

MILES & MINUTES

Publication of the Richmond Road Runners Club

Fall 2022 | Volume 45, Issue 4

Richmond Is for All Runners

INSIDE

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Humor**

**One Boomer's
Road Race Tale**

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Injury Prevention



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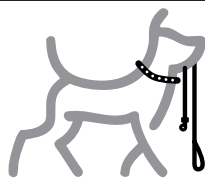


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Miles & Minutes is the official newsletter for and by members of the Richmond Road Runners Club (RRRC). The RRRC is a nonprofit organization whose goal is to foster fitness and a healthy lifestyle through running in the metro Richmond, Virginia area. 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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Contributions to Miles & Minutes: Letters, articles, and pictures are enthusiastically accepted. Send all submissions directly to the editorial staff at milesandminutes@rrrc.org. Please keep article submissions to under 1,000 words. *Miles & Minutes* is distributed quarterly.

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

On the cover: Nicole Hunt at the Ashland Half Marathon.

Photo credit: Jesse Peters, backlightphotography@me.com

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Richmond Road Runners Club



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[EDITORS' LETTERS]



effort of running 26.2 miles.”

Since an editor's duty includes factchecking copy, I recently searched the web to confirm a line from Anne Magee's article on diversity and inclusion within the Richmond running community. Of women runners, Anne wrote, “It wasn't that long ago that women weren't allowed in this space at all, lest our uteruses fall out from the

I remembered reading some such craziness in *Marathon Woman: Running the Race to Revolutionize Women's Sports*. In 1967, the author, Kathrine Switzer, became the first woman to officially run the Boston Marathon. She finished, despite a race director's attempt to physically remove her from the all-male race. At the time, any long-distance run was considered both defeminizing and dangerous to a woman's body. It was said that if a woman ran a great distance, her uterus might fall out, her legs would get too big, and she might even grow hair on her chest.

Back to my factchecking duties: As I browsed the internet, I stumbled upon a 2018 article, “Monument on Boston Marathon Course Marks Exact Spot Where Kathrine Switzer's Uterus Fell Out.” I had stumbled upon the website of runner, writer, and humorist Mark Remy: DumbRunner.com.

“Her uterus did indeed fall out,” Remy's satirical post said. “Now a monument has been erected at the very spot where it happened.”

I went down the Dumb Runner's hilarious rabbit hole, pairing two of my favorite things: running and humor. In fact, I went so far down the hole that I contacted Remy, who gave Richmond Road Runners Club permission to use something from his website in *Miles & Minutes* – no charge, since we're a nonprofit. Find your chuckle on Page 8, then jump down the rabbit hole at DumbRunner.com (and consider contributing to his 100% ad-free and reader-supported website).

All jokes aside, running has come a long way. The sport has begun attracting a greater diversity of participants, from competitive runners to fitness walkers, people of all abilities and walks of life. The community still needs to improve – the topic that Anne addresses in her article on Page 12. Today, it seems absurd that people believed a woman's uterus would fall



Faux monument from DumbRunner.com.

out from running. What absurdity might we be shaking our heads at in 55 years? ■

Annie Tobey | Editor
milesandminutes@rrrc.org

In this issue, I discuss the power of feeling like you belong in the running community. Especially as new runners, it can be easy to feel like you aren't a “real” runner, are not on par with your peers, or even that running teams weren't designed for you.

The idea for this article began with a conversation after a race and evolved from there. With the addition of Woody, a wheelchair participant, to my Marathon Training Team team, the Pink Nation, with the success of groups that emphasize diversity, like #WeOffTheCouch, and with the addition of walking teams to the Sports Backers MTT and Half Marathon Training Team programs, it just seemed like a topic worth delving into.

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After an MTT training run.

[PRESIDENT'S MESSAGE]



The excitement of fall races is upon us! We've gritted through the hot and humid Virginia summer and are all excited by the promise of cooler weather. Running has been hard; training has been hard. But, the light is at the end of the tunnel.

Now is the time to check your gear for race day. Are you having random pains you shouldn't? It may be time for new shoes! Buying new shoes can seem like a waste when you have perfectly good shoes that have been working well, but the fact of the matter is that shoes wear down through the repeated impact in ways you won't be able to tell just by looking at them. Personally, my knees will start aching when the time has come to replace my shoes. Or, if I've ignored that too long, my IT band will start up. You want to wear new shoes a few times before race day, so it isn't wise to buy them and save them for the big day either. Most shoes are "good" for 300 to 500 miles, depending on how you run. As an avid heel striker who tends to supinate (i.e., run slightly on the outsides of my feet), my shoes are lucky to hit the 300 mark. So, I'm replacing mine every two to three months. It gets expensive, sure, but you know what else is? Injuries.

Richmond has wonderful running stores that are all willing to help, but I would be remiss if I didn't mention the sponsor of our Grand Prix competition: Lucky Road. The team there will get you straight for race day and beyond! Also, look for RRRC merch coming to their stores this fall!

Take care of yourselves. Run safely, swiftly, and stay injury-free! ■

Rainey Niklawski | *President*

Scholarship Recipients

By Kirk Millikan

At the Pony Pasture 5k on July 23, the Richmond Road Runners Club announced the three recipients of the club's \$2,000 college scholarships. The recipients were selected for their leadership, perseverance, and contributions to their running communities.

