

MILES & MINUTES

Publication of the Richmond Road Runners Club

Spring/Summer 2023 | Volume 45, Issue 2

Spirit of RVA



INSIDE

Runner Recipes

Thank You, Ed Kelleher

James River State
Park Race

Runner Tools: Useful
or Not?

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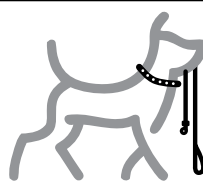


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milesandminutes@rrrc.org



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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Contributors: James K. Dill, George Lane, Anne Magee, Andrew Mann, Rainey Niklawski, Chris Novakowski, Annie Tobey

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On the cover: Anthony Clary of We Off the Couch received the Spirit Award at the RRRC banquet in May. Running group information on **Page 25**.

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James River Trail Runs At James River State Park

The inaugural James River Trail Runs of the Virginia State Parks Adventure Series offered multiple options, based on a 10-mile loop throughout the James River State Park.

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James K. Dill

Miles & Minutes Interview

Richmond author James K. Dill captures the spirit of running and other personal achievements in his two novels.

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Richmond Road Runners Club



@rvroadrunners



The Running Community Fills a Prescription

At a time when the U.S. surgeon general has declared loneliness a public health epidemic, a community of runners offers a dose of medicine.

Widespread loneliness in the U.S. poses health risks as deadly as smoking up to 15 cigarettes daily, costing the health industry billions of dollars annually, Dr. Vivek Murthy said in an 81-page report released in early May. About half of U.S. adults say they've experienced loneliness.

"We now know that loneliness is a common feeling that many people experience. It's like hunger or thirst. It's a feeling the body sends us when something we need for survival is missing," Murthy told The Associated Press. "Millions of people in America are struggling in the shadows."

Running offers an opportunity for combatting loneliness through connection, building a community through shared activities and common values.

Runners' shared activities

Shared activities begin with regular runs – official or casual – often paired with chatter. (When conversations get deep, I recall the Las Vegas tourism slogan, "What happens in Vegas, stays in Vegas"!) Groups may hang out afterwards, for a wind-down visit or a gathering over coffee, breakfast, or a beer. Sometimes they'll gather later in "real clothes" for a non-running event.

In an all-volunteer group like the Richmond Road Runners Club, it's easy to connect in accomplishing a worthwhile goal, like organizing races that bring smiles and miles to dozens of runners, or even serving in a leadership capacity. You can know that you're contributing to an organization that benefits individuals and the greater community. Since its inception, RRRC has been serving the region through races, grants, college scholarships, training teams, communication connections, and more.

In this issue of *Miles & Minutes*, I wrote about Ed Kelleher, an active, long-time RRRC member who died of cancer this February. Reading the tributes to Ed affirmed the importance

of the running community. Memories ranged from people who became friends with him through serving together on RRRC to those who had volunteered with Ed at just one club race, forming a meaningful connection even through that brief interaction.

Exploring common values

Common values extend beyond the obvious appreciation for running, health, and racing events. During the miles and minutes together, runners find other areas of interest (or even intriguing contrasts), such as family, favorite movies, TV shows and books, local dining, travels, hobbies, and pets. Just as exciting is realizing the gaps of difference between fellow runners – ages, education, careers, nationalities, running experience, and more. It seems running can be a gentle equalizer!

Some running groups gather based on an important common value, or to support a shared goal. Some such groups listed in the back of each issue of *Miles & Minutes* are Black Girls Run, Black Men Run, and We Off the Couch (not exclusive, but supporting the local African American community); River City Run Club, to support drug- and alcohol-free lives; and brewery-focused groups, refreshing with a post-run beverage.

My first taste of Richmond racing was a Monument Avenue 10k. Through the Sports Backers training team, we met other Powhatan runners and formed an informal weekly running group. We spent time with these wonderful people, meeting up at local races and social gatherings.

When I moved closer to the city, that story repeated itself: fellow training team members became running companions and then friends.

I see this refrain in others who have made friends through running. The same faces pop up on different teams, in different groups, at multiple events, like a tapestry of colorful threads woven throughout the region.

If you're looking for more community in your life, whether to assuage loneliness or simply provide another enjoyable outlet, consider the activities and opportunities of the Richmond Road Runners Club. We're here to help fulfill your need for community! ■

Annie Tobey | *Editor*
milesandminutes@rrrc.org

Letter from the Assistant Editor on page 4.

[PRESIDENT'S MESSAGE]

**You Are Needed!**

As we work our way into another year of racing, I want to give some insight into how this club operates!

We were started by a group of dedicated volunteers many years ago, and we

continue to be volunteer-led, with the exception of some extremely light contract work and a very part-time bookkeeper. All of the races and training teams and camps you enjoy are put together and operated by volunteers. The committees, the race directors, the creators of this publication, the board, the leadership – all volunteers. We literally cannot operate without dedicated volunteers.

What's my point? My point is that we need you.

We are so grateful for those of you all who check participants in for races, stand at intersections as course marshals, and pass out water, but we also need those willing to take the reins on something for a period of time to keep this going. We need board members, race directors, club officers – and someone has to be the president next year!

My plea to you is to think about the things you have going on, and consider whether stepping up to the plate for a year or two to help with something a little bigger is possible. I have worked hard this year to divvy up roles that have too substantial of a task list. Please consider it and reach out to president@rrrc.org if there is something you'd like to learn more about, or be considered for, in the next year.

Thank you! ■

Rainey Niklawski | *President*

RRRC College Scholarship Program

If you are or know of a high school senior who's involved in the running world, the Richmond Road Runners Club may just have a \$3k scholarship with your name on it!

The club will award scholarships to three graduating high school seniors. Find more details at <https://www.rrrc.org/college-scholarship>. Submissions are due by midnight on May 31.

Inspired Idea: Uses for Your Running Medals

Eileen Cerny sent us ideas on what to do with race medals that you don't want to get rid of and want to put to productive use, as she has done for her husband, Mark.

"The first one, which I saw on a running site years ago, was to make a wind chime," wrote Eileen. "It was really easy, and actually sounds lovely. Using a metal pie tin, I used a nail to create holes and then used a fishing line to hang the medals."

"The second way I found to use the medals is to create coasters with resin. I have some coaster molds that I half fill with clear resin, and once it is dry, I add the medal and fill the mold the rest of the way with the resin. Mark seems to really like the coasters. We have them throughout our home, and it is a nice reminder of the races!"



RRRC Annual Awards Banquet

The annual RRRC Banquet was held on May 1 at Hardywood West Creek, with a Mexican buffet, dessert, and soft drinks, plus cash bar available for purchase of beer, wine, or cider.

