  
barley  
quinoa  
oats  
popcorn  
bread  
buckwheat  
couscous  
cereal  
corn  
peas  
potatoes

#### PROTEIN

meat  
seafood  
eggs  
Greek  
yogurt  
dairy milk  
soy milk  
legumes  
tofu  
tempeh

#### FAT

olive oil  
avocado  
fatty fish  
nuts  
seeds

## Marathon Nutrition

*continued from page 15*

body recover after a workout. As a runner, you have higher protein requirements compared to non-runners.

Fat is an important part of your runner's plate, too. Fat is needed to absorb fat-soluble vitamin A, D, E and K. It can also be used for energy and to make hormones.

Lastly, including color on your plate will help you meet your vitamin and mineral requirements, which are just as important as your macronutrient requirements.

1. **Runner's Snacks.** I recommend that you aim for carbohydrates and protein as snacks. This will help you meet your carbohydrate and protein requirements! Bonus for including color to your snack too!

### Runner's snack examples:



2. **Hydration.** Just like your nutrition, your hydration is not something just to focus on before, during, and after running – it's something to focus on all week long!

To estimate your daily fluid requirements, take your weight in pounds and cut it in half – this is the amount of fluid to aim for daily in ounces. For example, a 160-pound runner should aim for 80 ounces per day. If you're exercising and sweating, you'll need to add even more fluids.

A huge hydration tip that I have for you is to not wait until you're thirsty to drink, as thirst can actually be a sign of dehydration. Take frequent sips all throughout the day and keep your water bottle close by you as your reminder to drink.

You may also find it helpful to set a daily goal. For example, if your goal is 100 ounces per day and you have a 20-ounce water bottle, make it a goal to drink at least five of your water bottles each day. You can aim for three bottles in the morning and two in the afternoon and evening.

Water-rich fruits and veggies can help keep you hydrated, too. Some examples are leafy greens, oranges, watermelon, strawberries, and cucumbers.

3. **Nutrient Timing.** Nutrient timing is the strategic timing of your nutrient and energy intake around exercise with the goal of enhancing performance and optimizing your recovery. Nutrient timing is only effective after you have built that strong nutrition foundation at meals and snacks.

Let's first address nutrition before exercise. You can eat a meal three to four hours before exercise (use the runner's plate guide above to build out your meal). You'll want to make sure that you have enough time to digest before exercise. The closer you get to exercise, the more you'll want to limit fat and fiber, as these nutrients slow digestion and may contribute to GI issues on the run. For snacks within two to three hours before exercise, go ahead and include some protein and carbs. Snacks within one hour before exercise, choose low-fiber carbohydrates. Fiber slows digestion, and eating too much fiber before a workout can contribute to GI distress. An example of a snack to have within one hour of exercise is graham crackers and a banana.

For your long runs, having a nutrition and hydration strategy during the run is very important. This will allow you to run at a higher intensity for longer periods of time and decrease your chances of hitting the wall! Especially as we enter the hot, humid summer temperature here in Virginia, having a hydration and electrolyte plan during running is absolutely essential!

After your run, fuel as soon as you can. You can start with a carb- and protein-rich snack right after and follow it up with a meal within two hours of finishing your workout. You can also skip the snack if you have the opportunity to eat a meal sooner!

As you approach marathon training, I encourage you to focus on your nutrition both on and off the road! First, focus on building those well-balanced meals and snacks and be intentional about hydrating. Then, build out your nutrition plan for before, during, and after training!

Good luck in your training! I'll be out there with you and cheering you on! ■

*Emily Moore is a registered dietitian, running and strength coach, and marathoner. She specializes in sports nutrition and helps runners ditch dieting, food rules, and guilt and optimize their nutrition. She helps runners learn how to confidently fuel and nourish their bodies for everyday life and training.*



# Running While Traveling



MARK BRIGHTWELL, RUN THE ALPS GUIDE

Near Courmayeur, Italy, on the Trail du Mont Blanc with Run the Alps.

## Where have your fellow RVA runners been?

By Annie Tobey



CARRIE ROTH

Doug Roth getting in miles during a trip.



ANNIE TOBEY



KATI YONCE

Deer on the sand dunes in Corolla, N.C., September 2021.

(Left) Newt on a trail run at Twin Lakes State Park, Va.

