

MILES & MINUTES

Publication of the Richmond Road Runners Club

Winter 2024 | Volume 47, Issue 1

New Guide to the James River in RVA

INSIDE

- Cold Therapy
- Easy Whole Grain Meals
- Elevation Training
- Free Group Runs

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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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Contributions to Miles & Minutes: Letters, articles, race reports, and pictures are enthusiastically accepted. Send submissions to the editorial staff at milesandminutes@rrrc.org.

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: Intent on moving from California to the Southeast a few years ago, Kyle McCann, a marketing professional with Smith Optics, considered a handful of cities. But his discovery of the trails along Richmond's James River sealed the deal. And after moving to Richmond, the riverside trails were so inspirational that he proposed to his girlfriend (now wife) along the riverside boulders. **Page 9.**

Photograph by John Bryan

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Your NEW Guide to Enjoying America's Best Urban Waterway'

Today, the James River is one of our city's grandest appeals, offering beauty and recreation to locals and visitors alike.

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Richmond Road Runners Club



@rvaroadrunners

[EDITOR'S LETTER]

'All Speeds, All Breeds'

I joined my first official-unofficial running group in 2015 – i.e., no fee but a regular meeting time and email announcement. The group met at Reedy Creek on Sunday mornings for a trail run. Part of the organizer's email signature was "All Speeds, All Breeds." As a new trail runner, I was relieved the group was open to people of all speeds. Nine years later, I'm grateful it's open to all breeds, since I run with my Australian shepherd, Newt.

The slogan fits the James River Park System, too. Every Sunday, I see speedy trail runners and casual hikers, bird watchers and photographers, skilled cyclists on Buttermilk and casual cyclists on the fire roads, other dog owners and their pups, families, couples, friends, and individuals.

Last Sunday, I ran upon an old acquaintance. I had written about Emily Kimball, the Aging Adventurer, in at least two different magazines. Kimball is an inspiration for all ages, but especially those of us with a few decades in the rearview mirror. She started cycling with RABA (Richmond Area Bicycling Association) in her 40s and clocked 1,500-mile bike trips in New Zealand and Great Britain plus a ride across the U.S. – 4,663 miles – at age 62.

Now 92, Kimball gave up cycling at age 87, because age and balance issues were making it more difficult and more dangerous. This particular Sunday, she was hiking the trails around the James with a companion. All speeds, all ages!

In this issue, we offer an overview of "The James River in Richmond: Your New Guide to Enjoying America's Best Urban Waterway." John Bryan's 2023 book illustrates the diversity of the river's recreational opportunities and the people who enjoy it.

Richmond Road Runners Club also welcomes people of all speeds.

The RRRC winter marathon and half marathon training teams embrace serious runners, casual joggers, Galloway trainers, and walkers of a moderate pace. The Advanced 10k training team, on the other hand, is designed for experienced runners who want to seriously improve upon their pace.

Many RRRC races cover shorter distances, like 8k's and 5k's – easier for people of many levels – with a few longer and more challenging. Most are suitable for competitive runners and walkers alike. Prices are reasonable, including a few no-frills races.



Every Sunday, I see speedy trail runners and casual hikers, bird watchers and photographers, skilled cyclists on Buttermilk and casual cyclists on the fire roads, other dog owners and their pups, families, couples, friends, and individuals.

For its 2023 banquet, the club featured speaker Martinus Evans, a marathon runner, author, and speaker who founded the Slow AF Run Club, encouraging its thousands of members to challenge the preconceived notions of a runner's appearance and speed.

As the icing on the cake, the club's annual Grand Prix competition grants points based on a combination of speed, participation, and volunteerism, meaning you can easily overcome lack of speed through engagement.

The club is working toward increasing diversity, too, among its membership and involvement in events. All suggestions welcome!

And though RRRC diversity doesn't tend to include "all breeds" in its events, I've taken Newt out to help cheer on the runners. More than a few people have stopped to say "hi" and get their doggy fix. That may not help with their finishing time, but it sure provides a few warm fuzzies and photo-worthy smiles. All speeds, all breeds, say "cheese"! ■

Annie Tobey | *Editor*
milesandminutes@rrrc.org

Thanks to This Year's Officers & Board Members!

Welcome to new officers and board members for Richmond Road Runners Club! And many, many thanks for your service to our club and the great Richmond running community!

President: Nikkia Young

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Sarah Golightly	Will Murphy
Patty Henson-Dacey	Rich Nolan

Upcoming RRRC Races

Sweetheart 8k, Feb. 11

The RRRC Sweetheart 8K is an annual Richmond Road Runners Club event that for 2024 offers two options for Valentine's Day running or walking.