Grand Prix winners and special award recipients received recognition and prizes. Special awards were created by Alan Harrison of Harrison Woodworks.

Special awards went to

Spirit Award: Anthony Clary, We Off the Couch

Community Partner: Jeff Van Horn, Lucky Road

Volunteer of the Year: Suzi Silverstein

Above & Beyond: Glenn Melton

Lifetime Achievement: Marcy George

The featured speaker was Martinus Evans, an eight-time marathon runner, author, and award-winning speaker who empowers people to embrace the body they have right now, lace up their shoes, and move! He founded the Slow AF Run Club, a global community of over 10,000 members who are challenging the preconceived notions of what a runner should look like.

Evans works to inspire one million people of all backgrounds, shapes, sizes, colors, and creeds to start running. In 2012, Martinus began his own running journey and launched his blog, 300 Pounds and Running, after his doctor told him that he was overweight and needed to lose weight or die.

His story has been featured in *The New York Times*, *Huffington Post*, *Insider*, *The Wall Street Journal*, *Runner's World*, and more.



Glenn Melton received the Above & Beyond award from RRRC president Rainey Niklawski.

Letter from the Assistant Editor

The feelings of joy are fresh as we just celebrated as a club at our annual banquet, and as I was able to attend the Road Runners Club of America Convention in March, for the umbrella organization that the Richmond Road Runners Club is a part of.

My takeaways from these experiences?

I realized how very special our club is. RRRC is one of the largest clubs in RRCA. Of all of the other clubs who attended the national convention, ours seems to put on the most races. Most clubs only offer one big race per year. We have 20!

And I really loved watching friends accept their awards at our banquet. It was as exciting as watching first-time

marathoners cross the finish line. All of our winners deserved their honors.

Serving you in my role as the VP of Marketing and as your assistant editor of *Miles & Minutes* has been very rewarding for me. Giving back to a club that has given so much to me and our Richmond running community has been worth every minute of my time.

If you want to get more involved, we'd love to have you step into some leadership roles. Our club needs you!

Thanks for listening, and happy running! ■

Anne Magee | Assistant Editor



Desirée Van Horn, Alexis Wilson, and Jeff Van Horn of Lucky Road running stores received the Community Partner award.



Rainey Niklawski (left) with Suzi Silverstein, winner of the Volunteer of the Year award.



Marcy George earned the Lifetime Achievement award.



RRRC Banquet keynote speaker Martinus Evans.

RRRC Youth Running Camp

Richmond Road Runners Club offers a free running camp for youth going into grades 6, 7, 8, or 9. The goal of the program is to introduce young runners to the fundamentals of running, conditioning, and healthy habits.

Camp will be held at Robious Middle School Sports Complex on the new track and fields and on some of the roads in the surrounding neighborhood.

The camp will be held July 17 to 21, Monday through Friday (weather permitting), from 7:45 to 11:30 a.m. each day.

While RRRC Youth Running Camp is free, REGISTRATION IS REQUIRED. All runners must register online and a parent or legal guardian must accept the waiver. The program will accept a maximum of 120 campers, with a waiting list if the cap is reached.

Register at <https://runsignup.com/Race/VA/Midlothian/RRRCYouthRunningCamp>. ■

Event Recaps

Huguenot 3 Miler

Sunday, March 5

This no-frills 3-miler is old-time trail/cross-country racing at its best. This year saw runners traverse the trails of Robious Landing Park in Midlothian, with a virtual option available, too.

Sweetheart 8k

Sunday, Feb. 12

The annual RRRC Sweetheart 8K offered two options for Valentine's Day running or walking, in person and virtual, as well as a couples' challenge. The in-person race featured a scenic course through The Grove and Walton Park communities, historic Midlothian Coal Mine Park, and the surrounding roads and trails. The race started and finished at the Urban Farmhouse in The Millworks in Midlothian.

Bear Creek 10 Mile Trail Run

Sunday, March 12

This long-time RRRC event was held in March this year rather than fall. The route starts and ends at Bear Creek Lake State Park in Cumberland, Virginia. The loop course passes through the piedmont hills of Cumberland State Forest and Bear Creek Lake State Park. The trail crosses several creeks, has numerous short hills, and includes some challenging sections with fallen trees across the path and leaves, roots, and mud underfoot.

Richmond Road Runners Club donates \$1 of each runner's registration fee to the Friends of Bear Creek Lake State Park, citizen volunteers who support the park's mission and operation.



The in-person Frostbite 15k lived up to its name, with a chilly run through the Byrd Park/Randolph area on Sunday, Jan. 15. More than 500 runners participated, including a group representing the presenting sponsor, Final Gravity Brewing (top left). The medal (above) featured the legendary Harry the Hipster Moose.

Carytown 10k

Sunday, April 30

“That was certainly the rainiest race I’ve ever done, at least that’s what my brain is remembering right now,” quipped RRRC social media coordinator Chris Mason after the race. This year’s Carytown 10k started in rain, but 300 people showed up despite the weather.

“I do love this race. I cannot say thank you enough to all the volunteers out there who are standing in these conditions while we were running through it,” Mason continued. “It was great to see so many faces out there. Congratulations to everybody for #gettingitdone when you definitely could have slept in or switched to virtual.”



Soggy runners included Laura Dietrick (left) and friends, and Chris Mason (below).



Upcoming RRRC Races

Whether your goal is fitness, fun, or placing, put these events on your race calendar! For more information, including virtual options, as well as registration, go to **RRRC.org** and find the RVA Race Calendar tab.

Stratford Hills 10k

Saturday, May 27, from the Stratford Hills Shopping Center, Richmond

This year marks the 44th year for Richmond Road Runners Club's Stratford Hills 10K. The in-person race will occur on Saturday, May 27, at 8 a.m., and the virtual race will take place wherever and whenever you want from May 27 to 31. There is no giveaway or swag, as Stratford Hills 10K is a low-frills race.

The 10k (6.2-mile) is an out-and-back course. It starts on the road beside the shopping center and descends a fast one mile to a flat scenic run along the James River for about 2.1 miles to the turnaround point.

RRRC Summer Track Series

June 6, 13, 20, July 11, 25 at the Fred Hardy Track at the University of Richmond

This FREE track series organized by the Richmond Road Runners Club includes:

- Tuesday, June 6: 800m, 100m, 4 x 400m Relay, PYT Mile
- Tuesday, June 13: Mile, Sprint Medley Relay (200-200-400-800), PYT Mile
- Tuesday, June 20: 200m, Distance Medley Relay (1200-400-800-1600), PYT Mile
- Tuesday, July 11: 400m, 4 x 800m Relay, PYT Mile
- Saturday, July 25: 1000m, Paarlaf Relay (alternating 400m for 20 minutes), PYT Mile

Although the Summer Track Series is free, advance registration is required.