- **Oliver Buckner** graduated from James River High School in Chesterfield County and will be attending the University of Virginia in the fall. Although he grew up a soccer player, Oliver found a love for running in high school. This love for running led to his senior capstone project, organizing a Color Run 5k that raised over \$7,000 for the American Cancer Society and highlighted community stories of those affected by cancer.
- **Gabriella Garcia** graduated from Midlothian High School in Chesterfield County and will be attending James Madison University in the fall. Gabriella was a captain of the cross country and track teams her senior year, creating a safe, welcoming, and supportive space for student-athletes at her school. She has volunteered at races throughout the Richmond area and will be competing on the cross country and track teams at JMU.
- **Nicole Quiram** graduated from Midlothian High School in Chesterfield County and will be attending Virginia Tech in the fall. Nicole was a captain of the cross country and track teams her senior year and was known for baking homemade cookies for her team. Over the last two years, she coached younger runners in a cross country program at her local YMCA, and she hopes to coach high school cross country and track teams in the future.

Special thanks to the RRRC Scholarship Committee who had the difficult task of reviewing a great pool of applicants. Also, special thanks to the 52 donors who contributed to the scholarship fund this year!

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RRRC News Bits

continued from page 3

Club Fun!

By Anne Magee

It's always a blast to get together with our run club while wearing something other than athletic gear!

We had a few opportunities for socializing this summer: the RRRC banquet in May, and the Richmond Squirrels game in August.

The banquet was at a new venue this year, and I think everyone appreciated the change. Hardywood Park Craft Brewery in West Creek was a great host. We had food from Qdoba as well as desserts, all of which satisfied a variety of dietary needs.

The highlight of the night, of course, was hearing Keira D'Amato speak! Keira is the current American record holder

in the marathon for women. We are so lucky that Keira is a part of our running community!

Many thanks to Suzi Silverstein and her committee for making this event a success!

In June, the RRRC marketing crew went to a Richmond Kickers game to spread the word about our club. It was perfect weather for soccer, and we met lots of great Richmonders! You may have seen their ad on the back cover of the last issue of *Miles and Minutes*. It's great to collaborate with other local Richmond organizations who also promote healthy lifestyles!

On Aug. 18, we went to The Diamond to see the Flying Squirrels baseball game. We lucked out with absolutely amazing weather. What a great night to hang out with each other and enjoy another part of Richmond culture! Many thanks to Mike Levins, who made the arrangements for this event on behalf of the club!



Clockwise from top left: Keira D'Amato at the RRRC banquet; representing the club at a Richmond Kickers game; two pictures from the Richmond Flying Squirrels game

RRRC Injury Prevention and Nutrition Seminar

By Anne Magee

On July 17, the Richmond Road Runners Club hosted an injury prevention and nutrition seminar at the clubhouse. Lisa Mitro, PT, DPT, discussed running form and injury prevention. Emily Moore, RD, CPT, discussed running nutrition. Both experts are runners and local to the Richmond area. They presented helpful information for our runners, and we appreciate them sharing their time and knowledge!



Race Recaps

Summer Track Series

This event made a triumphant return this year to the University of Richmond campus. We had lots of participants from local track teams, with more than 270 runners registered for the free event. The series ended with a broadcast of the World Athletic Championships on the big screen of the stadium.

Cul-de-Sac 5k Series

One of the most popular events this summer, the Cul-de-Sac race series returned to the Wyndham neighborhood for the first time since the pandemic. We lucked out with the weather, with only one of the three nights with significant

heat and humidity. The best part of this race series? Definitely the swag! Who can resist a pair of Goodr sunglasses? Sponsors included Lucky Road Run Shop, Hanover Vegetable Farm, and Grastified healthy food company.

RRRC Pony Pasture 5k, in memory of Peter Still (presented by Edward Jones Investments)

Held Memorial Day weekend this year, this race also served as the RRCA Virginia State 5k Championships. Although the weather was hot and humid, the course was gorgeous, running along the James River. First male finisher was Brian Flynn with a time of 15:23, and the first female finisher was Laura Labuschagne with a time of 16:59.



Tina Flores sporting the perfect outfit with the RRRC Boco visor at the Cul de Sac series



Anne Magee and Anna Lopez-Riveira



Anne Magee with Maria Elena Calle at Cul de Sac

continued on page 6

RRRC News Bits

continued from page 5

Thanks Dad 5k

The Thanks Dad 5k was a success! The dad-themed event was held on Father's Day, June 19, in Midlothian. Kiera D'Amato, our own Richmond running elite, made a surprise appearance to cheer on participants! The first-place male finisher was Travis Booker with a finish time of 17:21. The first female finisher was Kate Spangler with a finish time of 19:41. Our sponsors included the Urban Farmhouse and Lucky Road Run Shop.



ERIC NACHMAN



Keira D'Amato (left) with Eric Nachman at Thanks Dad 5k



ERIC NACHMAN



ERIC NACHMAN

Upcoming RRRC Races

Participate or volunteer, just be there!