Running in Central Park during a trip to New York City, Katherine Zampolin saw folks with race bibs and high heels. She had happened upon the set of Regis and Kelly, hosting their annual High Heel-a-Thon. “Tim Gunn stopped me and asked me, ‘Where are your heels?’ I had to tell him they were back in my hotel room as I had no idea this was happening! Tim Gunn was so incredibly nice!”

“I’ve been to Nashville three times,” says Scott McDonald. “The only time I got to see a bit of the city was after I started running and I took my running gear.”

“It’s an awesome way to check out the sights and scope things out,” says Whitney Richman. “Think of them as adventure runs.”

Going for a run when away from home, for business or pleasure, offers benefits from the breathtaking and dramatic, to everyday joys, to maintaining your training mileage. Miles & Minutes reached out to Richmond runners for their experiences and tips in packing running gear alongside other travel necessities. Here’s what our runners had to say.

\* Quotes without names are from respondents who requested anonymity or didn’t include names.

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## Running While Traveling

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ANNIE TOBEY



MARK BRIGHTWELL, RUN THE ALPS GUIDE

Near Courmayeur, Italy, on the Trail du Mont Blanc with Run the Alps.

(Left) Hong Kong sights from a run.

### Do you pack running gear when you travel?

"Absolutely pack it!" responds Heather Hockaday Shelton. "My new favorite part of vacation is running and exploring new places!"

Of the 37 respondents to our survey:

- Two-thirds (67.6%) said they always pack running gear when traveling (10 on a scale of 1 to 10).
- One-fifth (18.9%) nearly always do (9 on the 10-point scale).
- The remaining 13.5% usually do (7 or 8).

For the trips where these runners have packed their gear:

- 59.5% always use it (10 on a scale of 1 to 10).
- One person sometimes does (4 on the 10-point scale).
- The rest of the runners usually do (6 to 9).

The main determinants for whether to pack are

- length of stay (45.9%),
- destination (16.2%), and
- purpose (8.1%).

Other determining factors include weather forecast, free time, and a combination of factors: "Length of stay, if I'm in the middle of an important training block, and if I'll already be getting solid aerobic work in during the trip." \*

Nine runners don't need a determining factor. As one states, "Packing running gear is as pre-determined as packing a toothbrush and toothpaste!"

*"Be flexible, no expectations, be open to new trails and experiences. Don't settle for a hotel treadmill."*

Patty Henson-Dacey always packs her gear, too, saying, "Great way to explore a new area – go for a run!"

### How do you find routes?

In a new-to-you destination, strange roads present a fog of mystery. What lies over that hill, around that corner, beyond the horizon? How can runners know where to venture that checks their boxes: scenic, safe, sufficient in mileage?

"Scope out a route ahead of time," advises Nicole Carter. "Don't be afraid to shorten/go easier, especially if your trip is already active."

In the survey, as in life, respondents could identify multiple methods of determining where to run.

- Nearly half use search engines (54.1%).
- One-quarter check with local running groups (27%).
- One-third consult a hotel concierge or front desk (32.4%).
- One-fifth ask hometown running friends to recommend routes (18.9%).
- A whopping 60% use apps and web applications to find routes:





*“You never know what is around the corner, and it’s a great way to explore new areas!” Katherine Zampolin*

**“I don’t tend to pull out my camera/phone on runs unless it is really worth my while,” says Kati Yonce. “Apparently deer and sunrises make the cut. One of the benefits of being a morning runner, I suppose!”**

- Strava (including Strava’s heatmap – which identifies roads that are popular with runners – and segments and routes)
- RunGo
- MapMyRun
- AllTrails
- Komoot
- Google/Google Maps

Katie Shaffer supplements Strava and MapMyRun with “running store websites (or just make note as I’m driving in).” She adds, “Just running out the door and seeing where it takes you leads to some incredible gems.”

Other runners would agree: “Wing it to see where it takes me,” and “Just go out and run in a direction.” Another says, “I often drive the area to become familiar with it. Otherwise, I’ll run an out and back. And sometimes it’s by chance!” Another replies, “I don’t generally have an exact location to run to, I just love running through new cities as there’s no better way to see the city up close!”