Thanks Dad 5k

June 18 at the Urban Farmhouse in The Millworks, Midlothian

This annual Father's Day run highlights the special relationship between fathers/grandfathers and their sons/daughters and grandsons/granddaughters. The Thanks Dad 5K was created in memory of Pete Neal, who served as the

Richmond Road Runners Club's coordinator of volunteers before succumbing to multiple myeloma, a form of blood cancer.

The event will offer both an in-person and a virtual option for running or walking. Participants can register as an individual runner or as part of a team, such as parent/son, parent/daughter, or parent/multiple kids.

RRRC Cul-de-sac 5k Series

July 3, 10, and 17 at Shady Grove Elementary School, Glen Allen

The annual three-race series spans three Mondays at Shady Grove Elementary School. Don't let the name of the school fool you – these 7 p.m. races are hot, testing your mettle and forging your tenacity. Virtual option available, too.

RRRC Pony Pasture 5k

July 23 at Pony Pasture Rapids Park, Richmond

Richmond Road Runners Club dedicates this annual 5k race to the memory of Dr. Peter Still. The proceeds benefit the Richmond Road Runners Club Scholarship Fund. Each year the club awards \$2,000 scholarships to graduating high school seniors who have and will represent the beneficial aspects of running as a healthy lifestyle. The recipients of the 2022 scholarships will be announced at the conclusion of the Pony Pasture 5k.

The race starts and ends at the Pony Pasture Rapids parking lot located on the south bank of the James River. The course is flat and fast, out and back, 5k on Riverside Drive along the James River.

Virtual option available, too. ■

Volunteers!

Volunteers are needed for all RRRC races as well as for RRRC-managed races. Volunteers gain Grand Prix points and warm fuzzies.

[MEMBERSHIP APPLICATION]

First Name

Last Name

Address 1

Address 2

City

State

Zip Code

Email Address

Phone Number

Birthdate (mm/dd/yyyy)

Gender(M/F)

Please check one of the following in each column:

☐ New Membership:

☐ Individual (\$15)

☐ Renewal:

☐ Family (\$20)

☐ Student (\$5)

☐ Business (\$20)



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

Please mail check to:

RRRC

P.O. Box 8724

Richmond, VA 23226

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

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

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

Yes: ☐

No, please keep private: ☐

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

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

Run in Peace.

Ed Kelleher

By Annie Tobey

While many Richmonders knew Ed Kelleher for his work with the *Richmond News Leader* and *Times-Dispatch* newspapers, many local runners knew him for his contributions to the running community, especially through the Richmond Road Runners Club.

Ed Kelleher died on Feb. 25, 2023, at age 79 after a long battle with cancer.

An article in the *Richmond Times-Dispatch* recalled the “calming, reassuring effect [he had] on everyone who worked with him in his 32 years as a daily newspaper editor and reporter in Richmond.”

Remembrances from RRRC members and leaders

“Ed’s involvement in and enthusiasm for RRRC was appreciated by all who met him,” recalled Kirk Millikan, RRRC board member. “He was a reliable voice in club leadership, and he was often seen running and volunteering at local races. He also volunteered to help me review applications for the scholarship committee, and year after year, he would provide valuable feedback.

“Ed was always thinking of ways to promote RRRC locally and with RRCA [Road Runners Club of America],” said Dave Trump. “He also had a good eye as a photographer and captured a lot of great runner images at our races in the years after he stopped running. He was just a great guy.”

“Ed was super welcoming when I first started attending Richmond Road Runner meetings years back,” said Chris Mason. “I was a bit nervous initially as I didn’t know what to expect from the meeting; however, Ed always had a kind word to say to me, especially when I spoke up during a meeting as he absolutely knew I was nervous.



“As I moved into my social media position, Ed also helped me with constructing many important messages initially, which I found to be super helpful. No matter when I reached out to him, or why I reached out to him, he always went above and beyond to help me, which I always appreciated.

“His kindness, and his smile, will certainly be missed. I’m thankful for all that Ed did to help me as I became more involved in the club. And most importantly, I am thankful that I had the opportunity to know him.”

Long-time RRRC member Bill Kelly noted, “As the VP of marketing, Ed developed a written, defined sponsorship program outlining various categories and the requirements and benefits, which provided a great value proposition to those who wanted to support and market their business through RRRC races and training program.”

Ed worked to promote the club and its members, said Kelly, through submissions for awards and recognition: winner of the club president of the year award for Michael Muldowney; 2017 House Joint Resolution commending María Elena Calle “for her exceptional athletic achievements”; and 2022 Virginia House Joint Resolution commending Keira D’Amato for “her accomplishments as an elite runner.”

“He played a key role in helping identify best options for RRRC’s first clubhouse on Fitzhugh,” Kelly added. “In simple terms, he made the club better.”

I had the privilege of working with Ed when he served as editor of the RRRC *Miles & Minutes* magazine and I contributed articles and race reports. He was supportive, encouraging, and positive in his editorial role. He was the *Miles & Minutes* editor in 2013 when the publication won the Road Runners Club of America’s Outstanding Club Newsletter award.

Tables turned, and he wrote for me in my role as editor at *Boomer Magazine* here in Richmond. He also acted as proofreader for *Miles & Minutes* when I became editor. That same calm, positive spirit continued to infuse our professional interactions, along with his finetuned reporting skills.

RRRC Facebook memories

When notice of Ed’s death was posted on the Richmond Road Runner Club Facebook page, many were quick to express their sadness and offer condolences to family members. Specific memories included:

“Ed always had a warm smile and lots of energy whenever I saw him at events.” *Pam Holland Hunter.*

“Ed and I had so many conversations about Japan. Ironically I am here now trying to visit places that Ed mentioned to me. When Ed was the editor of M&M magazine, he helped me so much with the articles that I wrote about my destination marathons. We lost a great man.” *Doug Fernandez*

“Such a kind human. He will be missed.” *Eric Nachman*

“He was amazing. We volunteered together in a couple of RRRC races and had some good conversations. Always supported the running community.” *Kanak N. Hyanki*

“Heartbreaking. He loved the sport and loved this community of runners. He will be missed.” *Mark O’Brien*

“I always felt a little better about the world when we talked.” *Stephen Brown*

“Ed was a humble, reliable, and valuable voice at RRRC. From holding leadership positions to taking race photos to reviewing scholarship applications to editing the club newsletter, Ed did it all. He will be deeply missed.” *Kirk Millikan*

“One of the most kind humans I’ve ever met.” *Jennifer Simpson Culhane*

**“Ed Kelleher
wearing the beanie
with his nickname
that Rosie and I got
him and that he
wore a lot during
his final days.”**

Bill Kelly



“Ed was such a great guy and did so much for the running community. He was the best of all of us and he will be missed.” *Jim Oddono*

“Such a great guy. I got to know him a few years ago when he interviewed me for a story in the magazine.” *Chris Nicolaides*

“Ed was such a decent human ... [I] will never forget his compassion, love and support when my grandmother (his father’s sister) passed away in 2001.” *Jeanmarie Hughes Bright*

“I’ll miss his smiling face at races.” *Stephen Story*

“Such an amazing person who left a lasting legacy.” *Diane Glaze Kelley*

continued on page 13

Worth It Or Not?

