



The Road Runner *April 2008*



Ready, Set, RUN!



2008 CRR 10K features record number of participants

Inside our April issue:

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- ñ Monthly Articles
 - Donna Garcia (Club President)
 - Coach Will (Club Coach)
 - Mike Gerber (V.P. of Racing)
- ñ Detox?
- ñ March's Dog Walk
- ñ Thrill in the Hills

Overall winners Donna Garcia (35:43)
and Ryan Emery (30:43)



The Road Runner April 2008

CONTRIBUTIONS?

THE ROAD RUNNER is the monthly newsletter of Chattahoochee Road Runners, founded in 1981 by Ron Creasy, Ron Varner, and Dick Biggs. Deadline for submissions is *the 19th of the month*. Send articles and/or advertisements to Mike Gerber, Newsletter Editor, 951 Glenwood Avenue #1403, Atlanta, GA 30316.

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Contribute your articles and photos today!

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MEMBER APPLICATION (PAGE 17)

Interested in joining CRR? Fill out the app and become a member today!

Want to see the latest
CRR happenings???

Check out our photo sets on [Flickr!](http://www.flickr.com/photos/17281204@N07/sets)
<http://www.flickr.com/photos/17281204@N07/sets>



Donna and Rich Garcia

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From The President

Donna Garcia



THANK YOU! THANK YOU! THANK YOU!

The 2008 CRR 10K was our most successful race ever! There were over 1,800 participants vs. 1,300 last year. We received numerous compliments about the FAST race course, T-Shirts, and volunteers. The spirit of our club really shined through with all of the wonderful volunteers, MERCI BEAUCOUP!

We appreciate all of the support from the City of Sandy Springs, and look to another record breaking year in 2009.

We are already planning the 2009 CRR 10k. The race will be lead by Rich Garcia (Race Director/ Sponsorship), Gary Jenkins (Race Logistics/Operations...what doesn't he do?), and Sandra Alford (Coordinator & Communication Guru). In addition, the team will be forming a race committee that will meet on a quarterly basis. Please let us know if you are interested in being a part of this race committee.

Andy Keel coordinated the dog walk in March. BAIE DANKIE! We met at Sope Creek and walked thirty minutes on the beautiful trails. There were three dogs from Atlanta Lab Rescue that enjoyed the fresh air. I would like to make this a monthly happening, with your help. If anyone is interested in coordinating a dog walk & location, please let me know.

DANKE SCHON to everyone involved with the "Go the Distance" program. I continue to hear great things about the weekly runs.

We have some excellent speakers planned for the coming months:

APRIL: Scott Ludwig ultra marathoner and author of "Running Through My Mind; Confessions of an everyday Runner"

MAY: Stan Beecham, Psy.D. from the Leadership Resource Center. He is going to talk about sports psychology.

JUNE: Dr. Perry Julien, Podiatrist extraordinaire & long time club member. Dr. Julien is always a club favorite. Maybe we can get him to talk about his side job...photography. Visit his site at: www.julienphotography.com

Come join us...

DOMO ARRIGATO TO THE CHATTAHOOCHEE BOARD! I appreciate your efforts and contributions. I feel privileged to work with such an amazing group.

Gracias,
Donna



Donna striding towards the finish of the CRR 10K.

Planning Ahead

April 13 - Monthly Club Run by the River- Cochrane Shoals Park entrance at the parking lot off Interstate North Pkwy near I285. Meet at 8:00 AM, ready to run. Varying distances and paces. The coffee & goodies post run are wonderful!



The March monthly run's turnout was a "small but determined" group with lots of coffee on hand! Photo by Will Dillard

April 21 - Monthly Club Meeting at the Mellow Mushroom (Powers Ferry). 7-9PM. Pizza and soft drinks will be provided by the club. Come join us for food and fun! Our guest speaker will be Scott Ludwig, an ultramarathoner and author of *Running through my Mind: Confessions of an Every Day Runner*.

Weekly Club Runs

Mondays Night Runs in Wildwood — Meet in the parking lot in back of T.G.I.Friday's in the Wildwood Office Park on Powers Ferry Road at 6pm. In the fall and winter, before the time changes, we run 5 to 8 hilly miles on the roads in the Wildwood. In spring and summer, it is an 8 mile (hilly) trail run. There's never any traffic in the woods. Usually, we go out for pizza and beer afterwards to replace some of the calories we've burned up. Any questions, call Rob or Adri Herman at 770-980-9239.