However, cautions Michael Pulley, “If you have a poor sense of direction, don’t make too many turns. Go out and back if necessary.”

Brande Morrison suggests, “Find a park and run there!”

“Definitely check with the concierge and local runners,” says Celestine.

And then there’s the more personal approach. Ellie Basch recalls, “In San Francisco, I waited outside the hotel until I saw a runner with a similar pace. I asked if I could join him, he ended up giving me an eight-mile running tour of the city.”

During travels to Asheville and Baton Rouge, I used web search engines to find local running groups. Both groups welcomed me warmly, and I got personalized running tours and rich memories. In Sydney, Australia, I found a 25k race, which corresponded with the distance on my training schedule – plus I had a bloody good talk with a local Sheila during the last 10k!

## **Where have you run?**

Our Richmond runners have represented RVA throughout the U.S. and abroad, in cities large and small, famous and obscure, on roads and trails – and even on marble. Their destinations provide ideas for our own travel runs as well as ideas for future trips.

## **It doesn’t have to be far away**

Virginia destinations afford plenty of opportunities for great runs, and Richmond runners report exploring cities and trails in Newport News, Norfolk, Blacksburg, Harrisonburg,

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## Running While Traveling

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Katherine Zampolin with “Project Runway” fashion guru Tim Gunn.

(Right) Carrie and Doug Roth ran double-digit miles in Costa del Sol, Spain. “Not shown is the marble we also had to run on along with paved sidewalk,” says Carrie, pictured here.



Roanoke, Virginia Beach, Gwynn’s Island, Abingdon, Farmville, Lynchburg, Staunton, Buggs Island Lake, and various Virginia state parks.

One runner ran in Love, Virginia, which happens to be by the Blue Ridge Parkway and the Appalachian Trail. Sounds like Love to me!

When visiting family in Southwest Virginia, says Sinead Lynch-Hall, “I ran along the amazing Creeper Trail getting a glorious 20 miler in!”

Richmonders have traveled out of the commonwealth with their running shoes, too, even on beach trips. We report basking on the beach and lacing up our shoes at Cocoa Beach, Florida; Myrtle Beach, South Carolina; the Outer Banks of North Carolina, from Duck to Hatteras and Ocracoke; Ocean City, Maryland; Rehoboth Beach and Fenwick Island, Delaware; and Point Pleasant, New Jersey.

Richmonders have also donned their gear in nearby destinations such as Washington, DC; Baltimore and Frederick, Maryland; Alpine Lake, West Virginia; Philadelphia, Gettysburg, Pittsburgh, and Laurel Highlands, Pennsylvania; and North Carolina state parks.

David Goode reports running in Saxaphaw, NC. My inquisitive personal investigation shows Saxaphaw to be a former mill town renewing itself as a showcase for local flavor: food, drink, and music, paddling the Haw River, or running the Haw River Trails. Sounds like a worthwhile trip!

Our Richmond runners have also taken their togs farther

*“It doesn’t have to be your best run! Any time spent exercising on vacation is a win.”*

afield in the U.S. – in at least 47 states, reports one respondent.

In the eastern U.S., we’ve run in Acadia National Park in Maine; New York City, Albany, Buffalo, and Niagara Falls, New York; Narraganset, Rhode Island; New Jersey; the trails of Sea Pines in Hilton Head, South Carolina; Atlanta, Georgia; Sarasota, Tampa, Miami, Orlando, and (appropriately) Marathon, Florida; and to the tropics of Puerto Rico and the rainforest of St. Croix.

“My kids are young, and we love Disney,” reports Sinead Lynch-Hall. “I’ve always found running trails around our Disney hotels!”

Heading west, runners have laced up their shoes in Collierville, Chattanooga, and Nashville, Tennessee; Austin, Texas; Moab, Utah; Albuquerque, New Mexico; Phoenix and trails of Arizona; Ann Arbor, Michigan; Indianapolis, Indiana; Champaign and Chicago, Illinois; cornfields in Iowa; Duluth, Minnesota; Rails to Trails in Sun Valley, Idaho; Denver, Boulder, and Breckenridge, Colorado; and Las Vegas, Nevada.

In California, we have traversed San Diego, San Francisco, Los Angeles, Big Sur, Oakland, and Napa. One runner says,





After a run in Norfolk, Va.