The Sweetheart 8K will be an in-person race on Sunday, Feb. 11, featuring a scenic 8K (5-mile) course through The Grove and Walton Park communities, historic Midlothian Coal Mine Park, and the surrounding roads and trails. The race starts and finishes at the Urban Farmhouse in The Millworks in Midlothian.

The Virtual Sweetheart 8K will allow you to run when, where, and with whom you please from Friday, Feb. 9 to Monday, Feb. 12. You may post your results between Friday, Feb. 9 and Monday, Feb. 12.

Both events are RRRC Grand Prix (GP) events for 2024. RRRC GP participants receive a race point for posting a time for either event. RRRC GP participants in the in-person race will receive place points based on overall and/or age group finish times.

Bear Creek 10 Miler, Feb. 25

This Richmond Road Runners Club 10-mile trail race starts and ends at Bear Creek Lake State Park in Cumberland,

Virginia (about 45 minutes west of Richmond). The loop course passes through the piedmont hills of Cumberland State Forest and Bear Creek Lake State Park. This is an in-person race with registration capped at 275 runners. There is a virtual race option as well.

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

RRRC's Bear Creek 10 Mile Trail Run is the 2024 Road Runners Club of America (RRCA) Eastern Region Championship for the cross country category.

In addition to our regular race awards, the first male and first female finishers in the open, 40+, 50+, and 60+ age groups will receive RRCA Regional Championship medals.

Be advised – our course is definitely “cross country” but it is NOT your traditional prepped field or golf course cross country race.

RRRC Huguenot 3 Miler, March 3

Richmond Road Runners Club offers this no-frills 3-miler featuring old-time trail/cross-country racing at its best. For 2024, we again will run on the trails of Robious Landing Park in Midlothian, but we're also offering a virtual option.

The Huguenot 3 Miler @ Robious Landing Park will be an in-person race on Sunday, March 3.

The Virtual Huguenot 3 Miler will allow you to run when, where, and with whom you please from Saturday, March 2, through Monday, March 4. You'll get instructions on posting your finish time before race days.

Both events are RRRC Grand Prix (GP) events for 2024. RRRC GP participants receive a race point for posting a time for either event. RRRC GP participants in the in-person race will receive place points based on overall and age group finish times. ■

For more details, sign-up options, race volunteer opportunities, and lots more races (including non-RRRC races) go to www.RRRC.org/rva-race-calendar.

For ongoing updated RRRC race information, visit [Facebook@RichmondRoadRunnersClub](https://www.facebook.com/RichmondRoadRunnersClub).

[RACE REPORT]

40th Frostbike 15k, January 28, 2024

By Chris Mason

As expected, this popular race once again sold out early – in fact, a month before the race! As not expected, a deluge of rain swept through the area the night before the race, forcing a last-minute change lest runners get swept into floodwaters at Bryan Park. True to form, race directors and runners pivoted and showed their spirit of flex, on the run and at the post-race after party at Final Gravity Brewing. Co-race director Chris Mason shares his insights into the 40th running of the popular RRRC race.

We want to take a moment to say THANK YOU to everyone who joined us on Jan. 28 for the running of the 40th Frostbite 15k, presented by Final Gravity Brewing Company! We truly appreciate everyone adjusting so positively to the course update that occurred that morning. While it was a difficult decision to make, based on the conditions in the park, it was the right decision to make to ensure everyone



stayed #safe. And look at it this way, it was a personal best/record for everyone so it's a #win right? Right!

And just how awesome was it to run through Lewis freaking Ginter? Well, we hope you were as excited about it as we were watching you run through it. It's not often that Lewis Ginter allows people to use their gardens for anything outside of LG events so we're honored (yes, we are!) that they allowed us to run through there on race day.

Also, can we give a huge thank you to the many, many volunteers who are out there that morning? We heard so many positive things from participants about the volunteers' energy and helpfulness – it really takes a village to put on an event like this, and volunteers are right at the core of that village! We'd also like to also give a shoutout to the Lakeside neighborhood – they welcomed us with open arms (and even provided hot coffee to some volunteers, how #dope is that?), which isn't always the case when you hold an event in a new location. #itstrue



Volunteers!

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



We'd also love to shout out our AMAZING sponsors. We could not have made this event happen this year without the support of Final Gravity, Lewis Ginter, ZZQ, Eazzy Burger, Lucky Road, and Embrace Treatment Foster Care. Mara and I really wanted this race to be as Richmond as we could make it, and we felt like with these outstanding sponsors that we #madethathappencaptains (and hope you all do as well!). Please don't forget to patronize these locations as we want to give back to those who give to us. #indeed

It was a fantastic day overall, and we really enjoyed seeing so many smiles as you all crossed that finish line. You all dealt with uncertain weather conditions (and an uncertain distance, too, #js!) like champs, and we loved watching you do it, 'Bitters!

