

MILES & MINUTES

Publication of the Richmond Road Runners Club

Winter 2023 | Volume 46, Issue 1

The Fun of the Run



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Destination Races

Trail Etiquette

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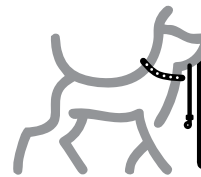


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Miles & Minutes is the official newsletter for and by members of the Richmond Road Runners Club (RRRC). The RRRC is a nonprofit organization whose goal is to foster fitness and a healthy lifestyle through running in the metro Richmond, Virginia area. 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 1000 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: T-Rex Run, Dorey Park.
PHOTO CREDIT: RAINEY NIKLAWSKI

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Richmond Road Runners Club



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[EDITORS' LETTERS]



Six Blind Men, an Elephant, and Runners

Perhaps you've heard the parable of the six blind men and the elephant. The men were all born blind, so none had ever seen an elephant. However, the tales they'd heard –

from an elephant strong enough to clear forests to an animal gentle enough to carry a princess on its back – had piqued their curiosity.

One day, the men finally had the chance to meet an elephant firsthand. As a group, they traveled to the palace of Rajah, their country's ruler. When they reached Rajah's courtyard, where the elephant stood, each man stepped forward to touch the creature.

"An elephant is smooth and solid like a wall!" the first man declared, resting his hand on the animal's body. "It must be very powerful."

The second man put his hand on the elephant's trunk. "An elephant is like a giant snake," he observed.

The third man felt the tusk. "This creature is as sharp and deadly as a spear," he declared.

The fourth man touched a leg. "What we have here," he said, "is nothing more than an extremely large cow."

Upon feeling the elephant's giant ear, the fifth blind man declared, "I believe an elephant is like a huge fan or maybe a magic carpet that can fly over mountains and treetops."

The sixth man reached up and tugged on the elephant's coarse tail. "Why, this is nothing more than a piece of old rope. Dangerous, indeed," he scoffed.

Each man experienced a different aspect of the elephant, and each declared his own observations to be absolute.

"How can each of you be so certain you are right?" Rajah asked them.

Running is like each blind man's experience of the elephant.

To many runners, the best event distance is a 5K. Others set their sights on ultras – 50k and up. Some runners prefer

running on roads, while others seek out trails. Some like an easy jog while others thrill to heart-pounding speed. Some of us run in groups whenever we can, and others are content running solo. Favorite races vary, as does favorite gear, favorite shoes, favorite hydration and fuel ... and on and on.

"To learn the truth about an elephant," one blind man declared, "we must put all the parts together."

Not so with running. The beauty of the sport is that we're all right! Whatever running means to you, that's right. Embrace it and enjoy it! ■

Annie Tobey | *Editor*
milesandminutes@rrrc.org

Happy New Year to all!

A fresh year means a fresh start. New goals, new resolutions, and perhaps a shiny new planner.

2022 was a tough year for my family, filled with multiple medical issues and loss, so I'm hoping 2023 brings us better luck.

After surviving nearly three years of the pandemic, I find myself a bit fluffier than I'd like. Maybe some of you have similar feelings. Instead of weight loss goals, though, I'm making different resolutions this year. I'll sign up for some goal races, train with intention, and eat fewer prepared foods. That's a start. I'm grateful that there are so many choices for organized runs in Richmond that can help me with these goals.

We talk a lot about the Richmond running community in Miles and Minutes. How lucky are we that we are a part of such an amazing, supportive environment! It's even more fun that we get recognized for that.

As you set your intentions for 2023, never take for granted how wonderful our community is. And you are an important part of it!

Thanks for listening. Happy running! ■

Anne Magee | *Assistant Editor*

[PRESIDENT'S MESSAGE]

**Smart Goals,
Smart Training**

I can't believe it's already the new year! 2022 felt like it whooshed by so quickly. I'm inclined to talk about what all of us are probably currently doing: goal setting and race registering.

There are so many great races out there, it's easy to get swept up in the excitement. But, in 2023 let's make a resolution to train smarter. We have all accidentally put together a schedule that consists of a hodgepodge of things. I personally have had marathons, 5ks, triathlons, and relays dot my schedule – in no particular order, but with boatloads of goals associated.

This year, though, grab a goal ... and build your schedule to get there. Don't throw a wrench in your goal to finally get that 5k time you've been striving for by doing a half marathon the weekend before. Don't gut your marathon goal by getting an IT band injury on the bike at a triathlon you decided to do a few weeks before. Make a plan that moves you forward, not sidetracks you.

That's not to say you shouldn't have fun. If you need five miles on Feb. 12, go ahead and sign up for the Sweetheart 8k – that fits the bill! Halfway through the fall marathon training season is the perfect time for the Ashland Half Marathon. Find races that work with your goals, not against them.

Also, as you are planning out your new year, I would love it if everyone would consider getting more involved with the Richmond Road Runners Club! Whether you would like to volunteer at a race, become a race director, become a board member – or even replace me as president next January – there is a place and need for you. I am always happy to chat more about how you can take your energy for the club to the next level, at president@rrrc.org. Email me anytime. Maybe we can grab coffee after a run. ■

Rainey Niklawski | *President*

Richmond Is Officially a Runner Friendly Community

The Richmond Road Runners Club is proud to announce that our city has renewed its designation as a Runner Friendly Community, conferred by the Road Runners Club of America (RRCA).