"I really enjoyed running through Northern California when I was out there for work. Not only did it get me familiar with where I was, I got to see lots of cool parts of that area, too."

Farther up the West Coast, Richmond runners have run through Seattle, Olympic National Park, and San Juan Islands in Washington.

Erin Folkenroth, a one-time Richmond runner now in Texas, recalls an out-of-town run with her husband. "It was the time Ross and I decided to run in Alaska only to be told (on the way back) that grizzly bears outnumber people in the town. To say we set a PR on the back half of that run would be an understatement."

Oh, and our runners have run in Hawaii, too, including on a mountain!

### Pack your passport as well as your gear

Certainly, Richmond runners don't let international travel put the kibosh on their running.

In France, one respondent recommends "the streets of Paris early from 6:30 to 8. It is light in the summer, but no traffic. So beautiful."

When Sinead Lynch-Hall travels to Ireland, she's going home. "I'm from the hills of Donegal in the northwest coast of Ireland and it is HILLY. While training for my first marathon, my 20 miler was due while I was there – so I did it. My hometown has one flat area in the bottom of the town and

*"Don't be afraid to get a little lost – sometimes wrong turns lead to the best adventures and discoveries!"*

*Erin Williams*

it was a busy Friday so I ran a loop to catch the flatter areas after mile 12. I ran the loop a few times and all the locals who know me (especially my mother's very good friend and local hairdresser) got worried the second time I came around and thought I was sick. The third time they figured I was just crazy. They even offered me a cup of tea on the third loop!"

We've run south of the U.S. in Mexico, including Cancun, and in St. Lucia and Costa Rica; and north of the U.S. in Vancouver.

Across-the-pond destinations include London, England; Iceland; Finland; Holland; Germany; Barcelona, Spain; Budapest, Hungary; Istanbul, Turkey. We've been to Kenya and Botswana; to Java; to Beijing, China; to Hong Kong; and to Tokyo and Osaka in Japan. And we've run down under, in Australia and New Zealand.

Other international destinations for RVA runners include random country roads in Germany, trails in Ireland, the countryside in Denmark, and along the Mediterranean in Costa del Sol, Spain.

Two respondents recall running on a cruise ship. Kati Yonce remembers "looking at GPS after running laps on the cruise ship deck and seeing a bunch of ovals in the middle of the Pacific Ocean!"

If you're looking for recommendations on unexpected international destinations, George Hastings may be willing to offer a few tips. He reports running in La Isla del Sol in the middle of Lake Titicaca; Gagarin Cosmonaut Training Center in Russia; Aunu u Island in American Samoa; Tromsø, Norway; Victoria Falls, Zimbabwe; Colombo, Sri Lanka; and Lake Balaton, Hungary. And I'm guessing that's just a short list.

### There's more to a destination than the coordinates

One Richmond runner heads to "state parks, local trails within the town or area. River paths in the town usually get my attention."

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## Running While Traveling

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Erin Williams has run in “college campuses of any city we visit ... historic districts, anywhere my feet take me – running is a great way to explore new areas.”

One respondent took a running- and wellness-focused trip through Aire Libre and reports, “Great experience!”

“Three of the last four vacations I’ve taken are specifically to run,” remarks Katie Shaffer. She calls the Trail du Mont Blanc with Run the Alps touring company “unforgettable.”

We took seven days to run the TMB, and truly everything was special. We experienced everything with the remarkable people in our group (ages 23-70!), including stopping for delicious espresso and blueberry tarts for our mid-morning top-up, fabulous vistas, stunning torrents with ice cold mountain water for re-hydrating, plentiful ‘trail snacks’ of all kinds of berries along our paths, and we got to see everyone from the lead pack (Courtney Dauwalter!) to back of pack but still remarkably strong runners as they traveled through the heart of Courmayeur, Italy, for the UTMB [Ultra-Trail du Mont Blanc]. During a lunch break in Switzerland, we witnessed a cow being taken by helicopter to the valley below. I’m a middle-aged mom of three kids – this trip was a chance for me to be taken care of by our tour guide and to experience the wonderment and delight of being in the mountains for a week (with lots of delicious pastries and coffees).