Wednesday Night Runs from Marietta Square — Meet at the Small Locomotive in the Children's Playground on the Marietta Square at 6pm for runs of varying distance. Then join the group for a post-run carbo reload at La Parrilla Mexican Restaurant. If you are interested in a run meet the group at the Small Locomotive in the Marietta Square Park at 6PM, otherwise, stop by LaParrilla around 7 PM for appetizers, good food and company. Call 770.427.4471 for more information.

Thursday Night Runs from Fleet Feet Sports-Sandy Springs — Meet at Fleet Feet Sports Johnson Ferry Rd at Roswell Rd. across from Target at 6pm for runs of 5-7 miles. Call 404.255.3338 for more information.



VO_{2max} , vVO_{2max} or V_{DOT} ? What is it and why should I care?

VO_{2max} is the maximal rate of oxygen consumption your exercising muscles can utilize. For many years VO_{2max} was “king”, the higher it got, the better you ran, or so it was thought.

In the 60s Dr. Jack Daniels, world renowned coach and exercise physiologist, began plotting oxygen consumption in correlation to distance traveled in meters per minute. This became known as “velocity @ VO_{2max} ” or vVO_{2max} . He determined that even though someone had a high VO_{2max} that was not a guarantee of a fast performance. Research has shown that there is a positive correlation between VO_{2max} and the “cost” of running. He discovered that there was a genetic element involved, meaning what your parents gave you, and that even someone with a lower VO_{2max} could perform as well or better than someone with a higher VO_{2max} if they were a more efficient runner and had better economy.

He then plotted these numbers against an economy curve of distance versus time and developed what he came to call a runner's $VDOT$, which takes into account a runner's VO_{2max} as well as their vVO_{2max} . Using this information he was able to develop a system of $VDOT$ values. Using the $VDOT$ values for an individual, based on current race performances, predictions of performance for a particular distance can be determined.

I have used Dr. Jack Daniels system of $VDOT$ values for many years in my coaching and have coached runners to successful races and PRs and at times have been able to predict their finish times. If you don't have current race times to use as a basis for determining your vVO_{2max} there is a self-test that you can perform. Go to a local track and warm-up thoroughly, usually a couple of miles, then run at a fast pace that you can hold for 6 minutes and track how far you have run. This will determine your velocity@ VO_{2max} or as noted your vVO_{2max} . Then using this number and the charts developed by Dr. Daniels, you can plot out paces for workouts and predict finish times for different distances based on your current level of fitness. One caveat, you can't use your 5K performance time to predict your marathon finish time unless you have done the necessary training, but you can use the chart to set goals for finish times that you can strive for and see the paces necessary to accomplish those goals.

You can also use the charts to determine your interval repeats for any track work you plan to do based on the distance you will be running. Shorter races require shorter, faster intervals and longer races require longer, but still faster intervals. Volume of speed work should be equal to about 10% of your weekly mileage, but should not exceed more than about 6400 meters (approx. 4 miles). Speed sessions and Tempo runs should be separated by at least one day.

The $VDOT$ Charts are included in this newsletter and are posted on the CRR website under the “Coaching” link. If you have any questions about using them send me an email clubcoach@crrclub.com

See you at the races...

Coach Will

USA Triathlon Certified Coach

USA Cycling Expert Level Certified Coach

USA Track & Field Level II Certified Coach

ASEP & RRCA Certified Coach

“To give anything less than your best is to sacrifice the gift.”

Steve Prefontaine

VDOT values associated with running times raced over some popular distances.
 To find your VDOT value, find a recent race performance and line it up with a VDOT value.