Examining some common runner tools



By Andrew Mann

Welcome to a series of articles where we will discuss the value of different “tools” runners can use to enhance their recovery, training, and overall performance. As a doctor of physical therapy, I will attempt to guide you on how best to

implement these according to the latest research – if they are deemed beneficial.

In this article, we will specifically look at the reasons for and against the use of foam rollers as a warm-up or cool-down.

Foam rollers

Foam rollers, massage guns, and massage sticks are now a mainstay at most gyms and runners’ homes, but how much precious time and energy should we devote to these soft-tissue techniques?

Worthwhile:

We know that the use of foam rollers, massage guns, and massage sticks provide a subjective experience most users describe as the “hurt so good” feeling. The thought process is that some temporary discomfort during the massage while using one of these devices leads to improved flexibility and potential recovery of the targeted muscles.

Researchers have found this to be true, with the caveat that changes observed are short-term and small in effect. They found improvements in flexibility (4%) and in perceived muscle soreness (6%) when research subjects used foam rolling as a warm-up or cool-down for activity. They also found short-term improvements when measuring speed and strength performance in subjects after a foam-rolling session.

The only issue the researchers found with this result is that the changes were so small that they were deemed insignificant.

Waste of Time:

We know that an athlete’s training time is limited, especially for the majority of us who are not running professionally. When life gets busy, we are likely to skip the warm-up or cool-down, if we even have one planned to begin with.

Keeping this in mind, we must be discerning when it comes to how we choose to spend our training time outside of running. The small, short-term effects on the body seen after soft-tissue work with use of a foam roller may lead to the conclusion that time is better spent elsewhere.

The caveat here is that if you are under the guidance of a medical professional and recovering from an injury, soft-tissue work in all of its different varieties may be deemed medically necessary as part of a comprehensive treatment program.

If you are a relatively healthy runner, your warm-up and cool-down routines may be better spent with a five- to ten-minute walk to prepare your body for the run or a dynamic warm-up. An example of a dynamic warm-up for a runner would include practicing movements similar to those required in running such as walking lunges, butt kicks, high knees,



and many more. If you have an injury history, you may have even met with a physical therapist in the past for treatment, and they likely provided you with targeted exercises specific to your condition that can be used as part of a warm-up or cool-down.

Final Verdict:

In conclusion, soft-tissue massage with a foam roller does have a small, short-term positive effect on the body regarding flexibility, perceived muscle soreness, speed, and strength. However, without an established protocol in the research to guarantee a significant benefit, the time required to perform foam rolling pre- or post-activity could often be better spent on more effective ways to warm up or cool down.

All of that being said, if you like the way you feel after the use of any one of these soft-tissue techniques, either before or after running, then there is likely no harm in using it. In fact, the role of psychology in sport is well established enough to support the use of foam roll either as a warm-up or cool-

down if you personally feel you gain some benefit from it or feel more confident after using it. On the other hand, if you do not like foam rolling, massage sticks, or massage guns, then there are plenty of other potentially more effective and certainly less uncomfortable ways to warm up or cool down after a run! ■

Andrew Mann is a physical therapist and strength coach at Adams Performance Fitness and Physical Therapy in Richmond, Virginia. He specializes in gait analysis, rehabilitation of the injured runner, and identifying the most effective ways to improve performance. As a run and strength coach, he enjoys advising runners on the best ways to implement strength training into their weekly routine to decrease risk of injury and improve their performance.

Citation: Wiewelhove T, Döweling A, Schneider C, Hottenrott L, Meyer T, Kellmann M, Pfeiffer M and Ferrauti A (2019) A Meta-Analysis of the Effects of Foam Rolling on Performance and Recovery. *Front. Physiol.* 10:376. doi: 10.3389/fphys.2019.00376

Ed Kelleher

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“Ed was a very positive person who made you feel loved. We will miss him.” *Fran Gilday*

“I didn’t know Ed well, but I had the good fortune to volunteer at a Turkey Trot with him (perhaps he was taking pictures?) back before Covid. I thoroughly enjoyed spending a few hours with him.” *Rod Morgan*

“He used to live in my neighborhood and was always such a great leader of RRRC.” *Susan Kelley Deusebio*

“Such a great man and contributor to the running community.” *Thom Suddeth*

“Great person and supporter of RVA running.” *Terry Moore Miffleton*

Other memories

Ed Kelleher was an avid marathon runner, reported the RTD. “In addition to running, his family said that nature photography (he was an enthusiastic bird watcher), community service, local sports and the Yorkies he shared

with his wife ‘filled Ed’s post-retirement days with meaning and joy.’”

“He ran a good race,” his brother, Joe Kelleher, said.

“Ed deeply cared about people,” said former *Times-Dispatch* editor Tom Kapsidelis. “He cared about the people who worked at the newspaper. He cared about the people the paper would write about. And he cared about the people who read the paper. ... His kindness and empathy were at the core of what made him a great journalist and co-worker.”

His sense of humor also came across to those who interacted with him. He helped to write his own obituary, including: “Efforts to educate Ed, with varying degrees of success, were made at St. Paul’s Catholic School and Benedictine High School in Richmond, at Wheeling College in Wheeling, W.Va., and in the U.S. Air Force and Virginia Air National Guard.”

“I will definitely miss his insight and helpfulness,” said RRRC’s Kirk Millikan. ■

JAMES RIVER TRAIL RUNS AT JAMES RIVER STATE PARK



By Chris Novakoski

On April 15, I participated in the inaugural James River Trail Runs, part of the Virginia State Parks Adventure Series. The event was set to be held last October, but due to a hurricane and large amounts of rain, it was rescheduled to this April. There were several different options, including a 10 miler, 50k, 50-mile relay, and 50-mile solo. The course itself was a 10-mile loop throughout the James River State Park in Gladstone, Virginia.