We'll see you once again in 2025, and yes, we've already started planning! #itshowweroll ■

Chris Mason and Mara George
#teamMandC

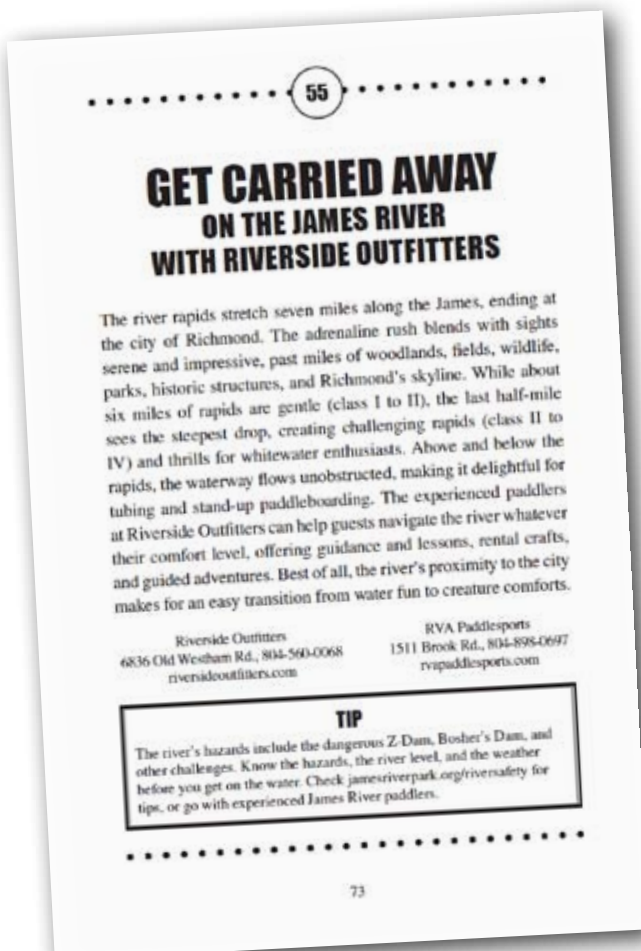


James River Highlights



Annie Tobey and Steven Cromwell-White on the T. Tyler Potterfield Bridge during the inaugural Run Richmond 16.19 in 2022.

IMAGE BY JESSE PETERS



In '100 Things to Do in Richmond Before You Die'

By Annie Tobey

When Reedy Press asked me to write the Richmond book of their "100 Things to Do" series, I jumped at the chance. I adore so much about Richmond that I'm always anxious to share it. I'm enamored of the region's small businesses and entrepreneurs, delightful food and drink, groundbreaking museums, entertainment and recreational opportunities, cultural resources, and unique retailers.

I especially love Richmond's natural gem, the James River, and the park that allows us all to enjoy the waters and woodlands, free of charge. As a complement to the *Miles & Minutes* article on John Bryan's book, "The James River in Richmond," I present two excerpts from my book offering 100 things to do in Richmond.

Pick up your own copy for an additional 98 ideas on enjoying Central Virginia!



"100 Things to Do in Richmond Before You Die"

Reedy Press (Sept. 1, 2023)

Visit [ReedyPress.com](https://www.ReedyPress.com) or email

Richmond100Things@yahoo.com

TRAVERSE THE TRAILS OF THE JAMES RIVER PARK SYSTEM

Just a few blocks from downtown, the James River Park System greets visitors with greenspaces and old-growth forests, easy footpaths, and technical trails. Sounds of water splashing over rocks and birds chattering, blue heron and osprey sightings, and the calls of insects drown out reminders of nearby city streets. The 600-acre park straddles the river and offers more than 40 miles of diverse trails—amazing for mountain bikers, trail runners, or walkers—plus water access for fishing, boating, swimming, and rock hopping. Sections of the park stretch from Huguenot Flatwater in the west (with an accessible kayak launch) to historic Ancarrow's Landing in the east. Highlights include the old stone Pump House, Pipeline Walkway, Buttermilk and North Bank singletrack trails, a climbing wall, the Flood Wall walkway, the historic Belle Isle, and wild pawpaw fruit in early fall.

jamesriverpark.org

~ TIP ~

The park system is free. It offers an abundance of access points and parking, but minimal amenities – scattered porta-potties, trash receptacles (leave no trace!), and a few year-round drinking fountains – so carry hydration and wear appropriate shoes.



GET CARRIED AWAY ON THE JAMES RIVER WITH RIVERSIDE OUTFITTERS

The river rapids stretch seven miles along the James, ending at the city of Richmond. The adrenaline rush blends with sights serene and impressive, past miles of woodlands, fields, wildlife, parks, historic structures, and Richmond's skyline. While about six miles of rapids are gentle (class I to II), the last half-mile sees the steepest drop, creating challenging rapids (class II to IV) and thrills for whitewater enthusiasts. Above and below the rapids, the waterway flows unobstructed, making it delightful for tubing and stand-up paddleboarding. The experienced paddlers at Riverside Outfitters can help guests navigate the river whatever their comfort level, offering guidance and lessons, rental crafts, and guided adventures. Best of all, the river's proximity to the city makes for an easy transition from water fun to creature comforts.