RRRC and Richmond Sports Backers applied for the recognition, which considers the following aspects in reviewing applications:

- Community infrastructure
- Community support (thanks to all of you!)
- Local government support

Each segment had requirements that Runner Friendly Communities must meet, and applicants had to prove that their community supports running by working with public and private groups, and that they can maintain infrastructure that makes running safe and enjoyable for all.

The Richmond region hosts large-scale events such as the Richmond Marathon and the Monument Avenue 10k as well as numerous smaller runs and walks sponsored by the Richmond Road Runners Club as well as other benefit run/walk events and training groups. These opportunities offer fun and competition to participants, and the enthusiastic supporters that offer encouragement and motivation make the experiences rich and meaningful to so many in the region.

"Running provides Richmonders with numerous health benefits, and the large-scale events we host also provide a positive economic boost to many local businesses," said Mayor Levar Stoney.



continued on page 4

RRRC News Bits

continued from page 3

Nationally acclaimed professional runner Keira D'Amato echoed Mayor Stoney's support and wrote a letter to RRCA stating that Richmond holds its own as a standout running location.

"The journey of a life in running has taken me around the U.S. and the world, and all the while, Richmond has been home for me and my family. The infrastructure, accessibility, and community support in Richmond provide me with everything I need to train and compete at a high level while staying engaged with the local running community," D'Amato said.

Other individuals and groups who showed support during the application process include Katherine O'Donnell, executive vice president of Richmond Region Tourism; Jeff Wells,

owner of Fleet Feet Richmond; Neil Amin, CEO of Shamin Hotels; and Anthony and Tara Clary, co-founders of We Off the Couch fitness group.

As a Runner Friendly Community, Richmond will be listed on the RRCA website and will receive a commemorative plaque. Richmond will be featured in a national press release from the RRCA and the RRCA annual report, will receive window decals to be placed in runner-friendly businesses, and will be able to use the RRCA Runner Friendly Community logo.

And to the rest of us humble runners and joggers, the designation is just another reason to hold our heads proud as we lace up our shoes and venture out on the roads and trails of the Richmond region. ■

Event Recaps

The Twilight 5k Recap

Supporting RRRC's Youth Running Camp

By Lily Grace Hester & Zachary Stevens, race organizers

The Twilight 5k charity race was held on Sept. 25 at Stony Point Fashion Park to raise money for the Richmond Road Runners Youth Running Camp. The Twilight 5k registered 139 runners and had around 100 finishers. Participants enjoyed the course and location, pre-race environment, and post-race prizes and giveaways.

We are incredibly thankful for our community and an amazing group of sponsors. Richmond City Police supplied five officers to help ensure safety and marshal the course to keep runners safe. Between RRRC volunteers and the James River High School community, we had over 50 volunteers create a safe and fun event for all!

The race was successful in its goal of supporting the RRRC Youth Running Camp as well. Our generous sponsors contributed over \$4,771.86 in cash and over \$600 in valued in-kind donations of food, prizes, and giveaways. Race registrations, generous donations, and the support of our 22



sponsorships added up to more than \$5,500 to support the RRRC camp for 2023, and for many years to come!

Race participants were invited to bring gently used running shoes, and 28 pairs were donated to Shood, a Richmond nonprofit. In addition, the race was featured on CBS-6 news, promoting the race, club, and the mission of the RRRC camp.

This race is helping to develop the next generation of RRRC members and potential leadership.

T-Rex Run

This annual fun run made a return to Dorey Park this year! We had over 400 dinosaurs register for this race, with over 200 participants. Not quite enough to break records, but a lot of fun, nonetheless! Held the day after the Richmond Marathon, it's a great way to celebrate the end of the fall training season. And nothing is more hilarious than watching hundreds of inflated dinosaurs run the 0.4 mile course around a lake! We hope everyone will come out again next year.

Photos on page 7.

Wegmans Turkey Trot

We were grateful for Wegmans' return as the title sponsor for this annual 10k event, once again held at Bryan Park. Runners enjoyed great weather for the race, which was

maxed out at 1,000 participants. Top finishers were Spencer Hawthorn for the men and Kate Spangler for the women. We also appreciate the support of Lucky Road Run Shop, Final Gravity Brewing, and Nature's Willow.

Toy Run 5k with Girls on the Run

This super fun 5k was held at Bryan Park and served as the culmination of the fall training season of the Girls on the Run program. Proceeds benefited Mason's Toy Box, a nonprofit which distributes toys to hospitalized children and their families in Central Virginia. *Photos on page 6 and back cover.*

First Day 5k

The perfect way to start the new year, the First Day 5k is run from the ACAC in Midlothian. This race is particularly known for its amazing swag, and this year was no exception.

Wegmans Turkey Trot



Upcoming RRRC Races

Whether your goal is fitness, fun, or placing, put these events on your race calendar! For more information, including virtual options, and registration, go to RRRC.org.

- **Frostbite 15k** presented by Final Gravity – Jan. 15
- **Sweetheart 8k** – Feb. 12
- **Huguenot 3 Miler** – March 5
- **Bear Creek 10 Miler** – March 12



Toy Run 5k with Girls on the Run



Images courtesy of Girls on the Run of Greater Richmond. Participants with "1" bibs were part of the GOTR run, and those wearing RRC numbered bibs took part in the RRC-timed Toy Run 5K.