While it did rain the night before the race, the trails were dry and no ponding occurred. I chose to do the 50k, and although the weather was a little warmer than some would like, I felt it was perfect conditions, with a 53 degree start that warmed up gradually throughout the day. If I had been doing the 50 miler, I may have thought otherwise. Participants who bit off more than they could chew were allowed to drop down to a shorter distance and still be counted as finishers but were excluded from awards.

The course was a mixture of mostly trail, with small sections of gravel and road. There were two climbs in the race, but both were manageable. In fact, the whole course was quite runnable with no major obstacles. For me, I found the hardest

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Race swag and award.

IMAGE BY CHRIS NOVAKOSKI

Virginia State Parks Adventure Series

The one-of-a-kind Virginia State Parks Adventure Series includes a wide-ranging selection of competitive events held in Virginia State Parks across the commonwealth. Events include adventure races, running events, mountain bike races, cyclocross races, adventure triathlons, sprint triathlons, a one-of-a-kind gravel time trial, and an old-school enduro race. Participants can win prizes by amassing points in the competition category or by simply participating in multiple races. This year saw four new races in the series, bringing the total to 25.

The James River Trail Runs at James River State Park was a “No DNF’s” race, to encourage new trail runners while challenging experienced runners. Runners could sign up for any distance: finish a loop to receive a finish time for the 10 miler; finish three loops to receive a 50k time; finish 5 loops to be a 50-mile finisher. Additionally, the race offered a generous 16-hour cap for every distance.

For more information on the series, go to www.dcr.virginia.gov/state-parks/adventure-series.



IMAGE BY CHRIS NOVAKOSKI

James River (above) and the trail.



IMAGE BY CHRIS NOVAKOSKI



IMAGE BY STEPHEN BOYD

50k winners Zach Medeiros (third place, left), Brandon Herndon (first place, center), and Chris Novakoski (second place, right).

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The Eight Causes of All Running Injuries and How to Beat Them

Pillar 3: Three Influential Lifestyle Factors



By George Lane, DPM, AAPSM

We often take for granted one important way to avoid running injuries: how you take care of your feet and body when not running (Fig. 1). Although there are many aspects of non-running activities to consider, several important factors are often

overlooked and can be managed with relative ease. These include the following:

Footwear choices

Running will fatigue the feet and lower extremities, and walking around on unnaturally hard surfaces in poorly supportive footwear can increase the risk of injuries such as plantar fasciitis, stress fractures, and a host of other problems.

Lace-up running shoes with good cushioning and support are a good choice. Examples of poor footwear include flimsy flip flops, tightly fitting dress shoes, or high heels. If you must wear less-than-ideal footwear, try to find the most comfortable and supportive version possible of that type of footwear and keep your time walking around in that footwear limited.

For example, choose flip-flops that have some arch support and good cushioning built into them and that are not overly flimsy (Fig. 2).

Although spending some time barefoot on grass or softer surfaces is an excellent way to stimulate your feet and foot muscles, excessive time barefoot, especially on hard surfaces, may cause excessive strain and lead to injury.



Figure 2. Flip-flops: Poorly supportive (left), supportive (right).



Figure 1

Ergonomic factors

Take a look at how much time you are seated, how you are postured when sitting, and what you are doing with your hands, arms, and legs while sitting.

“Texting neck syndrome” is a real thing (Fig. 3)! If you spend enough time in a poor postural position, your walking and running postures may be affected as well, which can result in injury. Likewise, if your body is already fatigued from running, poor postural positions while not running can result in aggravating fatigued structures.

The traditional seated position places the hip joints in a flexed position, which, over time, may lead tightening up of the tendons and fascial structures that cross the front of the hips, leading to loss of proper range of motion of the hip joints when trying to extend backwards – a key motion to maintaining proper running form. Running with poor hip extension can cause excessive strain on the back and the hamstrings and cause compensations in the way you run that could lead to a multitude of possible injuries. It is therefore important to monitor your posture and try to maintain good posture when seated and when using computer keyboards, texting, or reading.

It is also a good idea to get up frequently and do some dynamic stretching or walking. The book *Anatomy for Runners* by Jay Dicharry has some useful self-assessment tests to

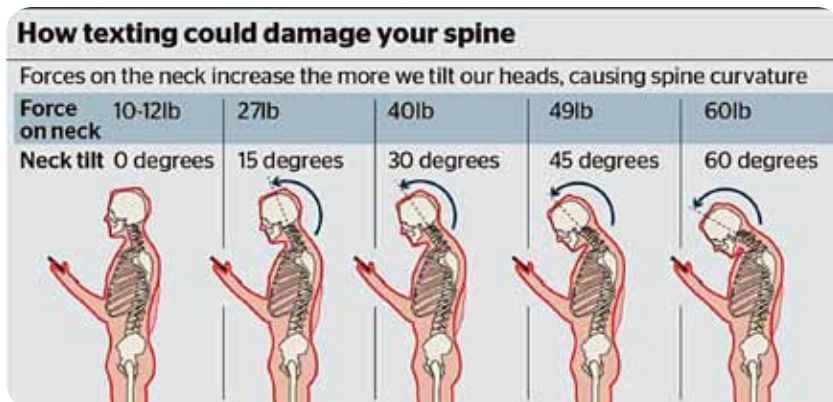


Figure 3

evaluate if you have postural imbalances or joint immobility, as well as exercises to correct those issues.

Sleep

Sleep is the time our bodies do most of their “recovery” work from the breakdown that running and the other stresses that waking hours create. Studies have shown that for the vast majority of people, consistently getting less than about 7 to 8 hours of sleep per night can significantly increase levels of

fatigue during waking hours. Intensive exercise such as regular distance running can demand even more need for adequate sleep time, with recommendations of 8 to 10 hours per night. It is therefore important to maintain awareness of your sleeping hours to assure you are not robbing yourself of this precious aid to body recovery and rebuilding. For some good reading and tips on this, see www.Active.com/running/articles/how-much-sleep-do-runners-need.

By taking the time to evaluate your lifestyle habits, you may find that certain things you are doing may contribute to developing a running injury. By taking the proper measures to change your habits or patterns, your risk of injury may be significantly reduced. ■

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

James River Trail Runs

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parts were the areas that were flat and near the river as it was more humid and you were in direct sunlight. Aid stations were at the start/finish of the 10-mile loop and at mile 6. If you were familiar with the state park, it was easy for friends and crew to meet you along the way. The course gave you a little bit of everything, from the river, trails, fields, ponds, and elevation with tree covering. Parking was aplenty and right near the start/finish.

Virginia Adventures LLC and race director Dan Pulksamp put on the race and did a great job as always! There was plenty of food, water, and Tailwind. Finishers also received a hat and the top three received custom awards.