Riverside Outfitters

6836 Old Westham Rd., 804-560-0068
riversideoutfitters.com

RVA Paddlesports

1511 Brook Rd., 804-898-0697
rvapaddlesports.com

~ TIP ~

The river's hazards include the dangerous Z-Dam, Boshers's Dam, and other challenges. Know the hazards, the river level, and the weather before you get on the water. Check jamesriverpark.org/riversafety for tips, or go with experienced James River paddlers. ■



Richmond's James River trails were a factor for moving from Portland to Richmond for Travis Hall, Product Manager for Oregon-headquartered Stages Cycling. Travis is pictured here on the Belle Isle loop with his son, Julian.

'The James River in Richmond:

Your NEW Guide to Enjoying America's Best Urban Waterway'

Book by John Bryan Photos By John Bryan

Review by Annie Tobey

The river that bisects Richmond is the reason the city exists, as the rapids stopped early settlers traveling upriver by boat. As the city grew, the waterway aided commerce and powered industries. Today, the James River is one of our city's grandest appeals, offering beauty and recreation to locals and visitors alike. "The James River in Richmond: Your NEW Guide to Enjoying America's Best Urban Waterway" by John Bryan will enhance your appreciation of the beauty and recreation that flow from this dynamic waterway.



Three generations of Richmonders on the Belle Isle loop trail: grandmother Gay Ford, an insurance arbitrator; son Frank Ford Jr., who enjoys many of the river's trails; and grandson Ezekial Gilchrease (age 4, Frank's nephew).

Whether you're a long-time Richmonder or a first-time visitor, a fast-moving energizer or a slow-moving relaxer, a devotee of art and history or a lover of woods and waters, a wise-eyed 80-year-old or a wide-eyed 8-year-old – no matter what or who you are, this book is your guide to a cityload of fascinating experiences in, on, and along America's best urban waterway.

This description from **JamesRiverLovers.com**, the book's website, is more than marketing copy. Bryan really does communicate the diversity of activities, from active to passive, for a variety of users.

"The James River in Richmond: Your NEW Guide to Enjoying America's Best Urban Waterway" is divided into sections that guide readers toward pinpointing their next adventure: places, activities and interests, events, and "much more."

The book covers the James and its banks within the Richmond city limits, roughly from Huguenot Bridge to Rocketts Landing, plus Robious Landing Park. Activities include trails, views, nature, paddling, swimming, wading, climbing, rowing, fishing, photography, nature, and even

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James River

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snorkeling. “Much more” adds helpful information on accessibility, kids’ activities, tips for dog owners, parking, books, Atlantic sturgeon, the Emancipation and Freedom Monument and, well, much more.

You’re bound to add to your fount of knowledge: where and when to spot spotted salamander; when football and baseball were played on Mayo Island, including an appearance by a legendary baseball player; the depth of the Belle Isle quarry; which local fish can weigh more than 100 pounds; and the Black preacher who established a church on Brown’s Island and became nationally known.

Readers can also explore companies and organizations that support the James River and its recreational opportunities. (This includes a shoutout to the Richmond Road Runners Club and *Miles & Minutes* magazine!)



Bryce Wilk, former Park Superintendent for the City of Richmond and now Virginia State Parks Central District Manager, is a lover of Richmond’s riverside trails.

Dive beyond the pages of “The James River in Richmond,” though, and you’ll find another reason to get your own copy: it’s a philanthropic project with all net proceeds going for good causes, and many copies are donated to nonprofits.

Although “The James River in Richmond” is primarily a guidebook for expanding your experience of the James, it includes chapters good enough for armchair enjoyment: bonus bits on fishing tips, fireflies, riverglass, bicycle safety, history, paddling tips, inclusion, and photography, as well as



Caroline Matranga and Erika Waszak, pictured here at Tredegar Beach, also enjoy the trails on Belle Isle, Texas Beach, and other areas of the urban James.



Pictured here at the 22nd Street entrance along the Buttermilk Trail are a tourist from Delaware and his parents who are visiting from India.

words from Senator Tim Kaine, Ralph White, Greg Velzy, Bill Street, Jon Luginbill, and Bill Draper.

It's also filled with photos of the diversity of folks who enjoy the watery gem, locals and visitors alike. Bryan collected the photos, introducing himself to individuals and groups and getting snippets of their stories.

Dive beyond the pages of "The James River in Richmond," though, and you'll find another reason to get your own copy: it's a philanthropic project with all net proceeds going for good causes, and many copies are donated to nonprofits.