T-Rex Run



PHOTO BY RAINEY NIKLAWSKI



PHOTO BY ANNE MAGEE



PHOTO BY DONNIE LANE



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Why Trail Etiquette Matters

Tips for time on the trails

By Anne Magee

"Good morning!"

It's the universal greeting I give on a morning run any time I encounter someone in my path. Sometimes the gesture is returned, and sometimes the person simply ignores me.

Hmph. "They must not be from the South," I think to myself if I'm ignored. Even if it's not entirely true, I still equate the South with people being more polite.

I vacationed on the Outer Banks a couple of weeks ago. I'm super grateful, as I missed out on my only other planned vacation this year due to COVID. But my short runs were met with about 50/50 greeters and ignorers on the multi-use path I used for most of my journey.

Some people didn't realize I was even there, too preoccupied with their phone or their companions to look and see if they were going to walk into someone's path.

I'm really happy that people are out enjoying trails and that they became even more popular during the pandemic. But those of us who use trails regularly and have been for years grew a bit frustrated by the lack of courtesy displayed.

And, please, if you are about to pass someone on the trail, do let them know. I can't tell you how many times I've been scared to death when someone passes super close with no warning. Just don't do it! Especially if you are on a bike!

Being rude on the trails is one thing, but we also must be mindful of trail integrity, especially when the trails are wet. Leave them at least how you found them, if not better!

Trails can vary from gravel paths to multiuse paved areas right off the road to highly technical, rooted trails deep into the woods with lots of elevation changes. All can be a fun way to explore nature!

Here are a few tips to make sure you are a good steward of the trails:

- Stay to the right on the trails.
- Greet fellow trail users. A simple "Good morning" or "Hello" will suffice. Even a wave will do.
- When you are passing someone from behind, make a bit of noise to warn of your presence: clear your throat, etc. And as you pass them, announce which side you are on. "On your left," for example.
- Technically pedestrians have the right of way on trails, but I recommend moving over for bikes. They can't stop as fast as you can, especially on technical trails.
- Keep your trash to yourself. Pick it up and dispose of it properly after your run.
- Avoid wearing headphones or full earbuds. It's really important to be able to listen to your surroundings – plus you'll get the benefits of the sounds and relative quiet of nature.
- On technical and wooded trails, do not veer off the path and avoid taking shortcuts. This destroys the environment and the integrity of the trails.
- If it's raining or the trails are wet, don't use them. Trails are vulnerable to damage when they are in this condition.
- Leave the wildlife alone. The woods are their home, not yours! Just give them some space and allow them to decide when they want to move on.
- If you bring your dog with you, keep them on a leash. You never know when you will encounter another dog or wildlife on the trail.

I absolutely love running on trails! It's so much easier on my joints and there's usually so much beauty to observe. It's such a great way to explore a new place!

Being courteous to others on the trail and mindful of trail conditions will help ensure a safe environment for everyone and secure these resources for generations to come. That's why trail etiquette matters!

Central Virginia's Top Trails

Whatever your non-motorized mode of travel, Central Virginia offers many miles of trails for pleasure, adrenaline, relaxation, and forest bathing. Whether you're in the city of Richmond or surrounding counties, you'll find a trail nearby, including these recommended parks, all with at least five miles to traverse.

Pocahontas State Park

90-plus miles of trails. Some are dedicated to mountain biking, others to foot traffic, and others as multiuse (including equestrian), including singletrack and wide fire road trails.

Multiple access points in South Chesterfield. Parking permit required.

Richmond's James River Park System

The 40-plus miles of trails include a loop on the north bank of the James River (aptly named the North Bank trail) and the south side (Buttermilk Trail). Connects to Belle Isle, Forest Hill Park, Ancarrow's Landing (Poop Loop), Pony Pasture, and more. Free use and parking.

Powhatan State Park

11.5 miles of trails. Some are dedicated to foot traffic, some for mountain biking and foot traffic, others for foot traffic, bikes, and horses.

4616 Powhatan State Park Rd., Powhatan

Leakes Mill Park

9 miles of multiuse trails, including challenging mountain biking trails.

3951 River Road West, Maidens

Dutch Gap Conservation Area

7.31 miles of trails, soft surface.

341 Henricus Park Rd., Chester

Rockwood Park

5.5 miles of trails, hard/soft surface.

3401 Courthouse Rd., North Chesterfield

Poor Farm Park

6.3 miles of single track trails.

13400 Liberty School Rd., Ashland



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The Eight Causes of All Running Injuries and How to Beat Them Pillar 2. Nutritional Errors



By George Lane, DPM, AAPSM

Nutritional errors are a critical factor to consider for injury avoidance and recovery (Fig. 1). Our diets create the building blocks of body structure. Just as quality construction products allow a well-built house to hold up better over time, a

healthy diet does so for the body of the endurance athlete. Eating disorders, such as anorexia, bulimia, and binge-eating disorder, will be covered in a future column of this series.

Depending on the physiologic imbalance created by nutritional error(s), injuries such as stress fractures and muscular breakdown can occur as well as delay recovery or recurrence of such injuries. Nutritional errors can lead to injury through several mechanisms.