### Favorite Memories

Some running memories extend beyond just one run, providing motivation to pack gear for the next trip. As Brande Morrison says, it’s “such a great way to see the city and the people.” As others put it, “All runs are special,” and “I have so many memories of travel running. It is one of the best ways to get to know a city.”

Other runners are more specific.

Christine Thompson says, “My favorite place to run is by the ocean or lake. I love running early in the morning and listening to nature.”

*“It’s the best way to get the  
lay of the land in a new city!”  
Nicole Carter*



Ellie Basch in Osaka, Japan

Other runners recall “finding a running trail in Kitty Hawk, North Carolina” and turning a six-mile run into a nine miler after “Getting lost in the fields around Oxford ... But very memorable.”

Anne Magee makes a new memory on a regular basis: “In Cherry Grove, there is a local grocery store that has a walk-in beer cooler. Since I’m always there in the summer, it’s my favorite place to take a break and cool off! I can literally watch the steam rise from my skin!”

And then there are those wonderfully specific memories. David Goode recalls, “Found a good Strava segment in a small town. I took the crown. Later went to dinner and our server was the previous crown holder. I kept my secret and enjoyed a nice meal.”

Ellie Basch shares, “In Istanbul, running along the Marmara Sea, on the sea wall, a fisherman boat playfully raced along while cheering and waving, then a stray dog accompanied me for about two miles.

“While running the streets of Nassau, Bahamas, I took a turn and found myself in the middle of a 10k race,” Erin Williams says. “Passing a water stop on the other side of the street, I waved off the volunteer who offered me bottled water as I explained that I wasn’t a race participant. She insisted I take the water saying, ‘You’re running and it’s hot. Drink the water! It’s how we do it here!’”

Celestine remembers “running into a running group in Gaborone, Botswana, while on a long run. Hung out with

*“Just have fun! Enjoy being in a new place and seeing it like a local.” Liz O’Toole*

them for a couple of miles. The best feeling when you find your tribe.”

One runner recalls “seeing so many red-winged blackbirds in the Midwest” and another “running into my former high school track coach.”

Sometimes, it’s hard to pick just one memory. Whitney Richman recalls, “Running in the outback in Australia was interesting (and very hot). Running in Queenstown, New Zealand, was beautiful. Also Mt. Cook, while the sun rose behind the clouds and running past ice glaciers. Acadia National Park – always beautiful and an adventure.”

Occasionally, a runner comes back with a tale that makes great fodder for conversation, even for non-runners. Michael Pulley “witnessed a family of three steal a police car and was being chased by other officers, everyone had their lights on, too.” He found it “kind of funny”!

## Tips

With an abundance of experience on their fitness trackers, Richmond runners have many helpful tips to share, from inspiration to safety.

Kirk Millikan suggests “exploring cities on foot before the city awakens.”

Christine Thompson says, “Enjoy the run and take in the new scenery!”

Nancy Rachlis: “Do it!! It’s one of the best ways to explore a new place.”

Ben W. advises, “It’s fun, but don’t let it control your trip.”

Carrie Roth says, “Talk to the locals – you always find you experience so much more on your feet.”

And one runner shares this practical tip: “Plan ahead and make sure you have all of your gear. It’s easy to forget things.”

Top safety recommendations were echoed by many runners:

- Take your phone
- Carry your Road ID or other identification.

- Let someone know your running route and inform them when you return.
- Find a running group, which provides safety as well as camaraderie.
- Consider unexpected needs, for hydration and unplanned exigencies:
  - Plan a route that passes stores or public spaces
  - Tote a credit card or cash.
- Know the temperature – including possible temperature ranges – and dress accordingly.

Ellie Basch shares lessons learned from her travel experiences, especially abroad:

- Always pin your hotel on the Google map or bring the hotel’s business card, especially if it’s in a country with non-Roman alphabet, so you can find your way back.
- Always bring a credit card to catch a taxi in case you get hopelessly lost or too far out.
- Always pack a small, handheld hydration in case you decide to go farther exploring, or got lost, and it’s helpful for carrying the phone and key card (though not in the same pocket lest it demagnetize the card).
- If traveling solo, always tell the front desk, or someone, approximately where you’re going and about how long you’re gone. When you come back, make a point to let them know you’re back safely.
- Respect the country’s culture. For example, in Muslim countries, don’t wear too short shorts, and ladies shouldn’t wear singlet. Short-sleeved shirt is generally OK for female tourists, but showing shoulders are frowned upon.
- Remember to look both ways before crossing the streets; in most countries, drivers drive on the left side of the road.
- If wearing headphones, keep the volume low enough so you can hear traffic noise or people verbally signaling behind you. I would even suggest keep one ear free of an earphone, especially for female runners – be aware of your surroundings.