The book offers a special Spanish language section, too, expanding the audience and appreciation for the river.

Author John Bryan has been in Richmond since 1981, when he came to lead fundraising for VCU's School of the Arts. He later founded and led CultureWorks, the Richmond Region's arts and culture advocacy organization. He first published "The James River in Richmond: Your Guide to Enjoying America's Best Urban Waterway" in 1997. So much changed

during the subsequent two decades that he knew the river – and its users – deserved another edition.

As more people come to appreciate the James, more will come to conserve and protect it, too. Or as Bryan says, do more, care more! ■

From "The James River in Richmond" and author John Bryan

There are more than 22 miles of hike/bike trails along the Richmond portion of the James River – some trails that traverse luscious woods with abundant flora and fauna, some that encounter significant historical sites and structures, and others that include flat, open areas.

Google and you'll find several websites that provide daily reports on RVA trail conditions. And/or find conditions on X [Twitter] and Instagram. @rvatrailreport #dailytrailreport.

4 guidelines for trail use:

- 1) Cyclists announce when overtaking others.
- 2) Earbuds are discouraged.
- 3) Keep dogs on leashes.
- 4) Don't use trails when wet/muddy.

"The James River in Richmond" is available for order at www.jamesriverlovers.com as well as at the retailers listed on that website. 100% of sales proceeds are donated to nonprofit organizations that make lives better in RVA – over \$31,000 donated as of this writing.

Cold Exposure: Worth It or Not? Examining common runner tools

By Andrew Mann

Welcome to a series of articles where we 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 them according to the latest research.

Cold Therapy

Recently, the rise in popularity of “cold water immersion” or “ice baths” has taken the health and fitness industry by storm. There is evidence of cold therapy being used for recovery and treatment of illness since the beginning of recorded history. After several millennia of human beings practicing cold water therapy, we must have the application of this simple modality down to a science, right?

Recently, the rise in popularity of “cold water immersion” or “ice baths” has taken the health and fitness industry by storm. There is evidence of cold therapy being used for recovery and treatment of illness since the beginning of recorded history.

Worthwhile?

The research for CWI (cold water immersion) is clear that it does provide recovery benefits when performed either directly after strenuous physical activity or within 24 hours. When



compared to active recovery, warm water immersion, and massage, CWI was more effective in reducing muscle soreness and pain, but it showed similar effectiveness to these other modalities in recovery of muscular power and flexibility.

Simple enough, right?

Wrong, the difficulty lies in figuring out the best way to apply a recovery modality like CWI as you will find almost every research article uses a different protocol. One protocol that was found to be effective included spending 5 to 15 minutes in 50- to 60-degree water within at least 2 hours of exercise. A fair warning: as with any new stimulus or stressor to the body, start slow and work up to being able to tolerate colder temperatures for longer. It is best to discuss your individual risks based on your past medical history with your doctor before taking the plunge.

Time Better Spent?

You might be wondering if there is a cost to speeding up recovery and taking advantage of CWI.

Luckily, scientists have asked that same question, and while the answer is not clear it is important to consider the stakes involved. One of the main arguments for CWI is that it reduces inflammation after intense physical activity, leading to reduced soreness and improved ability to train the next day or that same day.

The problem with this is that inflammation is a necessary part of recovery that leads to the initiation of muscle repair processes in the body. For instance, in body builders or individuals lifting weights with the goal of gaining muscle, CWI therapy within 4 hours of a workout is not recommended as it can limit their ability to benefit from the

One of the main arguments for CWI is that it reduces inflammation after intense physical activity, leading to reduced soreness and improved ability to train the next day or that same day.

natural breakdown and rebuilding of muscle afterwards. CWI can be used as an effective short-term tool to limit soreness after a hard run or before a big race, but it may not be beneficial when used on a regular, long-term basis as a post-workout recovery tool.

Final Verdict?

CWI is a useful tool in limiting soreness and pain after an intense bout of exercise, but it could be harmful when used on a regular basis after exercise as it limits the natural ability of the body to adapt and recover.

Lately, CWI has gained popularity in the form of a regular ice bath one might take daily in the morning for possible benefits to mood, sleep, and global health. New research is ongoing and remains uncertain as to the legitimacy of the claims made by companies and celebrity endorsers who might stand to benefit from the sale of “cold water tubs.” Regardless, this is a separate use case for CWI as compared to its use in runners after a hard workout.

At the end of the day, the greatest recovery tools we possess as runners are proper sleep, nutrition, hydration, and stress management. These fill up the majority of the recovery bucket, and modalities such as CWI should be seen as supplemental and short-term in their effects at best. ■

Citations

Moore, E., Fuller, J.T., Bellenger, C.R. et al. *Effects of Cold-Water Immersion Compared with Other Recovery Modalities on Athletic Performance Following Acute Strenuous Exercise in Physically Active Participants: A Systematic Review, Meta-Analysis, and Meta-Regression.* *Sports Med* 53, 687–705 (2023). <https://doi.org/10.1007/s40279-022-01800-1>



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 performance.