Four of the most common of these errors are:

1. Improper hydration and electrolyte replacement:

Dehydration or over-hydration and resultant imbalances of key salts affected by sweating (called electrolytes – sodium, chloride, potassium, magnesium, calcium), can not only hamper running performance but can also lead to injury by altering the optimal resources required for muscles to function properly, increasing the potential for muscle damage.

Hydration and electrolyte balance is a very individualized matter, as the amount one sweats and the salt concentrations vary from person to person. However, it is generally accepted that one should absolutely take in water or an electrolyte-containing sports drink when feeling thirsty during a workout.

One should consider consuming 16 to 24 ounces of water 1 to 2 hours before a run, as well as a salty snack, and drinking 8 to 12 ounces of water 10 to 20 minutes before a workout. Consuming a few ounces of water or electrolyte drink every 20 or 30 minutes, or slightly more frequently on a hot/humid day or during a run longer than one hour, is also a sound practice.

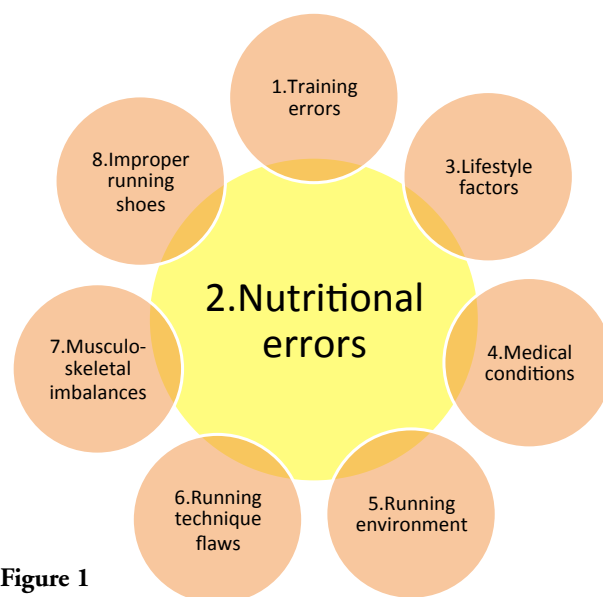


Figure 1

After running, one should drink enough water and/or sports recovery drink to make up for the weight and electrolytes (salts) lost by perspiration during the run. Starting your day with a glass of water is also a good idea, to prevent an early deficit in your hydration level.

2. Not maintaining appropriate vitamin D levels:

A study reported low vitamin D levels to affect 75% of runners, which can significantly increase the risk of developing a stress fracture in a bone of the lower extremity or pelvis. An important natural source of vitamin D is direct sunlight exposure to our skin; however, increased sun exposure increases the risk of various forms of skin cancer, especially to those with a fair skin complexion.

Consider getting your vitamin D level tested with bloodwork at your annual checkup to make sure you are in normal range. Very few vitamin D food sources are available for consumption, thus many experts advise taking a daily vitamin D supplement to maintain normal levels. For more information vitamin D nutrition, see <https://draxe.com/nutrition/vitamin-d-foods/>.

3. Not refueling properly after a workout:

Improper refueling can deprive the body of key molecular resources required to rebuild the tissues that were broken

down during the workout, leaving them in a weakened state when they are next required to perform.

For this, it is recommended that one consume a beverage with a moderate amount of protein and carbohydrate, such as a tall glass of chocolate milk, within 30 to 45 minutes after a workout.

4. Not eating a full, well-balanced diet:

This can also deprive the body of key nutrients required to maintain and repair tissue that has become damaged through exercise. This involves not only eating a reasonable balance of healthy carbohydrates, proteins, and fat (see examples below), but also not undereating or overeating.

Breakfast is an important meal not to skip, as your body has already gone without nutritional intake during your sleeping hours and further delay can be detrimental.

Heavy training burns larger amounts of calories, and it is important to increase your calorie intake accordingly. This is best done with high-quality foods. It is important to eat foods rich in a variety of vitamins and minerals. Vitamin and mineral supplements may be helpful for individuals with deficiencies; however, one must be careful not to take inappropriate or excessive supplements, which may be detrimental to health and/or performance.

Some individuals may be deprived of important nutrients or affected adversely due to food intolerances of which they may not be aware, such as gluten sensitivity or celiac disease. Gluten intolerance, which is thought to affect 15% of the U.S. population, has certain telltale symptoms, as discussed in the following link: <http://www.mindbodygreen.com/0-7482/10-signs-youre-gluten-intolerant.html>.

Guidance from a qualified expert in sports nutrition should be considered if there is any concern that your running injuries, especially those involving muscle or bone damage, may be related to dietary issues.