- **Das Bier Run. Sept. 24**, at the Center of the Universe Brewing in Ashland. A 4 x 1 mile relay event!
- **Twilight 5k. Sept. 25**, at Stony Point Fashion Park. A fundraiser for the Richmond Road Runners Youth Running Camp and a new club race!
- **Rocketts Landing Cap Trail 10 Mile and 5k. Presented by Dominion Energy, Oct. 29**, beginning at Stone Brewing.
- **Wegmans Turkey Trot 10k. Nov. 24**, Thanksgiving Day, location TBA.
- **Richmond T-Rex Run. Nov. 13**, at Dorey Park. Help break a world record!
- **First Day 5k. Jan. 1, 2023**. Start the year off right!

Ashland Half Marathon

This joint venture with Sports Backers, held on Aug. 27, lived up to its reputation as the hottest race of the year! But the weather couldn't ruin the day. Participants demonstrated plenty of grit and determination along the course, which begins and ends on the campus of Randolph-Macon College and winds through the town of Ashland and over the rolling hills of the Hanover countryside, with views of corn and soybean fields. First male finisher was Brian Flynn from Ashland with a time of 1:10:48, and the first female finisher was Julie Hartenbach of Springfield with a finish time of 1:19:59.



All photographs by Jesse Peters, backlightphotography@me.com

WHIMSY FOR YOUR WORKOUTS

Test for your jogs and levity for your long runs

Presenting running humor for your amusement. Send your own jokes and cartoons to MilesAndMinutes@RRRC.org.



Child Makes Mental Note to Skip Local Runner's House Next Halloween

By Mark Remy, DumbRunner.com

A local child reminded herself Saturday to avoid a certain neighbor's home next Halloween, Dumb Runner has learned.

"My mom says he's a runner," said Lucy Van Pelt, 9, referring to the neighbor in question. "And he always hands out this weird, gross stuff."

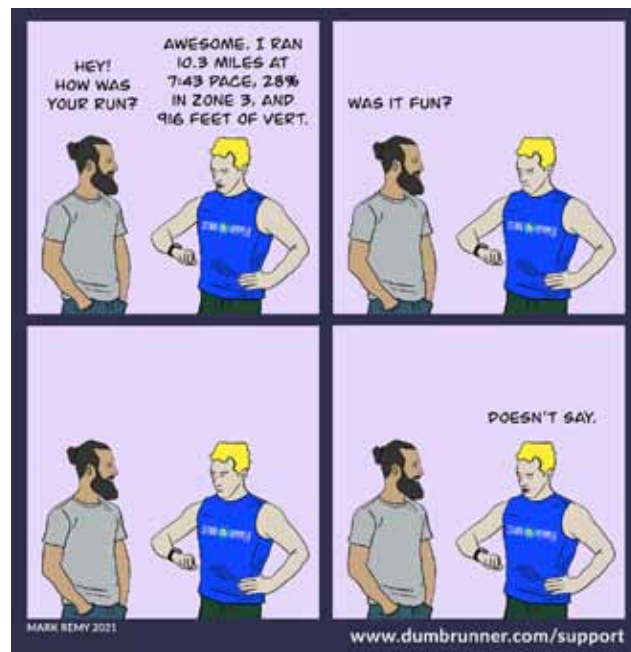
This year, she said, the man offered trick-or-treaters "Fun Size" packets of Gu energy gel. In past years, he has

reportedly given out temporary pace chart tattoos, Run Gum, and individual packets of ibuprofen.

"I'd rather have Snickers or Skittles or something," said Van Pelt. "You know... candy."

"I don't think there's anything fun about this Fun Size Gu," she added, mispronouncing Gu as "GUH."

"Yuck."



Dumb Runner Mark Remy is a runner, cyclist, humorist, and writer in Portland, Oregon. He's written four books about running, contributed to Runner's World (including the Remy's World column from 2007 to 2015) and was executive editor of RunnersWorld.com. He has run 28 marathons, including nine Bostons.

In 2015, he launched Dumb Runner, "an online destination for runners who enjoy laughter and pie." Visit www.DumbRunner.com for more free running humor as well as posters and merch. Dumb Runner is 100% reader-supported, so contributions are welcome.

The Tall, Lithe Brunette

One boomer's running tale



By Wesley Shennan

I'm a leading-edge boomer. For about 15 years, up to my late 60s, I was running 10 kilometres, three or four times a week; and the last couple of years, just before I turned 70, I cut it down to around 7 clicks. I'd also enter 10K races. Why? Basically, to

stay in shape as I don't participate in a sport any longer like downhill skiing. And, after I started running, my blood pressure dropped back to normal.

Running was difficult when I first began. My knees hurt, my hips hurt and the constant rain (I did a lot of my running in Vancouver, Canada) was initially annoying. But after a while, I liked the rain and learned to run like an African; and surprise, surprise, no more pain.

But running like an African? Yes. I've attended many races, including the Boston Marathon, and who wins? I'd say 90% of the winners are guys from Kenya or Tanzania. When I watch them, they glide by to the finish line and look like they could keep going. Most Caucasian guys thump by and if they win, they are completely spent. Internet research helped explain it to me. Africans run on the balls of their feet as they did, running barefoot as children. You can't slam your heels into the ground running barefoot. So ... I taught myself to run like an African.