The 8 Causes of ALL Runners' Injuries and How to Beat Them

Pillar 5. Sub-optimal Running Environment: Part 1



By George Lane, DPM, AAPSM

An often-overlooked contributor to running injuries is the running environment, e.g., conditions surrounding you that put excessive stress on you physically or that you are not physically conditioned to properly handle. These can include weather

conditions, running surfaces, course topography, surrounding obstacles and impediments, and clothing and accessories. Part one of this topic will focus on sub-optimal weather.

Running in the heat

Excessively warm weather poses a serious injury risk to all runners, and it is imperative to limit your exposure to these conditions that can cause muscle cramps and strains, heat stroke, and even death. It is important to note that with the excessive fatigue that can easily occur when not adjusted properly for warmer weather, running form can break down, exposing one to a plethora of potential injuries. Important early signs of heat exhaustion and progression to heat stroke include excessive thirst, dizziness, headache, nausea, vomiting, weakness, cramps, chills, overwhelming fatigue, and accelerated heart rate.

It is important to acclimate to running in hot weather by introducing the amount of exercise exposure and intensity gradually over a week or more, if possible. Some individuals handle heat and humidity better than others; however, all are affected. For distance running, once temperatures start rising above 60 degrees Fahrenheit, heat and humidity become more and more of a factor the longer or more intense the workout, especially if the heat and humidity are both elevated. If you don't back off on the pace and/or distance you would normally run in more moderate temperatures, or take more frequent breaks, your core body temperature will rise excessively and your body will fatigue much more easily, opening yourself up to possible dehydration, electrolyte imbalances, and running form breakdown.



An often-overlooked contributor to running injuries is the running environment, e.g., conditions surrounding you that put excessive stress on you physically or that you are not physically conditioned to properly handle.

One technique to aid in determining proper pacing is to monitor your heart rate while running. The goal is to keep your heart rate at or below what it would normally be when running comfortably in ideal temperatures.

Strategies that should be considered on hot and humid days are to run at dusk, dawn, at night when the sun is down, or indoors on a track or treadmill. If this is not feasible, seek shady courses to run on, protect your skin from the sun with a lightweight light-colored hat and shirt made of well-ventilated moisture wicking fabric, and wear sunblock on exposed skin to avoid sunburn.

Proper hydration and electrolyte (primarily sodium and potassium) intake before, during, and after your run is critical. Although rehydration practices are somewhat individualized for each runner based on a wide variety of issues (see link below), the general goal is to make fluid intake equal to fluid loss from exercise.

Excessive water intake, especially without electrolyte intake as well, can lead to a potentially life-threatening metabolic state called hyponatremia, where your body's sodium concentration drops excessively due to over-hydration with loss of salts in your sweat that were not replaced. Symptoms of this may mimic those of exertional heat stroke, but key differences include normal exercise core temperature (<104 degrees Fahrenheit), swelling of the hands and feet, and a progressively worsening headache. This condition is a medical emergency and is best treated in a hospital setting.

To ensure proper pre-exercise hydration, you should consume approximately 500 to 600 ml (17 to 20 fluid ounces) of water or electrolyte-containing sports drink 2 to 3 hours before exercise and 300 to 360 ml (10 to 12 fluid ounces) of water or sports drink 0 to 10 minutes before exercise. Also, having a salty snack an hour or two before a run can help keep sodium levels from dropping excessively. Several ounces of water or electrolyte-containing sports drink consumption every 15 to 20 minutes during the run is generally recommended but is somewhat individualized depending upon your specific needs, such as your sweat rate and the electrolyte concentrations in your sweat.

During a run, thirst is an important indicator of dehydration, and fluids should be consumed when thirsty. Post-exercise hydration should aim to correct any fluid loss accumulated during the run to restore your pre-exercise body weight. Ideally completed within two hours, rehydration should contain water to restore hydration status, carbohydrates to replenish glycogen stores, and electrolytes to speed rehydration. For more detailed information, the following is an excellent review, along with the USAFT guidelines on fluid management for runners: <http://www.dartmouthsports.com/pdf9/2319785.pdf>.

Running in cold weather

Cold and windy weather presents its own set of serious injury risks that can easily be avoided with proper measures. Wearing layered clothing, covering exposed skin surfaces

with protective gear in extreme conditions, especially hands, ears, feet, and face, and if possible, running into the wind outbound and against the wind coming back, are all ways to reduce potential injury to the skin, as well as muscle strains from sudden drops in temperature and wind-chill factored temperature combined with moisture (perspiration) exposure.