Fats good for your heart, your cholesterol, and your overall health

Monounsaturated fat

- Olive oil
- Canola oil
- Sunflower oil
- Peanut oil
- Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)
- Sesame oil
- Avocados
- Olives
- Peanut butter

Polyunsaturated fat

- Soybean oil
- Corn oil
- Safflower oil
- Walnuts
- Sunflower, sesame, and pumpkin seeds
- Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)
- Flaxseed
- Soymilk
- Tofu

Saturated fat – gets mixed opinions regarding health benefits

- High-fat cuts of meat
- Chicken with the skin
- Butter
- Cheese
- Whole-fat dairy products (milk and cream)
- Ice cream
- Palm and coconut oil
- Lard

See <http://www.webmd.com/heart-disease/news/20140320/dietary-fats-q-a>

Trans fat – “BAD” fat: avoid intake

- Commercially baked pastries, cookies, doughnuts, muffins, cakes, pizza dough
- Packaged snack foods (crackers, microwave popcorn, chips)
- Stick margarine
- Vegetable shortening
- Fried foods (French fries, fried chicken, chicken nuggets, breaded fish)
- Candy bars

Great carbohydrate sources for runners

- Bananas
- Brown rice
- Berries
- Low-fat yogurt
- Whole grain bread
- Whole wheat pasta
- Tomato sauce
- “Real” energy bars
- Oatmeal

See http://running.competitor.com/2014/04/photos/the-10-best-carbohydrate-sources-for-runners_12953

Great Protein Sources for Runners

- Albacore tuna
- Wild salmon
- Low-fat chocolate milk
- Almonds
- Skinless chicken breast
- Roasted turkey breast
- Eggs
- Grass-fed lean beef
- Low-fat yogurt
- Soy protein
- Whey protein isolate
- Pea protein

See http://running.competitor.com/2014/02/photos/the-11-best-proteins-for-runners_19291 ■

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

RUNCATIONS AND DESTINATION RACES

Bucket list events for runners

By Annie Tobey



Charlevoix Marathon, Gray Gurkin

You don't have to leave Richmond to find great races, from kids' fun runs and 5k charity walk/runs, to trail races and relays, to a long-standing 10k and "America's Friendliest Marathon."

Sometimes, though, a change of scenery can enhance training motivation or add a splash of excitement to this wild and crazy hobby. The added benefits of traveling to new, horizon-expanding locations make destination races a treasured goal for runners of all levels.

Miles & Minutes wondered what "runcation" races that Central Virginia runners would recommend. The destinations stretched from Maryland to Norway and included road and trail races. Highlights included scenery, crowd support, pre- and post-race food and festivities, organization, and nearby travel opportunities.

Which came first, the destination or the race?

Plenty of runners plan their travels around a race calendar – pick a race then plan a trip.

Perhaps the race is the primary – like the scenic Iceland Volcano Marathon or Viking Island Marathon. Or maybe the destination is the goal. Want to see California wine country? Plan your trip around the Napa to Sonoma Wine Country Half Marathon. Have a hankering to visit the Big Apple? Put the New York Marathon on your calendar.

Sometimes, a race can be an add-on to an already-scheduled trip. I traveled to Australia in 2012 to meet my daughter after her year of working abroad. Had my timing been flexible, I could have scheduled my trip around the Sydney Running Festival races. Instead, I found a fun 30k race

organized by a local running group and ran with fellow runners from down under.

While it's easy enough to travel solo, traveling with friends has advantages: non-running friends to cheer you along the way and celebrate with you at the finish line, or running friends for comparing notes at the end and building new memories as you journey together.

Finding a destination race

While search engines make it easy to find races, the lists can be lengthy and overwhelming. Consider

- **The tried and true.** For large races with experienced organizers, look to Abbott World Marathon Majors, six large, popular, and well-organized international races named for their host cities: New York City, Berlin, Chicago, Tokyo, London, and Boston.
- **Set a goal.** If you complete all six Abbott World Marathon events, you earn the Six Star Medal. Another epic running goal consists of running a marathon in all 50 states, while another takes you to all seven continents.
- **What do YOU like in a race?** Find an event that checks your personal boxes, including:
 - Race distance
 - Weather and time of year
 - Expenses for race entry and travel
 - Terrain, such as road, trail, elevation change, etc.
 - Difficulty
 - Scenery
 - Fun factor – are you looking for a serious race or one that focuses on elements like wineries, obstacles, costumes, food stops, etc.
 - Individual races or relays
- **BQ races.** If you're shooting to qualify for the Boston Marathon, you'll want a Boston-qualifying (BQ) race. You might also want to search for the best races for earning that goal – races that are flat or downhill, for example.
- **Just ask!** In person and on social media, other runners are eager to provide recommendations and reviews. Someone recently asked about the Chicago Marathon on the RVA Runners – All Welcome Facebook group.

The inquiry prompted plenty of responses. Carrie Roth replied, "Absolutely one of the best! I've run it six times. Logistically simple, fantastic fans, fast course, superb finish, great beer, + great gear (save up all your pennies)." Other responses included, "It is a great race to spectate and cheer as well. I was able to spot my husband in seven places on the 26.2 mile route. He loved seeing me every time. Awesome job by the organizers, to map out the metro route and mile markers," and "It's like one big party the whole way. The city comes out!!"

Drum roll, please!

So what races do Richmond runners' recommend? Some of these just might make it on to your wish list and calendar!

On my quest to run 26.2 in all 50 states I've had several favorite destination marathons. A couple that come to mind right away are: The Charlevoix Marathon in Michigan (June) which has wonderful views of Lake Michigan. While there you can search for smooth Petoskey and Charlevoix stones on the beach instead of seashells. They are fossilized pre-historic coral that is roughly 350 million years old. Pretty cool!