Races are very individual ... well, in most cases. I remember being in a 10K race the University of British Columbia campus around 2008. There weren't many of us, probably under 100, and I quickly fell into my pace ... almost like a steady heartbeat, with my mind completely in the moment ... like I'm not running at all. About three clicks into the race, I heard 'the driving heels into the pavement pace' of a runner about to pass. She was a tall lithe brunette, about half my age, and she couldn't resist giving me the look: I guess I won't be seeing you again, as she passed. I didn't pay much attention, but did observe her awkward style and breathing – she had

minimal running experience, and very laboured breathing for only three clicks into the race.

I fell back into my 'in the moment state' until I saw the finish line about one kilometre ahead ... okay, time to wake up and sprint. I immediately doubled my heartbeat pace, but wasn't sprinting. About half a kilometre from the finish line I began to sprint, and who do I see? The tall lithe brunette. I roared past her but that wasn't the only roaring I heard ... she cried out (with as much breath as she had left), NO, NO, NO!!! I couldn't believe it.

People watching the race started chuckling, so I probably sprinted a little faster, as the race wasn't quite 10K, more like 9.4, and I had lots of gas in the tank.

While enjoying the freshly cut oranges at the finish line, the tall lithe brunette walked by. Often spectators and runners come up to me and say something like: "You really turn it on at the end, good for you." Not the lithe brunette. She glared at me, with poorly disguised anger in her eyes, and I saw her making a mental note of my running number. I thought, okay, I'll look up your time on the internet too, and made a note of the number pinned to her chest.

The secure after-race internet is an interesting trip. You not only get to know race times, but you can immediately compare yourself to others of the same age. You also learn their names, places of employment and other pertinent details. To my surprise and disbelief, the overly competitive, immature, tall lithe brunette was a young professor at the University of British Columbia.

Wesley Shennan, a member of the Michel First Nation, Treaty 6, in the area currently known as Alberta, Canada, is a community planner and has been working with First Nations in British Columbia for the past 22 years. His education in both the physical and social sciences, and work experience, has led him to share his understandings and encourage others to take action. He lives with his wife, Elena, in the now smoky and scorching hot Okanagan valley in southern British Columbia – the traditional unceded territory of the Syilx Nations. He is the author of "Indigenous Reconciliation and Environmental Resilience" (FriesenPress, July 24, 2022).

© Wesley Shennan, 2022

The 8 Pillars of Running Injury Prevention

Part 1: Introduction



By George Lane, DPM, AAPSM

Running is a fundamental movement pattern of the human species. Once we can no longer run, we've lost a basic ability that defines our youthfulness. In an effort to improve health, fitness, and fight the aging process, many adults incorporate running into

their exercise routines as they grow older. As of 2017, it has been reported that between 47 million and 60 million people in the United States run or jog on a regular basis.

We are built to run, yet every year, it is estimated that up to 80% of runners suffer an injury that forces them to discontinue their running for a period of time. Unfortunately, the ability to recover and remain injury free with a return to running can be frustrating and take much longer than anticipated, or worse, the cycle of injuries may persist. Why is this the case? I believe that in the majority of cases, all of the possible underlying causes have not been considered, thus overlooked causes have not been addressed and corrected.

What I've observed over the course of over 20 years as a sports medicine physician specializing in running injuries is that every injury a runner sustains can be traced back to one or more of a combination of 8 possible causes (Fig. 1):



Figure 1



Figure 2

This understanding allows one to develop an organized approach to identifying all the possible underlying causes of any particular injury and develop a comprehensive plan to manage the causes identified, thus expediting recovery and minimizing the chance of injury recurrence. This series (to continue in future issues of the magazine) will explore each of these possible causes, how to recognize them, and how to manage them. I've included expanded reference charts (appendices 1 and 2) that provide examples of specific injuries with specific potential causes from each of the eight possible general causative sources, along with the appropriate specialists and experts to seek advice and treatment from.

Pillar 1. Training Errors

Training errors are a prevalent factor leading to running injuries (Fig. 2). One or more of the following are likely contributors:

- Inadequate warm-up or cool-down
- Too much running mileage or too large an increase in mileage
- Running at too hard an intensity for your level of running fitness
- Inadequate rest and recovery between workouts

By warming up with a brisk walk or very light jog for five minutes before your run, the neuromuscular and circulatory systems get primed so the transition into the actual run or

workout is gradual and the chances of a structural injury are reduced. When you incorporate dynamic stretching exercises – such as leg swings and scissor kicks – the muscles, tendons, and joints are put well beyond their fully required ranges of motion in a relaxed way so they are ready to handle these motions easily when the workout commences (**Fig. 3**). Running drills, such as A-skips, or light strides, can get the mind and body focused on good running technique (**Fig. 4**).

For cool down, continuing with a few minutes of easy jogging or walking allows some of the waste products created by a hard workout to be flushed out of the muscles, reducing the possibility of tightening up or cramping. Gentle dynamic or static stretches can target areas of tightness to help muscles relax (**Fig. 5**). Targeted deep massage with objects such as a foam-roller or lacrosse ball can be helpful to work out tightness and relax knotted-up areas of muscle (**Fig. 6**).