As for my race, I ended up finishing in second. Although I am mostly a road runner, I am comfortable on the trails. This was my first 50k distance in over two years and like always, I learned a lot. My hydration and nutrition almost carried me but came back to bite me around mile 26. Ultras are never easy, and you always learn something along the way. This time around, I regretted trying to bank time and hit the hills hard



IMAGE BY CHRIS NOVAKOSKI

Dixon Landing at James River State Park.

and early to avoid the heat later on. I should have set a more reasonable pace, but overall I was pleased with my effort and completed the course in 4 hours, 47 minutes, and 41 seconds and had a great experience! ■

MILES & MINUTES INTERVIEW

JAMES K. DILL

By Annie Tobey



Richmonder James K. Dill includes “author” and “runner” among his many accomplishments. He’s captured some of his running experiences in his two novels. *Racing Shadows* (Apprentice House, October 2019) explores an athlete’s passion, competitiveness, compulsion, and obsession. *Malone Ridge* (Little Star Books, January 2023) follows a young woman, Eve, on her life journey. Although running isn’t the most important part of Eve’s experience, it provides a therapeutic escape, initially from a dysfunctional family, and as a steppingstone to success, through a college scholarship and a professional running opportunity. Both books are available at Fountain Bookstore, Shelf Life Books (formerly Chop Suey), Book People, and at Amazon.com.

Jim, share with us an overview of your running résumé.

I was inspired to start running by Frank Shorter’s brilliant gold medal marathon victory at the Munich Olympic games in 1972. That race sparked a lifetime journey. I began running that summer for junior high cross country, continued in high school, and was able to earn a scholarship to East Carolina University for track and cross country. After college and throughout the ’80s, I ran for Converse and Adidas, primarily as a marathon runner. There were lots of wonderful moments and races, including Boston and New York City marathons, traveling to and competing in Germany, Canada, and Bermuda, and qualifying for and competing in the 1984 Olympic Trials in Buffalo, New York.

I took a break after that to work and raise a family, but I was able to make a comeback and compete in masters’ events in the ’90s and early 2000s. My final competitive event was the Blue Ridge Relay in 2010. I teamed up with four men, five women, and two vans, running three relay legs through the mountains of Virginia and North Carolina, all in 24 hours. It was a fun way to finish a career with a bunch of new friends from ECU. Now, I read and write about running, walking daily for exercise.

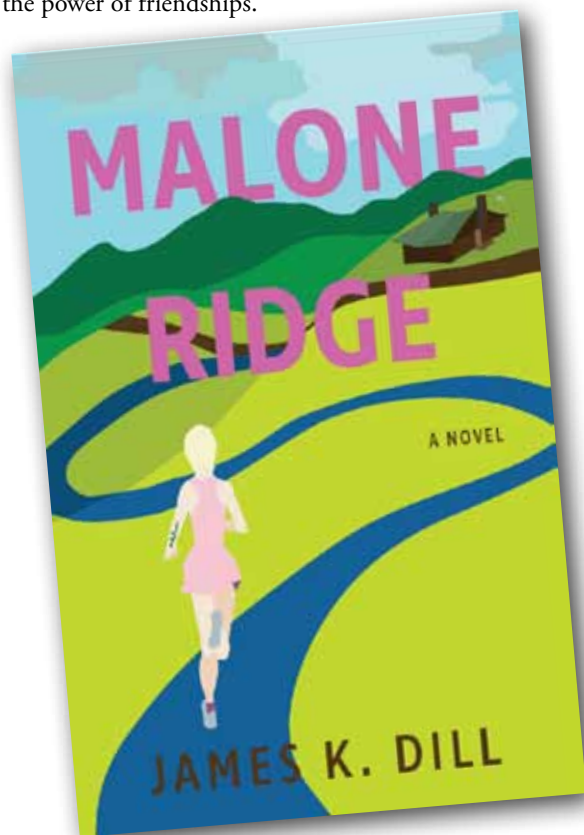
How much of *Racing Shadows* reflects your own experience as an athlete?

Racing Shadows is a very personal story and something I had always dreamed of writing. I was inspired by *Once a Runner*, the John Parker Jr. novel. I actually bought it from John off the back of his station wagon at a track meet in D.C. in the ’70s and have since read it 10 times. First books are often personal stories that need to be told. My protagonist, Jeff, has failed in his big race, the Olympic Trials, and he’s seeking redemption and a podium finish at his next race in Baltimore. My O.T. was a disaster like Jeff’s, but I finished 100th out of 168 and not last like him. I also took third at the Baltimore International Marathon that fall in 1984,

but that's where our stories diverge. Jeff goes through much more trauma in his journey. There is also a very interesting character, Bill Atlee, who is based on a real runner from the early 1900s named Bill Agee. Bill was from Richmond but moved to Baltimore as a child and competed for the U.S. in the Amsterdam Olympic Games in 1924. When I came across him in the *Richmond Times-Dispatch* as a local Olympian, I knew he needed to be in my story and the book took off from there.

My objective when I began writing *Racing Shadows* was to invite readers into the universality of running – its challenges, disappointments, and triumphs, whether those are recognized on the podium or in personal growth – and to, hopefully, add to the other great fiction about running. I wanted to get it right and make an enjoyable journey for the reader who may not necessarily be a runner. I also wanted to document the training it takes to compete at the elite level and provide an insider's look at marathon running. I was able to show what Bill's training and life were like in the 1920s compared to Jeff's in the 1980s. It was a lot of fun to write and I'm quite proud of that book as a first novel.

The main storyline of *Malone Ridge* is Eve's coming of age, including her escape from a dead-end life and dysfunctional family, her strength in creating a new path for herself, and the power of friendships.



Why did you choose running as a device and secondary storyline?

I had gotten to a point in the book where Eve needed something she could do on her own to work out the stress in her life instead of depending on her boyfriend or other friends. She had run cross country in high school, but I hadn't planned to make running part of this novel. I considered ballet, writing, or piano, but none of those really fit her character or the story, and I would have had a huge learning curve to make her foray into ballet or piano credible. So, I went back to running, the perfect activity that just about anyone can take up. Eve, however, had been a phenom in high school and could have gone to college on scholarship but didn't, due to her family situation.

I think readers can relate to a young woman who is taking control of her life, making new friends, and finally having some success. So, running was a very useful part of her narrative. The more she ran, I began to see another path for her that I hadn't planned on: going to college, and then following the pro route. Eve finds her agency, engages with new friends, and finally finds lasting love when she returns home. Her running and determination provided these things, and I think her story is real and can be appreciated by diehard runners and non-runners alike.