Another favorite of mine was the Sun Marathon in Santa Clara, Utah (January). The views are amazing with huge red rock mountains throughout and going through the beautiful Gunlock Reservoir. After the race I ventured to Monument Valley (4.5-hour drive) to recreate the Forrest Gump scene where he stopped running. It was epic!

– Gray Gurkin



Sun Marathon,
Gray Gurkin

continued on page 14

Run for a cause!

Charity races satisfy the soul as well as the body. Besides local races organized by charitable organizations, many large running events welcome charity teams.

By enlisting in the Boston Marathon charity program, for example, athletes can raise funds for one of the official charitable organizations (a minimum of \$5,000). Through the program, runners who haven't earned a BQ can still run the race, while supporting a worthwhile cause.

Extra Mile Pediatric, a Richmond-based organization that provides healthcare to children in Central America

who don't have access, was one of the charity partners for the 2022 Big Sur Marathon. The organization is participating in the April 2023 race as well.

"We had at least nine RVA folks as a part of our team. It was an unbelievably beautiful course (and challenging)!" says executive director Jeff Mapp. "We will be [participating] again this coming April. We still have a good number of available spots for next year's race and would LOVE any RVA area runners to participate with us again this year."

Interested runners can find more information at www.ExtraMilePediatrics/Big-Sur-International-Marathon.



Big Sur Extra Mile Pediatrics



Big Sur Extra Mile Pediatrics



Big Sur Extra Mile Pediatrics



Big Sur Extra Mile Pediatrics

My runcation plans started at the end of 2021 when I signed up to run the Big Sur International Marathon with a charity spot to raise money for a wonderful Richmond nonprofit, Extra Mile Pediatrics. After six months of training and raising money, I was ready to go! The morning of the race I got on a shuttle bus at 3:15 a.m. to be taken to the start. Once I got there, I huddled together with thousands of people, including some friends and family from Richmond, waiting for the race to start. The nerves and feelings of excitement were STRONG! The energy was high! Finally it was time to start! We all took off, spending the next several hours passing giant trees, crashing waves, rolling hills, the amazing Taiko Drummers, the infamous grand piano, the Bixby Bridge, and finally the strawberry station, where volunteers are lined up handing you the biggest strawberries ever! After the strawberry station, you know the finish is close!

To say crossing the finish line was emotional would be an understatement. This whole experience was life changing! I got to see breathtaking views, meet incredible people, support the amazing Extra Mile Pediatrics, and prove to myself I can do this race! Absolutely incredible!

– *Katelyn Chisholm*



Big Sur, Katelyn Chisholm

Oregon Bridge of the Gods run. Gorgeous course, and you start the race by crossing from Washington into Oregon on a steel mesh bridge where you see hundreds of feet below into the ravine!

– *Instagram @ukchemee*

I love racing at Walt Disney World. The miles absolutely fly by there with all the distractions of characters and music and photo spots. It is not a race that I try to PR since I'm just enjoying every moment while running there. The community is super supportive as well – from groups

1. **Sedona!** Hard but exquisitely beautiful course. The most beautiful I've run. And a great destination in early February when things are beautiful there.
2. **Martha's Vineyard.** Great place to run in late May when things are already sticky here in Virginia. The ferry ride over filled with other runners was a great start to the weekend. It's before tourist season there, so you have plenty of space to explore the island. I had my fave pre-race dinner of all time there: a plate of pasta topped with a whole lobster. The first half of the course is like a trail through vegetation. The second half of the course is around the perimeter of the island with exquisite views of beaches and beach houses that most of us could never afford.
3. **Grandma's Marathon in Duluth, Minnesota.** Great cool location for a race in the second half of June. A runners marathon – well done in every aspect. Beautiful point-to-point course along the shores of Lake Superior. Best post-race food and atmosphere of all the marathons I've done. Great little town. And now I can say I've been to Minnesota!
4. **Miami.** Great destination for pre- and post-race festivities.
- 5+. **South Beach, Little Cuba.** Enough said. Run then get your eat and drink on. Myrtle Beach, Wilmington, and Rehoboth. Great flat beach courses in hospitable, touristy beach towns.

– *Instagram @dr_sandy_s*

on Facebook that discuss injuries, tapering, costumes (which almost everyone wears) – it's fun within fun. I have definitely cried a happy cry toward the end of a couple races there.

In November I took my 85-year-old mother-in-law and she walked the 5k with me, and when she saw the finish line 100 yards out, she took off running! It's a moment I'll never forget and just proves that Disney magic extends to their races as well!

– *Instagram @captmrose, Martine Rose*



Monterey Bay, Mike Larson

Berlin Marathon is at the top. When you are literally following the path of the Berlin Wall around the city plus enjoying the spectacular streets of Berlin, it is a really amazing experience. Plus, it is fast and flat! Excellent race and excellent excuse to enjoy Germany. I would put Iceland second on the list. Running the hills there while having epic views of waterfalls, glaciers, and the ocean is rather remarkable.

— Jeff Trabaudo, of D'Amato 5000 race team elites

London!!! Such a well-run race with a ton of support, and you get to see the city by foot (finishing near Buckingham Palace). Warning: you'll likely never get in via the lottery (45,000 spots and 500,000 applied last year), but you can buy a travel package and get a bib. It was worth every penny!