Consistently running too much mileage, going too fast on your runs, or not giving yourself enough rest and recovery can lead not only to injury, but also to an “overtraining syndrome.” Signs and symptoms of this are the following:

- Early onset of fatigue at your appropriate training pace
- Performance decline
- Generalized muscle soreness and weakness
- Moodiness and irritability
- Altered sleep patterns
- Depression
- Loss of competitive desire/motivation
- Increased sickness
- Elevated resting heart rate

Running mileage should be increased gradually, over the course of weeks and months. There should be periods where you reduce your mileage or even take a series of days off to allow adequate recovery. Also, running should be performed at a pace that is not overly stressful for the distance you are running, and harder workouts should be followed by light workouts the following day or days to allow adequate recovery. Remember, the actual improvement you make in your running ability is not while you are running, which is when you actually tear down tissues, but while you are recovering from your runs, when the body can rebuild itself stronger. Too much tissue breakdown and not enough time to repair that breakdown will lead to injury.



Figure 3: Dynamic stretches: leg swings and scissor kicks



Figure 4: A-skips



Figure 5: Examples of Static Stretching



Figure 6

For more detailed guidance on proper training, I'd strongly encourage you seek out guidance from an experienced running coach, such as those affiliated with a recognized local or national running club, or a reputable reference book on training, such as Daniels' Running Formula by running coach and exercise physiologist Jack Daniels. ■

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



RICHMOND IS FOR RUNNERS

Working toward a more inclusive running community

By Anne Magee

As runners, we know how amazing this sport is, not only for our physical health, but for our mental health as well. It's so amazing that we often try to recruit more of our friends and sometimes even total strangers to adopt this beloved activity!

But what if you think you don't fit the mold of what a "traditional" runner looks like? You feel out of place because you don't think you fit into that social construct of what a runner should be, whatever that may mean to you. What we seek is inclusion, the practice or policy of providing equal

access to opportunities and resources for people who might otherwise be excluded or marginalized, such as those who have physical or mental disabilities and members of other minority groups.

The Richmond running community is working to address some of these issues. Through systemic changes in established organizations or through organic growth in running groups that seek to improve access to the sport, we are making strides in changing the perception of who is an endurance runner.

Women in endurance running

It wasn't that long ago that women weren't allowed in this space at all, lest our uterus fall out from the effort of running 26.2 miles. Can you believe that this was once the rhetoric used to exclude women from endurance running? We can credit Kathrine Switzer as a pioneer in changing the landscape for women in this sport. Not only was she the first woman to officially run the Boston Marathon, she led the movement to include the marathon distance as an Olympic event for women as of 1984. She is largely responsible for making the marathon a recreational endeavor for all.

With the recent focus on women's safety while running, especially given the abduction and murder of runner Eliza Fletcher, online commentary would lead one to believe that women's right to participate in this sport is once again up for debate, but women absolutely deserve space in the running community.

Asking tough questions

Current RRRC President Rainey Niklawski and I met with Grattan Garbee, the Virginia state representative for the Road Runners Club of America, following the Pony Pasture 5k State Championship race. He posed the question, how do we make this sport even more inclusive? It's truly a topic on the minds of many leaders in our Richmond running community, as we have had this conversation as coaches and mentors ourselves.

As a community, as running organizations, and as individuals, it's our responsibility to create a welcoming environment for all runners. Even introverts can step out of their comfort zone and make the effort to introduce themselves to a new runner on a group run or invite someone thinking about becoming more serious about running to an existing group. Our running community should continue trying to ensure a sense of belonging and allow spaces to be more representative of the general community in which it exists.

"That likely means we need to ask tough questions about why our Richmond running community is not as diverse as the greater Richmond community, and (acknowledge that) there are barriers we need to address," says Richmond Sports Backers Marathon Training Team coach Caitlyn Berry.

Efforts toward inclusion in the Richmond running community

Work is being done to create spaces where people of a

variety of backgrounds, cultures, fitness and ability levels, and socioeconomic status feel like a part of the community. Sports Backers has a scholarship program for its training teams and events for those with financial needs, addressing economic barriers. The nonprofit is also making space for slower runners and walkers, creating training teams specifically for these participants. And just as amazing, the Ashland Half Marathon, a joint race between the RRRC and Sports Backers, expanded the cutoff from 3 to 3.5 hours, making this event more accessible to slower runners. And the RRRC recently added a non-binary gender as a registration choice. These small changes can make a big difference in helping runners feel included.

Walking teams

The walking teams are a new addition to Sports Backers marathon and half marathon training team programs. Bill Draper, one of the head coaches of the MTT walking team, says, "Crossing the finish line of a marathon, no matter what the pace, can be life-changing in many positive ways. Almost everyone who has finished a marathon understands this emotion, feeling of accomplishment, and sense of pride. The hope is to help almost anyone reach a path to the finish line." Ah, yes. The power of the marathon!

And HMTT walking team head coach Nikkia Young notes, "Walking teams (also) allow a space for injured runners to ease back into the sport." Walking will still get you across the finish line!

Addressing racial diversity

Several local groups have formed specifically to welcome runners of color. One of these groups, #WeOffTheCouch, founded by Anthony and Tara Clary, welcomes runners of all paces, affirming the notion that if you run, you have a runner's body. Anthony, who goes by the nickname Rock, says,

When Black and Brown people have been denied access for so long, it becomes a part of their cultural conditioning to not participate. This is generational. We want to help shift the mindset of "we don't run" to "we can, and WE WILL RUN, plus live a healthy lifestyle." So many inequities can impact a person's ability to run, such as lack of access to healthy foods, economic disparities, healthcare, proper running shoes, and gear. It would be remiss of me to not mention SAFETY as a big factor, especially when it comes to Black males. May you rest in peace, Ahmaud Arbery.