One last thing about adding running to the storyline is that as far as I know, there are no women that run competitively or play sport at any high level in fiction. I mentioned Parker's *Once A Runner* earlier, and it really sets the standard. There are a few other books with protagonists who run, but they are all male. I wanted to write about a woman and her running journey that could complement the other books in the running catalog.

How do you feel that being a runner influenced Eve?

As I mentioned above, it gave her agency and control over her life. She is learning a new career and having her first serious relationship, which are both stressful, but more than that she has doubts about who she is as a person and she misses her home, which is the beacon in her story. Running helps her sort things out and also provides new friends outside her work and social circle to talk about what being an adult is all about. When she wins a local 10k race, she realizes she can go to college and pursue the dream that had been taken away from her.

Her close friends (non-runners) don't understand her desire to go to college and leave all that she has achieved, including a new home. But she is determined, and that is a trait we often see in runners – the desire to complete the workout, the training, and the race, no matter how challenging or how bad we feel. Her determination in training and racing is paralleled by her desire to rebuild her home and life on Malone Ridge.

What inspired you to write a coming-of-age story about a young woman?

I originally had an idea to write a story about two brothers whose personalities are very different. After 100 pages, the story wasn't going anywhere, and I hated both of the brothers. If the author doesn't like the character, then how is the reader going to feel? But there was a young woman, a secondary character, Eve, who both brothers knew and were enamored with. She was from West Virginia, had pluck and determination and a meth habit. I eventually got rid of the brothers and started over with Eve in West Virginia, an area I've spent some time in and find beautiful. I transferred the meth habit to her family, and she became the protagonist.

I love coming-of-age stories. *The Fault of Our Stars* (John Green, 2012) is one I really enjoyed, and many have read or seen the movie (2014), of two young people with cancer and fighting for their lives. We see the world open up through their eyes. I read many young adult and coming-of-age novels before and while writing *Malone Ridge* to get the character story arc and voice right. One reviewer said of *Malone Ridge*, "The popularity of coming-of-age novels rests on a triad of elements: the desire of young readers to compare their experiences with those of the characters, the wish of middle-age and elderly bookworms (me/you) to reassess their choices, and the generally uplifting nature of such fiction." I couldn't have said it better.

Your strongest characters seem to be the women. Do you agree? If so, can you reflect on why this might be true?

In *Malone Ridge*, I had interesting female characters who took shape and form as I wrote. They were fun and interesting, so the writing came easily. But I am also a big fan of women's sports. I watch the WNBA and LPGA and all the women's Olympic sports. Women's sport tends to be less about the power game and more about finesse. One of the inspirations for Eve came while I was watching the 2020

Women's Olympic Marathon Trials on TV. First and second place had been decided. But third place was fading near the finish and fourth and fifth were gaining on her. There was this huge emotional finish with the top three making the team and a vacuum around fourth and fifth place, missing the podium and team by seconds. It was riveting.

I also used Molly Seidel, the second-place finisher that day and bronze medalist in Tokyo, as a model for the professional runner Eve eventually becomes. I also had three strong women, who were all Olympians, review the book: Anne Audain from New Zealand, and Americans Judi St. Hilaire and Kim Smith, all three trailblazers in women's professional sports. Another influence was my daughter and her experiences playing high school and college lacrosse and her relationship with her coach and teammates, many of whom are lifelong friends.

I wanted the challenge of writing a character who would experience life and whose life experiences would be different from my own. I recognized that decision might be questioned, but I also knew that Eve could convey the universal pull of home more than any other character I had imagined. Marcy, Cora, and Susie in *Malone Ridge* are purely fictional. I've gotten a lot of praise for Cora's character. But everyone has known a woman they can rely on to see what is possible in life, someone who embodies hard work and sacrifice, whose functional family and friends become magnets.

In my upcoming book, the female characters are very different. They include a runaway tennis-playing wife, a barista daughter, and a nurse who joins the Black Lives Matter protests. My male protagonist will interact with each of them, and it should provide rich terrain from which to explore themes of loss and reconciliation.

Do you see parallels between writing and running?

I do! I began writing when I could no longer run. When I began to feel like I was recovering from a marathon after an easy two-mile run, then I figured it was time to stop. Now, I walk daily and do a longer walk around Richmond on the weekends. But I'm writing most days in the early morning when my fellow runners are getting in their miles. It's fun to see everyone out training for the Monument Avenue 10k and Richmond Marathon. The Team-in-Training runners come by my home every weekend. It cheers me to hear the conversations, men and women of all ages and abilities,

those at Eve's level or beginners. Friendship is probably the best byproduct of running.

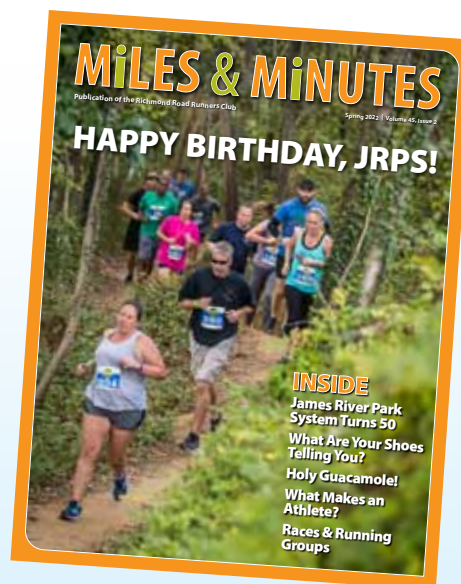
Writing takes discipline and time, just like running, and there are way more failures than successes. Readers and editors can be critical, and all of these things apply to running. One thing that is consistent is the waiting. In running, miles must be accumulated over the weeks and months until, finally, race day comes. Sometimes it's a success and sometimes it's not, and there is always the fear of failure. With writing, it takes time to come up with an idea, to flesh out the characters, come up with a setting, and then to actually write. There is editing and, finally, there is finding an agent or publisher, which takes even more time and effort. I work at the newly reopened Virginia Museum of History & Culture in Advancement, so all of this has to be done in my spare time on weekends, mornings, or evenings.

How do running and the Richmond running community impact your life now?

I came to Richmond in 2011 to start a business and began writing in 2016 in my spare time. Between kids, Covid, and bad knees, I haven't been able to reconnect with running or the bigger running community as I wanted. I do buy my shoes at Fleet Feet!

But honestly, work and family are priority number one and that won't change for a while. Writing comes next, and I hope to continue writing for many more years. I'm still active in the sport in terms of my friends and acquaintances from 40 years of running. At some point I will walk the Monument Avenue 10k. I was out of town this year with former teammates at Wake Forest University for a reunion. One cool connection is that Eve runs a fictional national championship at the Richmond Marathon (spoiler alert) which was fun to write since I have not run it myself. I hope to participate in races as a volunteer once I have more time.