— Instagram @danataylor820

I just came back from Memphis. We combined celebrating the city's music history with St. Jude race weekend. A powerful combo!

— Maureen O'Haire Dingus

Rock & Roll Seattle Half Marathon (June 2017) was so much fun! We ran along some really cool routes, saw some homes on the water that were beautiful. After touring Seattle, we rented a car and drove up to Whistler, British Columbia, where I wore my race shirt ... it was 60 degrees at the foot of the mountain and by the time we got to the

top it was in the 30s. Had to buy an ear warmer at the top to go with my new race shirt! It was also the summer solstice, so it was light super late! After Whistler we hit up Vancouver. Overall, that was one of my most favorite runcations!!!! I hope to run in a Vancouver race one day soon!

— Amy Britting McLeod

Went down to North Carolina for the Lake Norman 30k/50k the first weekend of December – it was a blast! (I ran the 30k.)

Small race on a fun singletrack course through a forested state park that's obviously a favorite for the local trail runners. The race directors are dedicated and accessible, the course was expertly marked, aid stations were well manned, and the swag shirt and medal are great!

It's a reasonable drive from RVA and there are plenty of affordable lodging options nearby. Highly recommend!

— Lori Applebach

Monterey Bay Half Marathon was well run, rolling hills, and magnificent scenery. (Mike adds:) My second favorite was Run the Bluegrass. Hilly, but so scenic.

— Mike and Robyn Lowery Larson

Big Sur Marathon. Nothing like running on the ragged edge of the continent. Highly recommend.

— Gregory Krautner



Final Gravity Run Club at Wilmington



New York City Marathon, Melinda Drumheller



Fire on the Mountain, Kim Engleman





Mesquite Canyon Trail Runs, Caitlyn Wright

I was on a trip to Arizona back in 2021 and needed to get a long trail run in for training so signed up for this race on a whim. It was incredible – Mesquite Canyon Trail Runs in Waddell, Arizona (50M, 50k, 30k, half marathon available).

– Caitlyn Wright

Final Gravity Run Club supported the Wilmington Historic Half Marathon and 5k!

– Matthew Worland

Another vote for Wilmington! The 5k/half challenge is great, too!

– Donna Jean Schultz-Shagena

Fire on the Mountain in Maryland. All trail. Up the mountain. Challenging. Fun!

– Kim Engleman

Here's a 2x favorite of mine: The Tahoe Trail 50-Miler (also a 100-miler and 55K). Takes participants up from the lake and into the Sierra Nevada Mountains. Awesome event! Fun place to play when not in the mountains.

– Mark Guzzi

Dragon's Back in Wales, United Kingdom, is pretty amazing.

– Carrie Parker

One of my favorites is the Georgia Jewel.

– Lori Parsons Perez



Run the Bluegrass, Mike Larson

Irish Life Dublin Marathon – hard to beat!

– Sinead Lynch Hall

Dam Yeti in Abingdon, Virginia, is so fun!

– Caitlyn Wright

Shiprock Marathon in New Mexico

– Don Garber

Tahoe Rim Endurance Run at Lake Tahoe

– Staci Griffith Rogge

New York City Marathon

– Melinda Drumbheller

Chicago Marathon

– Rainey Niklawski

Sunset Half in Dallas, Texas

– Jacki Quinlan

Polar Night Half Marathon, Tromsø, Norway

– George Hastings

Amway River Bank Run presented by Fifth Third Bank, Grand Rapids, Michigan

– Herv Sherd

Wineglass Marathon, Corning, New York

– Emma Lowry



Dragon's Back, Carrie Parker and Ed Ross-Clunis



Tahoe Trail 50 Miler, Mark Guzzi



Polar Night Half, George Hastings

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 a runner-favorite recipe that adds to the pleasures of re-fueling.

Got a favorite recipe to share?

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

Vegetarian Hash Brown Casserole

From Brittany Mullins, *EatingBirdFood.com*

This breakfast casserole is loaded with vegetables and cheesy goodness and has a hash brown crust. It's the perfect healthy breakfast dish to serve a crowd. It's packed with loads of veggies and cheesy goodness and has the most delicious crispy hash brown crust. It's also totally customizable ... feel free to swap the veggies or cheese or add meat.

Prep Time: 15 minutes

Cook Time: 50 minutes

Servings: 8



Ingredients

- 1 20-ounce bag shredded frozen hash browns, about 4-5 cups shredded
- 3 teaspoons olive or avocado oil, divided
- 1 cup yellow onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 8-ounce package mushrooms, chopped
- 1 5-ounce bag of baby spinach
- 1 teaspoon salt, plus more to taste
- ½ teaspoon ground black pepper, plus more to taste
- 10 eggs
- ½ cup non-dairy milk (I used unsweetened almond milk)
- ½ cup shredded sharp cheddar cheese

Instructions

1. Preheat oven to 400°F and spray a 9×13 baking dish with cooking spray.
2. Add shredded potatoes to baking dish and drizzle with 1 teaspoon oil and a dash of salt and pepper. Bake for about 30 minutes until potatoes start to brown and crisp up. Once you pull potatoes from the oven, press down with a spatula to help form the bottom crust more.
3. While potatoes are baking, add 2 teaspoons oil to a large skillet over medium-high heat. Once hot, add onion, garlic, bell pepper and mushrooms. Cook until onions are translucent and all the liquid from the mushrooms has evaporated, about 7-10 minutes. Add spinach, salt, and pepper to the mixture and stir until spinach has wilted.
4. Once veggies are cooked, take off heat and set aside to cool.
5. Whisk eggs and milk in a large bowl.
6. Once veggies have cooled and are no longer hot, add to egg mixture along with 1 cup shredded cheese and stir to combine.
7. Pour egg mixture into the baking dish on top of the hash browns and top with additional ½ cup of cheddar cheese.
8. Bake for 20-25 minutes until set and eggs are no longer jiggly.
9. Let stand for 5 minutes and serve.