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These are definitely some of the accessibility issues to fitness endeavors that impacted many of the patients I have encountered as a home health physical therapist.

Essentially, when survival has been the priority, the last thing one would think about are healthy, extracurricular activities. Together, we aspire to push back against this narrative by building a safe community for those who look like us and for those who don't. We make space for tough conversations. We hear one another. We do life! Uncomfortable conversations are necessary and healthy as we grow collectively and work towards a better tomorrow. Barriers to access are real! Don't be one!

If you've ever been to a race where there are participants from #WeOffTheCouch, you may have noticed how supportive they are of each other. I witnessed this myself at the Ashland Half Marathon, where the team came back to run in their final participant. Rock and Tara refer to their team as family, and their group is one of the most diverse in Richmond.

A yet-to-be-named run group led by Tiffany Copeland, director of Sports Backers Fitness Warriors, and Tiffany Fleming, program director for Girls On The Run RVA, has also grown exponentially in membership and is inclusive

of all runners. Tiffany Copeland notes that sometimes, it's small details in group runs that help promote accessibility, regardless of race, like letting slower runners and walkers begin first and printing routes, since many people don't have access to printers.

Tiffany's group caters to women and is based in Colonial Heights, an area with historically few running groups.

As women and people of color, we often feel invisible at races and run groups. So we find comfort when we see even one face that resembles ours in a sea of whiteness. It's a reminder that we are supposed to be there and we are safe. It then becomes our duty to lift up someone else and rally our troops so we can no longer be ignored, and more people of color feel empowered to hit the pavement as themselves.

Tiffany Copeland is truly a leader in the wellness community in Richmond, devoting her career to improving access to fitness and wellness for all.

Organic running groups like these, which seek to improve racial diversity in this sport, are a welcome addition to our community. Developing events that raise awareness of Black history is another aspect of creating a culture of inclusion.

On Sept. 17, the Djimon Hounsou Foundation presented a new race in Richmond, Run Richmond 16.19: Celebrating Unity in Diversity. This California-based nonprofit seeks to strengthen Africa's intergenerational identity and self-awareness by reconnecting people of the African diaspora to their heritage, while also working to combat modern-day slavery and human trafficking and educate about the causes and consequences of slavery.

The race will have corresponding events in both the United Kingdom and Africa. It is dubbed as a cultural running event that commemorates the achievements and sacrifices that African Americans have made to our nation. The two routes on Run Richmond 16.19 – a 6.19 miler and a 16.19k – took participants past Richmond sites and street art commemorating Black history, including Lumpkin's slave jail, the Emancipation and Freedom Monument, and the Henry "Box" Brown Memorial.

Max Plank, marketing director of the Djimon Hounsou Foundation, says, "Democracy must be defended by each generation. This race very deeply goes into reconciliation, using running as a means to establish understanding."

Running to heal is an idea to which we can all relate.

Sports Backers Working for Diversity, Equity, and Inclusion

By Pete Woody, Sports Backers P.R. and Communications Manager

The nonprofit mission of Sports Backers is to inspire people from all corners of our community to live actively. Sports Backers offers a variety of programs that work towards this mission on a daily basis, and annual events that bring people together to celebrate our active community. Guided by the organization's Diversity, Equity, and Inclusion Advisory Council, Sports Backers continues to develop strategies and recommendations to create a diverse, equitable, and inclusive culture within the organization, its programs, and events to inspire active living in the Richmond region.

These strategies include the following action items, among others:

- Updating the gender options on our event registrations to include Male, Female, and Non-Binary.
- Adding a question during the registration process aimed at better understanding the ethnic and racial

Running as a way of healing from addiction

Another organic running group, River City Run Club, was organized by Gray Gurkin and Kim Engleman as a safe place for people dealing with addiction to channel their energy into exercise.

"As a person in long-term recovery from substance use disorder, I know how instrumental running has been in my life," Kim says.

Recovery is more than just not using. I had to change everything: body, mind, and spirit. Recovery and running both require you to push through challenges and believe in yourself. We know that having supportive and motivating people around you pushes you to keep going when you feel like quitting. On Mondays, we walk, run, laugh, cry, dance, stretch, and we have fun. Coach Gray and I both recognized how instrumental running was in our lives. It is a great coping skill for all of life's challenges. We have watched new members complete their first mile and cross the finish line of their first race.

makeup of our audience to inspire active living within all communities in the Richmond region.

- Expanding our income-based rates to now include event registrations, in addition to training teams. These registration rates are available for anyone who qualifies and would otherwise not be able to participate.
- Rebranding the Ashland Half Marathon, in partnership with the Richmond Road Runners Club, to reflect the event's 16-year partnership with the Town of Ashland and promote an environment of inclusivity for participants, volunteers, and staff.