Erin Williams says, “Research the area to know if there are must-see routes and/or dangerous sections to avoid. I always ... have access to a map of where I am so I can find my way back.”

In summary, says one Richmond runner, “Know your surroundings, keep an eye on everyone around and if any hesitation or concern, change course. Otherwise, enjoy the treasures you’ll find while exploring!” ■



# [ 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> 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 skdeusebio@gmail.com
<b>City Stadium Runners</b>	Saturdays	7:45 a.m.	City Stadium	8:00 to 14:00	<a href="https://www.facebook.com/groups/577195912350952">https://www.facebook.com/groups/577195912350952</a> citystadiumrunners@gmail.com
<b>Crossroads</b>	Wednesdays	6:00 p.m.	Crossroads Coffee	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> <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 8:00-12:00 min mile paces	fullerchrism@gmail.com Chris Fuller
<b>Richmond Running and Social Meetup</b>	Mondays Wednesdays Thursdays Saturdays	6:30 p.m. 6:30 p.m. 6:30 p.m. 8:30 a.m.	Libby Hill Park Carytown Panera Retreat Hospital (ER side) Byrd Park VITA Course	Various	<a href="https://www.meetup.com/RVA-Running-Social-Meetup">https://www.meetup.com/RVA-Running-Social-Meetup</a>
<b>Ridgefield Runners</b>	Tuesdays, Wednesdays and Thursdays	6:00 a.m.	John Rolfe Commons Publix / YMCA	Various	<a href="https://www.facebook.com/groups/368386789999522">https://www.facebook.com/groups/368386789999522</a>
<b>River City Run Club</b> <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 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) 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
<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. 6:00 p.m.	Final Gravity Brewing 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 3406 W. Leigh St.	Various	<a href="https://www.facebook.com/starrhillrva">https://www.facebook.com/starrhillrva</a> <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 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 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 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 4515 W. Hundred Rd., Chester	Various	
<b>Runnin' Roosters Run Club</b>	Thursdays	6:00 p.m.	Crazy Rooster Brewing 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



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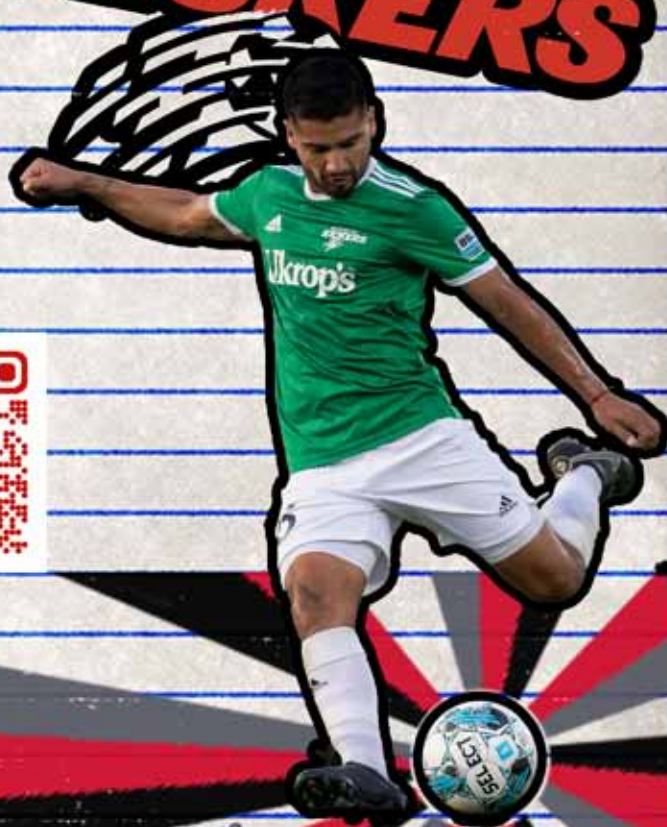


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