One of the many things I love about Richmond is its diversity of culture. I love the training groups out running and setting up aid stations in my neighborhood, The Fan, the various races that I can walk to the finish and cheer for the finishers as they cross, and other outdoor events that Sports Backers puts on, and the cool arts, food, and breweries available. I've really enjoyed being a part of Richmond and immersing myself in its culture. ■



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!**

[RUNNER RECIPE CORNER]

Favorite running fuels

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.

Add Nutrition to Your Diet for Sustained Energy

Courtesy of Orgain

Nutrition plays a key role in overall health and can positively affect everything from mood to energy levels. When thinking about ways to fuel busy days that will help you feel fuller for longer, look to clean, quality protein, which isn't just good for muscle growth and repair but also plays an integral part in overall health.

In fact, protein helps keep bones strong, supports your immune system, fuels metabolism to sustain energy, curbs cravings, distributes nutrients throughout your body, and more.

If you're looking for ways to optimize your nutrition intake, it's important to know the U.S. Department of Health and Human Services' Dietary Guidelines for Americans recommends the average person consume 10% to 35% of their daily calories from protein. Some changes like replacing cereal with protein-rich foods like eggs, snacking on healthy fats like nuts or fibrous veggies and fruits, or starting meals by eating the protein first can help set you on the right path.

Nutrition expert Steph Grasso, a registered dietitian nutritionist (RDN) and member of the Orgain Nutrition Advisory Board, offers these tips and recipes to help you incorporate quality nutrition into your diet in convenient, delicious ways and keep you feeling fuller.

- Choose nutritious, filling snacks. As part of your preparation for the week ahead, meal prep refrigerated snack containers featuring nuts, sliced cheese, veggies, and hummus. Grab-and-go fuel is important to create



balanced eating habits when life gets crazy. A high-quality nutrition shake can also serve as a delicious option on jam-packed days.

- Maximize nutrition when enjoying sweets. If you have a sweet tooth, adding a scoop of high-quality protein powder to baked goods can be a simple way to sneak more protein into your diet. For example, add unsweetened Orgain Plant-based protein powder to High-Protein Pumpkin Pancakes (recipe on page 23).
- Have frozen veggies on hand. Frozen fruits and vegetables are just as nutritious and delicious as their fresh counterparts and often more affordable and convenient. They are typically picked and frozen at the peak of ripeness when they are most nutrient-dense. They are prepped and ready to go, making meal preparation fast and easy. An ideal accompaniment to your choice of protein and grain, this Frozen Veggie Side Dish (recipe on page 23) includes Greek yogurt and cheese for an added protein punch.

Find more tips and protein-packed recipes at **Orgain.com**.

As a registered dietitian and social media influencer, Steph creates nutritional content to educate and inspire her followers on how to make healthier lifestyle changes. She provides evidence-based nutrition advice and debunks trending nutrition myths. She is known for her grocery guides and meal prep tips and has helped many of her followers develop a healthier relationship with food.



High-Protein Pumpkin Pancakes

Recipe courtesy of Steph Grasso for Orgain

Ingredients

2 cups oats
 1/2 cup cottage cheese
 1/3 cup pumpkin
 2 scoops Orgain unsweetened plant-based protein powder
 1 teaspoon vanilla extract
 2 egg whites
 Nonstick cooking spray
 Berries, for topping (optional)
 Bananas, for topping (optional)
 Nut butter, for topping (optional)
 Syrup, for topping (optional)

Instructions

- In a bowl, use a blender to blend oats, cottage cheese, pumpkin, protein powder, vanilla and egg whites. Spray a pan with nonstick cooking spray and put on medium heat.
- Use 1/3 cup measuring cup to scoop batter into the hot pan one scoop at a time. Flip each pancake once the pan-side is lightly browned. Remove from the pan once both sides are cooked. Repeat with remaining batter.
- Stack pancakes and top with berries, bananas, nut butter, and syrup.

Creamy Frozen Veggies

Recipe courtesy of Steph Grasso for Orgain

Ingredients

1/2 bag (14 ounces) frozen white pearl onions
 1 box (8 ounces) frozen quartered artichoke hearts
 1 box (10 ounces) frozen chopped spinach
 Salt, to taste
 Pepper, to taste
 1/2 cup frozen sweet peas
 1/4 cup heavy whipping cream (optional)
 1/4 cup 2% plain Greek yogurt
 1/4 cup grated Parmesan cheese

Instructions

- Prepare the frozen white pearl onions, artichoke hearts, and spinach according to package instructions.
- In a pan over medium heat, sauté onions and artichoke hearts until tender. Season with salt and pepper, to taste.
- Add spinach, frozen sweet peas, heavy whipping cream, Greek yogurt, and Parmesan cheese. Mix until cheese is melted and peas are soft.
- Serve with protein and grain of choice.



[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	5:30 p.m.	Lucky Road, Willow Lawn	Walkers/ runners of all levels	https://www.facebook.com/groups/rivercityrunclub
Road Runner Running Store	Mondays	6:00 p.m.	3002 W. Cary Street	Various	https://www.facebook.com/RoadRunnerRunningStore
Rogue Runners	Tuesdays, Thursdays	5:30 a.m.	Starbucks at Libbie and Grove	7:30 to 10:00	https://www.facebook.com/groups/254849741268828

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

Brewery-focused group runs

Final Gravity Running Club	Sundays, Thursdays	11:00 a.m. 6:00 p.m.	Final Gravity Brewing 6118 Lakeside Ave.	Various	https://www.facebook.com/finalgravityrunclub
Track Starr Run Club	Tuesdays	6:30 p.m.	Starr Hill Brewery 3406 W. Leigh St.	Various	https://www.facebook.com/starrhillrva https://www.facebook.com/events/4734180313276797
One for the Road RVA	Wednesdays	6:00 p.m.	Visits different breweries	Various	https://www.facebook.com/groups/100890573593214
Richbrau Ramblers	Wednesdays	6:00 p.m.	Richbrau Brewing 5 S. 20th St.	Various	https://www.facebook.com/groups/489877135105581
The Veil Trail Run Club	Wednesdays	5:30 p.m.	The Veil Brewing 4910 Forest Hill Ave.	Inter-mediate	https://www.strava.com/clubs/theveiltrail
Väsen Run Club	Wednesdays	6:00 p.m.	Väsen Brewing 3331 Moore St.	Various	https://www.facebook.com/vasenbrewing
Chester Brew Crew	Thursdays	6:00 p.m.	Three Leg Run Brewery 4418 W. Hundred Rd., Chester	Various	https://www.facebook.com/groups/396898327781581
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



RRRC Annual Awards Banquet