These specific recommendations, along with existing active living equity initiatives such as community-based training teams and the Fitness Warriors program, will help Sports Backers continue to work towards our mission of inspiring people from all corners of our community to live actively while fostering a diverse, equitable, and inclusive culture within our organization. We welcome and encourage feedback from community members to help guide the process. Please feel free to share thoughts and ideas with us via email at DEI@sportsbackers.org. ■

Although the group is just starting out, she is encouraged by their core runners who have continued to work on developing healthy habits.

Including those with different abilities

This year, Pink Nation, one of the Sports Backers Marathon Training Team's subteams, has a wheelchair participant! Woody Michaux and his mom, Kim, have been a great addition to the team. Of their experience, Kim says,

It's amazing! I knew Woody would enjoy being part of the team, but he absolutely loves it! Pink Nation and the other MTTs have been so welcoming to Woody, everyone greets him and fist bumps him and he really has a great time. He loves hanging out after and listening to everyone talk.

Woody and Kim recently ran the Ashland Half Marathon, and Team Woody worked together to cross the finish line.

Running is for every body type

Addressing bias against various fitness levels and size can also be a challenge.

"I can't tell you how many times I hear people trying to be nice to new runners but then sound condescending, all because the 'veteran' runner never had the experience of not being athletic," says another fellow MTT coach, Anna Lopez-Riveira.

This is an important point to ponder, as many new and/or plus size runners may feel intimidated and give up on pursuing this sport. Past RRRC President Nikkia Young

notes that often people think she doesn't take training seriously because she is a plus-size runner, but they are surprised when they see the work she puts in when they follow her through her social media channels.

Advertising for running gear that shows runners of a variety of sizes and skin tones would also go a long way in widening the perception of what is the typical runner's body, as one of my Instagram followers noted.

Age is just a number

Age can be another factor that may discourage participation in endurance running. Personally, I am hoping to maintain my current running pace until I'm 80, and perhaps then I will qualify for Boston! But all joking aside, many of us have had the experience of being smoked by a runner who is much older, proving that ability isn't entirely tied to age.

Longtime runner Bill Draper says,

I will be 71 in October. It is much harder to keep the pace from earlier years, and I have become more prone to injury with long training miles ... After 40 years, very few people ask, 'What was your marathon time?' They simply ask, 'Did you finish?' If you cross the finish line you are a winner. It can be life changing."

Runners like Bill are proving that this sport can be a lifelong venture. Richmond Road Runners Cub demonstrates this spirit of inclusion among its leadership and at races, welcoming participants young and old, whatever their pace or preferred distance.



The #WeOffTheCouch running group



After an MTT training run

Our community

The Richmond running community is working to change the perception of what an endurance athlete looks like. Running may be an individual sport, but in the grand scheme of things, it's always an endeavor best experienced with a community. Whether it's changes in the way large organizations approach the sport, individuals developing groups that fill a need, or simply being that runner who reaches out to make someone feel included, we all can make a difference. Truly, there are spaces for all kinds of runners, and we should all celebrate and create room for each and every person who chooses to participate in this great sport. Feeling that you belong is a powerful thing. Richmond is for runners! ■

To learn more

- You can find out more about the group that Tiffany Copeland and Tiffany Fleming formed via their Instagram pages, @herbnnrun and @empowherrun, respectively.
- To learn more about #WeOffTheCouch, follow their group on Facebook or Instagram.
- To find River City Run Club, follow them on Instagram, or go to their website, rivercityrunclub.com.
- #WeOffTheCouch and River City Run Club are also listed on the RRRC Group Runs list, on the web at www.RRRC.org/rva-group-runs, and in each issue of *Miles & Minutes* (Pages 24 to 25).

[RUNNER RECIPE CORNER]

Favorite running fuel

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

Got a favorite recipe to share?

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

Vegan Cream of Mushroom and Rice Soup

From Anne Magee. Originally published at www.AnneTheVegan.com

Serves 4

You know, sometimes you're just a girl, standing in front of the fridge, asking it to inspire you to make something amazing for dinner out of nothing. That was me the other night. And my fridge delivered!

I spotted a forgotten container of baby bellas when I realized what I could make for dinner: cream of mushroom soup with rice. With no recipe, I just threw this together. There were absolutely no leftovers, and even my mushroom reluctant daughter enjoyed it! So this will definitely go into rotation, and now I'm sharing the recipe with you!

Ingredients:

- 1 onion, diced
- 1 tablespoon minced garlic
- Olive oil, for sauteing
- 1 carton baby bella mushrooms, diced small. (I used my hand chopper)
- ½ cup uncooked rice (I like basmati)
- 1 can great northern beans, drained and rinsed
- ¼ cup flour
- 1 carton vegetable broth
- 1 tablespoon Better Than Bouillon paste, vegetable flavor
- 1 teaspoon thyme
- Salt and pepper to taste
- 1 cup Silk Protein Milk, original

Directions:

- In a soup pot or Dutch oven, warm 1-2 tablespoons of olive oil over medium heat until fragrant.
- Add onions and garlic, add salt, and sauté until just turning brown.
- Add diced mushrooms and sauté until brown.
- Sprinkle flour over onion and mushroom mixture, stirring until combined.