Nutrition

Serving: 1/8 recipe	Monounsaturated Fat: 4g
Calories: 213kcal	Cholesterol: 238mg
Carbohydrates: 18g	Sodium: 464mg
Protein: 12g	Potassium: 537mg
Fat: 10g	Fiber: 3g
Saturated Fat: 3g	Sugar: 3g
Polyunsaturated Fat: 2g	



Tips

- I've made this casserole with both frozen and freshly shredded hash browns, and I preferred the version with the frozen hash browns. It was easier and the crust crisped up better when cooking. If you go the route of shredding your own potatoes, I recommend using russet potatoes and using a paper towel to remove as much of the moisture in the potatoes as possible to prevent the crust from being soft and soggy.
- Broccoli, kale, and/or zucchini would all be great veggie substitutions.
- I used 10 full eggs for this recipe, but feel free to do half liquid egg whites if you want to lighten this dish up.
- Any milk (dairy or non-dairy) will work. I love using almond milk to keep things light.
- If you need this dish to be dairy-free, you can skip the cheese or use a dairy-free option. Nutritional yeast would also be a nice addition for some cheesy flavor without the cheese!
- Make sure veggies have had time to cool off before adding them to the eggs; otherwise your eggs will start to cook!
- Skip the store-bought pre-shredded cheese and use hand-shredded cheese! The pre-shredded store-bought cheeses typically contain preservatives like potato starch, natamycin, and/or cellulose to prevent the shreds from clumping together in the bag. This will prevent your cheese from melting properly and will likely lead to more of a grainy taste/texture.
- If you're short on time, you don't necessarily have to sauté the veggies, but I like the extra flavor it adds, and the veggies are a bit softer.
- When sautéing the veggies, the mushrooms will release moisture, so make sure to cook them until the excess liquid has evaporated.

Find more tips on this recipe and more delicious recipes at EatingBirdFood.com or by following Eating Bird Food on Facebook. At Eating Bird Food, the focus is on eating a wholesome diet focused on real food – without labels. You'll find real food recipes, meal plans, and healthy habits.



Brittany Mullins' cookbook, Mostly Veggies: Easy Make-Ahead Meals for Healthy Living, is scheduled for release on April 13 and is available for preorder on Amazon.

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[GROUP RUNS]

Name	Day of the Week	Time	Location	Pace	Contact
Black Girls Run	Mondays	5:45 p.m.	Wells Fargo parking lot, White Oak Village Shopping Center	Various	https://www.facebook.com/groups/bgrrichmond/ blackgirlsrunrva@gmail.com
	Tuesdays	6:45 p.m.	Great Shiplock Park	Various	
	Saturdays	8:00 a.m.	Parking lot next to Rockwood Park	Various	
	Sundays	2:30 p.m.	Parking lot next to Rockwood Park	Various	
Black Men Run	Sundays	8:00 a.m.	Fountain at Byrd Park Lake	Various	https://www.facebook.com/groups/BMRRichmond
Bryan Park Group	Saturdays	7:00 a.m.	Stir Crazy Café	9:00 to 12:00	Susan Deusebio skdeusebio@gmail.com
City Stadium Runners	Saturdays	7:45 a.m.	City Stadium	8:00 to 14:00	https://www.facebook.com/groups/577195912350952 citystadiumrunners@gmail.com
Crossroads	Wednesdays	6:00 p.m.	Crossroads Coffee	8:00 to 10:30	mikesn5va@gmail.com
Dog Pack	Sundays – Beginning in December	7:30 a.m.	Carytown Panera	8:30 to 14:30	https://www.facebook.com/groups/1671581323100585
Fan Foxes	Tuesdays, Wednesdays and Thursdays	6:00 a.m.	Fox Elementary School	Various	https://www.facebook.com/groups/fanfoxes
Midlothian ACAC	Thursdays	5:45 a.m.	11621 Robious Road far end of ACAC parking lot	7:30 to 9:30	https://www.facebook.com/groups/MidloACACRun
Midlo Mafia	Daily	5:30 a.m. / 6:00 a.m.	Midlothian YMCA	Various	https://www.facebook.com/groups/429449713804077
Mountain Hearts Running Club	Varies	Varies	Varies – ad hoc trail runs in the mountains	Various	www.strava.com/clubs/mountainhearts https://www.facebook.com/mtnhearts
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



Toy Run 5k with Girls on the Run



Images courtesy of Girls on the Run of Greater Richmond. Participants with "1" bibs were part of the GOTR run, and those wearing RRRC numbered bibs took part in the RRRC-timed Toy Run 5K.