Be prepared to remove layers if the temperature rises during the run or if you've over-dressed, to prevent discomfort and dehydration from your body overheating and perspiring excessively. Ideally, wear thin layers of clothing that wick perspiration away and don't restrict motion. Outer nylon or similar "windbreaker" jacket and pants are ideal in cold, windy conditions. ■

For the first four pillars of the eight causes of running injuries, see the *Miles & Minutes* archives at RRRC.org, under the Richmond Running Info tab.

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



Speedy, Nutritious Whole Grain Meals

From Family Features

Putting dinner on the table quickly seems to be the goal more often than not, particularly in today's busy world. However, spending less time cooking doesn't have to mean sacrificing nutrition or taste.

While many convenience foods qualify as ultra-processed and, as such, not part of a health-conscious diet, one new exception is Minute Brown Rice & Quinoa Cups. It's a blend of four whole-grain ingredients – brown rice, red rice, wild rice, and quinoa – that total 55 grams of whole grains and provide a good source of fiber in each serving, with no ultra-processed ingredients.

Packed in single-serve portions, you can eat right out of the BPA-free cup or serve the whole grains as the base of this speedy Sweet Chili Shrimp with Quinoa: shrimp, umami-like flavors from sweet chili sauce, and the flavor and crunch of green onions and chopped peanuts. It's ready in less than five minutes, saving time without relying on takeout. Whole Grain Sesame Chicken Stir-Fry blends rice, quinoa, vegetables, rotisserie chicken, and soy sauce and sesame oil.

Sweet Chili Shrimp with Quinoa

Prep time: 2 minutes

Cook time: 2 minutes

Servings: 1

Ingredients:

- 1 Minute Brown Rice & Quinoa Cup
- 4 ounces (½ cup) cooked shrimp, peeled and deveined
- ½ cup frozen Asian-style mixed vegetables, thawed
- 2 tablespoons sweet chili sauce
- 2 tablespoons thinly sliced green onions
- 1 tablespoon chopped peanuts

Instructions:

Heat rice and quinoa cup according to package directions. In small, microwave-safe bowl, combine shrimp and vegetables. Microwave on high 30 seconds.

Stir in sweet chili sauce. Blend well.

Serve shrimp mixture over rice topped with green onions and peanuts.



Sweet Chili Shrimp with Quinoa

Prep time: 3 minutes

Cook time: 12 minutes

Servings: 3-4

Ingredients:

1 bag Minute Instant Rice & Quinoa
1 cup vegetable broth
1 tablespoon sesame oil, divided
2 eggs, lightly beaten
½ cup thinly sliced red onion
2 garlic cloves, minced
2 cups rotisserie cooked chicken, shredded
2 cups frozen, Asian-style mixed vegetables, thawed
2 tablespoons soy sauce

Instructions:

Prepare rice and quinoa according to package directions, substituting broth for water.

In medium wok or skillet over medium-high heat, heat ½ tablespoon sesame oil. Add eggs and, using spatula, quickly soft scramble. Continue stirring eggs until light and fluffy. Remove from pan and reserve.

Add remaining sesame oil to wok or skillet over medium-high heat. Add onion and garlic; stir-fry 2 minutes.

Add chicken and vegetables; stir-fry 2 minutes, or until heated through. Fold in rice and quinoa, eggs, and soy sauce.



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-approved 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.



Elevation Training Resources

Trail runner Jane Sayner is a newcomer to Richmond. She has been in search of the best ways to meet her training goals locally and wanted to share her findings with *Miles & Minutes* readers. “I thought it might be a helpful resource for runners who are looking for elevation training options, since the topic seemed to come up often in conversations,” she said.

Sayner has shared an interactive Google map as well as a Google spreadsheet with notes on locations. Use them to find your next favorite elevation training options!

ELEVATION TRAINING LOCATIONS

Bryan Park
Charmian Road
Deep Run Park & Recreation Center
Douthat State Park
Forest Hill Park
Huguenot Road & Westham Station Road to Westham Parkway / Three Chopt
Iris Lane
James River State Park
Jarman's Gap Road
Libby Hill Park Stairs
Old Gun Road
Pocahontas State Park
Poor Farm Park
Pump House Drive
Ragged Mountain Nature Area
Ridgeway Road
South 18th Street
South Ridge Road
Tarrington
University Of Richmond – Tyler Haynes Commons
Urban Stair Climbing Hike

INTERACTIVE GOOGLE MAP



INTERACTIVE MAP:

<https://www.google.com/maps/d/u/0/viewer?mid=1ALvGi-Nx9SDLvnuBhu44LR7MFmjcthU&ll=37.722187799188426%2C-78.61256&z=9>