VDOT	1500	Mile	3000	2-mile	5000	10km	15km	1/2 Mara	Marathon	VDOT
30	8:30	9:11	17:56	19:19	30:40	63:46	98:14	2:21:04	4:49:17	30
31	8:15	8:55	17:27	18:48	29:51	62:03	95:36	2:17:21	4:41:57	31
32	8:02	8:41	16:59	18:18	29:05	60:26	93:07	2:13:49	4:34:59	32
33	7:49	8:27	16:33	17:50	28:21	58:54	90:45	2:10:27	4:28:22	33
34	7:37	8:14	16:09	17:24	27:39	57:26	88:30	2:07:16	4:22:03	34
35	7:25	8:01	15:45	16:58	27:00	56:03	86:22	2:04:13	4:16:03	35
36	7:14	7:49	15:23	16:34	26:22	54:44	84:20	2:01:19	4:10:19	36
37	7:04	7:38	15:01	16:11	25:46	53:29	82:24	1:58:34	4:04:50	37
38	6:54	7:27	14:41	15:49	25:12	52:17	80:33	1:55:55	3:59:35	38
39	6:44	7:17	14:21	15:29	24:39	51:09	78:47	1:53:24	3:54:34	39
40	6:35	7:07	14:03	15:08	24:08	50:03	77:06	1:50:59	3:49:45	40
41	6:27	6:58	13:45	14:49	23:38	49:01	75:29	1:48:40	3:45:09	41
42	6:19	6:49	13:28	14:31	23:09	48:01	73:56	1:46:27	3:40:43	42
43	6:11	6:41	13:11	14:13	22:41	47:04	72:27	1:44:20	3:36:28	43
44	6:03	6:32	12:55	13:56	22:15	46:09	71:02	1:42:17	3:32:23	44
45	5:56	6:25	12:40	13:40	21:50	45:16	69:40	1:40:20	3:28:26	45
46	5:49	6:17	12:26	13:25	21:25	44:25	68:22	1:38:27	3:24:39	46
47	5:42	6:10	12:12	13:10	21:02	43:36	67:06	1:36:38	3:21:00	47
48	5:36	6:03	11:58	12:55	20:39	42:50	65:53	1:34:53	3:17:29	48
49	5:30	5:56	11:45	12:41	20:18	42:04	64:44	1:33:12	3:14:06	49
50	5:24	5:50	11:33	12:28	19:57	41:21	63:36	1:31:35	3:10:49	50
51	5:18	5:44	11:21	12:15	19:36	40:39	62:31	1:30:02	3:07:39	51
52	5:13	5:38	11:09	12:02	19:17	39:59	61:29	1:28:31	3:04:36	52
53	5:07	5:32	10:58	11:50	18:58	39:20	60:28	1:27:04	3:01:39	53
54	5:02	5:27	10:47	11:39	18:40	38:42	59:30	1:25:40	2:58:47	54
55	4:57	5:21	10:37	11:28	18:22	38:06	58:33	1:24:18	2:56:01	55
56	4:53	5:16	10:27	11:17	18:05	37:31	57:39	1:23:00	2:53:20	56
57	4:48	5:11	10:17	11:06	17:49	36:57	56:46	1:21:43	2:50:45	57
58	4:44	5:06	10:08	10:56	17:33	36:24	55:55	1:20:30	2:48:14	58
59	4:39	5:02	9:58	10:46	17:17	35:52	55:06	1:19:18	2:45:47	59
60	4:35	4:57	9:50	10:37	17:03	35:22	54:18	1:18:09	2:43:25	60
61	4:31	4:53	9:41	10:27	16:48	34:52	53:32	1:17:02	2:41:08	61
62	4:27	4:49	9:33	10:18	16:34	34:23	52:47	1:15:57	2:38:54	62
63	4:24	4:45	9:25	10:10	16:20	33:55	52:03	1:14:54	2:36:44	63
64	4:20	4:41	9:17	10:01	16:07	33:28	51:21	1:13:53	2:34:38	64
65	4:16	4:37	9:09	9:53	15:54	33:01	50:40	1:12:53	2:32:35	65
66	4:13	4:33	9:02	9:45	15:42	32:35	50:00	1:11:56	2:30:36	66
67	4:10	4:30	8:55	9:37	15:29	32:11	49:22	1:11:00	2:28:40	67
68	4:06	4:26	8:48	9:30	15:18	31:46	48:44	1:10:05	2:26:47	68
69	4:03	4:23	8:41	9:23	15:06	31:23	48:08	1:09:12	2:24:57	69
70	4:00	4:19	8:34	9:16	14:55	31:00	47:32	1:08:21	2:23:10	70
71	3:57	4:16	8:28	9:09	14:44	30:38	46:58	1:07:31	2:21:26	71
72	3:54	4:13	8:22	9:02	14:33	30:16	46:24	1:06:42	2:19:44	72
73	3:52	4:10	8:16	8:55	14:23	29:55	45:51	1:05:54	2:18:05	73
74	3:49	4:07	8:10	8:49	14:13	29:34	45:19	1:05:08	2:16:29	74
75	3:46	4:04	8:04	8:43	14:03	29:14	44:48	1:04:23	2:14:55	75
76	3:44	4:02	7:58	8:37	13:54	28:55	44:18	1:03:39	2:13:23	76
77	3:41+	3:58+	7:53	8:31	13:44	28:36	43:49	1:02:56	2:11:54	77
78	3:38.8	3:56.2	7:48	8:25	13:35	28:17	43:20	1:02:15	2:10:27	78
79	3:36.5	3:53.7	7:43	8:20	13:26	27:59	42:52	1:01:34	2:09:02	79
80	3:34.2	3:51.2	7:37.5	8:14.2	13:17.8	27:41	42:25	1:00:54	2:07:38	80
81	3:31.9	3:48.7	7:32.5	8:08.9	13:09.3	27:24	41:58	1:00:15	2:06:17	81
82	3:29.7	3:46.4	7:27.7	8:03.7	13:01.1	27:07	41:32	:59:38	2:04:57	82
83	3:27.6	3:44.0	7:23.0	7:58.6	12:53.0	26:51	41:06	:59:01	2:03:50	83
84	3:25.5	3:41.8	7:18.5	7:53.6	12:45.2	26:34	40:42	:58:25	2:02:24	84
85	3:23.5	3:39.6	7:14.0	7:48.8	12:37.4	26:19	40:17	:57:50	2:01:10	85