- Deglaze the pan with a bit of the broth, stirring to get all of the brown bits off the bottom of the pan.
- Add remaining broth, beans, bouillon paste, and rice, pepper to taste, and thyme, and bring to a boil.
- Reduce heat to low and simmer for 20 minutes.
- Add plant milk until desired consistency is achieved (about 1 cup).
- Adjust seasonings to taste, and enjoy!

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



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.

Energy Balls

From Laura Dietrick

Ingredients:

- 1 cup oatmeal
- 2/3 cup coconut flakes
- 1/2 cup peanut butter
- 1/2 cup wheat germ or flaxseed
- 1/3 cup honey
- 1 teaspoon vanilla
- 1/2 cup mini chocolate chips

Directions:

Mix and chill. Roll into balls. Can be frozen and used as needed.



Editor's Letter

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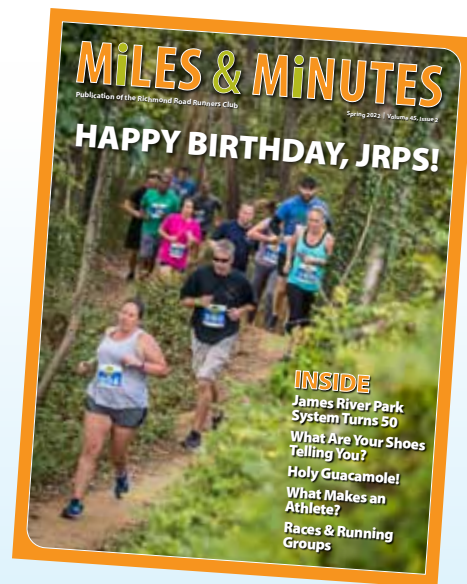
So many leaders in the Richmond running community contributed to this article, and I'm very grateful for their perspectives and input.

The Richmond running community is working to improve upon the idea of inclusion in our community, and I'm so happy to witness this!

On another topic, I'm ecstatic to finally welcome the fall running season! Hopefully by now, we've all been able to appreciate a morning run with crisp weather. Goodbye, summer heat and humidity. I won't miss you!

As always, thanks for listening, and happy running! ■

Anne Magee | *Assistant Editor*



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

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

***Support those who support
Richmond runners!***

[GROUP RUNS]

Name	Day of the Week	Time	Location	Pace	Contact
Black Girls Run	Mondays	5:45 p.m.	Wells Fargo parking lot, White Oak Village Shopping Center	Various	https://www.facebook.com/groups/bgrrichmond/ blackgirlsrunrva@gmail.com
	Tuesdays	6:45 p.m.	Great Shiplock Park	Various	
	Saturdays	8:00 a.m.	Parking lot next to Rockwood Park	Various	
	Sundays	2:30 p.m.	Parking lot next to Rockwood Park	Various	
Black Men Run	Sundays	8:00 a.m.	Fountain at Byrd Park Lake	Various	https://www.facebook.com/groups/BMRRichmond
Bryan Park Group	Saturdays	7:00 a.m.	Stir Crazy Café	9:00 to 12:00	Susan Deusebio skdeusebio@gmail.com
City Stadium Runners	Saturdays	7:45 a.m.	City Stadium	8:00 to 14:00	https://www.facebook.com/groups/577195912350952 citystadiumrunners@gmail.com
Crossroads	Wednesdays	6:00 p.m.	Crossroads Coffee	8:00 to 10:30	mikesn5va@gmail.com
Dog Pack	Sundays – Beginning in December	7:30 a.m.	Carytown Panera	8:30 to 14:30	https://www.facebook.com/groups/1671581323100585
Fan Foxes	Tuesdays, Wednesdays and Thursdays	6:00 a.m.	Fox Elementary School	Various	https://www.facebook.com/groups/fanfoxes
Midlothian ACAC	Thursdays	5:45 a.m.	11621 Robious Road far end of ACAC parking lot	7:30 to 9:30	https://www.facebook.com/groups/MidloACACRun
Midlo Mafia	Daily	5:30 a.m. / 6:00 a.m.	Midlothian YMCA	Various	https://www.facebook.com/groups/429449713804077
Mountain Hearts Running Club	Varies	Varies	Varies – ad hoc trail runs in the mountains	Various	www.strava.com/clubs/mountainhearts https://www.facebook.com/mtnhearts
November Project (LFG) Run Group	Saturday	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
Richmond Running and Social Meetup	Mondays Wednesdays Thursdays Saturdays	6:30 p.m. 6:30 p.m. 6:30 p.m. 8:30 a.m.	Libby Hill Park Carytown Panera Retreat Hospital (ER side) Byrd Park VITA Course	Various	https://www.meetup.com/RVA-Running-Social-Meetup
Ridgefield Runners	Tuesdays, Wednesdays and Thursdays	6:00 a.m.	John Rolfe Commons Publix / YMCA	Various	https://www.facebook.com/groups/368386789999522
River City Run Club <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	https://rivercityrunclub.com
Road Runner Running Store	Mondays	6:00 p.m.	3002 W. Cary Street	Various	https://www.facebook.com/RoadRunnerRunningStore
Rogue Runners	Tuesdays, Thursdays	5:30 a.m.	Starbucks at Libbie and Grove	7:30 to 10:00	https://www.facebook.com/groups/254849741268828

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

Brewery-focused group runs

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

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



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



Pony Pasture 5k

July 23, 2022

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