SHARED SPREADSHEET

- **18th St**
Run up Broad St/Cary St/Main St on sidewalk to Belvedere
- **Bryan Park**
- **Charmian Road**
- **Deep Run Park**
- **Douthat State Park**
Millboro
- **Forest Hill Park**
- **Huguenot/Westham Station to Westham Parkway/ Three Chopt**
Uphill for 2.9 miles
- **Iris down to the greenway**
- **James River State Park**
- **Jarman's Gap Road between Crozet and Greenwood**
Mostly gravel with 1500' of elevation gain over 2.9 miles
- **Libby Hill Park stairs**
- **Old Gun between Robious Road and Huguenot**
For longer ups and downs
<https://routes.rungoapp.com/route/Yhy5zQOFYA>
- **Pocahontas State Park**
- **Poor Farm Park**
- **Pump House Drive**
- **Ragged Mountain Nature Area**
Charlottesville
- **Ridgeway Road**
- **S Ridge Road between Westham Station and River**
- **Tarrington**
- **University of Richmond Campus**
Has hilly section behind the commons area
- **Urban Stair Climbing Hike**
<https://www.meetup.com/james-river-hikers/events/296895430>

SPREADSHEET:

<https://docs.google.com/spreadsheets/d/1G5hQiS2JINI6O2d-f5IwUHY2E2Wid6z6PcGge96RAHKQ/edit#gid=0>

[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:

- | | |
|--|--|
| <input type="checkbox"/> New Membership: | <input type="checkbox"/> Individual (\$15) |
| <input type="checkbox"/> Renewal: | <input type="checkbox"/> Family (\$20) |
| | <input type="checkbox"/> Student (\$5) |
| | <input type="checkbox"/> Business (\$20) |

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

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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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: _____



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>**

[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
East End Trail Running Group	Most Sundays, occasional field trips	8:00 a.m.	Schoolhouse at Artisan Hill, 1000 Carlisle Ave.	Various	https://www.facebook.com/groups/1999486186904150
Fan Foxes	Tuesdays, Wednesdays and Thursdays	6:00 a.m.	Fox Elementary School	Various	https://www.facebook.com/groups/fanfoxes
Lucky Road Run Shop	Mondays	6:00 p.m.	3002 W. Cary Street	Various	https://luckyroadrunshop.com
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

Name	Day of the Week	Time	Location	Pace	Contact
Rogue Runners	Tuesdays, Thursdays	5:30 a.m.	Starbucks at Libbie and Grove	7:30 to 10:00	https://www.facebook.com/groups/254849741268828
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
Track Tuesdays & Threshold Thursdays	Tuesdays, Thursdays	6:00 p.m.	Check with contact to confirm	Various	Jay Wyss, wysssfj@gmail.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



You can find your next issue of
MILES & MINUTES
at these Richmond-area locations.

Lucky Road Run Shop, Midlothian

PR = Run & Walk by Keira D'Amato

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

Lucky Road Run Shop, Carytown

Final Gravity Brewing, Northside

New Balance, Short Pump

REI, Short Pump

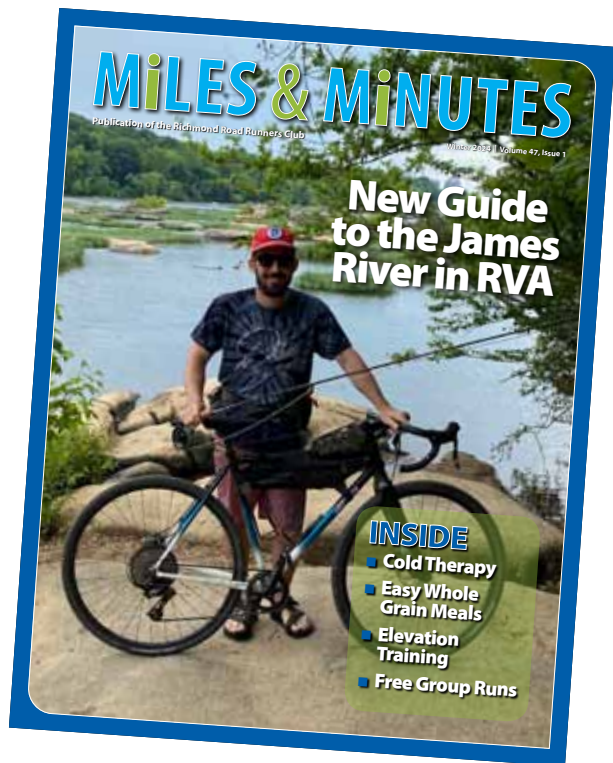
Dick's Sporting Goods, Short Pump
Town Center

Athleta, Short Pump Town Center

Lululemon, Short Pump Town Center

Fleet Feet, Short Pump

RRRC special events, including race expos



Support those who support Richmond runners!