Training intensities based on current VDOT

To find your personal training intensity, find your VDOT value and match it with the different intensities.

VDOT	E (Easy) & L (Long) Runs		MP	T (Threshold Pace)			I (Interval Pace)				R (Rep Pace)		
	per km	per mile	per mile	400	km	mile	400	km	1200	mile	200	400	800
30	7:14-8:20	11:39-13:25	11:02	2:33	6:24	10:18	2:22				67	2:14	
31	7:03-8:08	11:21-13:06	10:45	2:30	6:14	10:02	2:18				65	2:10	
32	6:53-7:57	11:05-12:48	10:29	2:26	6:05	9:47	2:14				63	2:06	
33	6:44-7:46	10:49-12:30	10:14	2:23	5:56	9:33	2:11				61+	2:03	
34	6:34-7:36	10:35-12:14	10:00	2:19	5:48	9:20	2:08				60	2:00	
35	6:26-7:27	10:21-11:58	9:46	2:16	5:40	9:07	2:05	km			58+	1:57	
36	6:17-7:17	10:07-11:43	9:33	2:13	5:33	8:55	2:02	5:07			57	1:54	
37	6:09-7:08	9:54-11:28	9:20	2:10	5:25	8:44	1:59	5:00			55+	1:51	
38	6:02-6:59	9:42-11:14	9:08	2:07	5:19	8:33	1:56	4:54			54	1:48	
39	5:54-6:51	9:30-11:01	8:57	2:05	5:12	8:22	1:54	4:48			53	1:46	
40	5:47-6:43	9:19-10:48	8:46	2:02	5:06	8:12	1:52	4:42			52	1:44	
41	5:41-6:35	9:08-10:36	8:35	2:00	5:00	8:02	1:50	4:36			51	1:42	
42	5:34-6:28	8:58-10:24	8:25	1:57	4:54	7:52	1:48	4:31			50	1:40	
43	5:28-6:21	8:48-10:13	8:15	1:55	4:49	7:44	1:46	4:26			49	98	
44	5:22-6:14	8:38-10:02	8:06	1:53	4:43	7:33	1:44	4:21			48	96	
45	5:16-6:08	8:29 - 9:52	7:57	1:51	4:38	7:25	1:42	4:16	1200		47	94	
46	5:11-6:01	8:20 - 9:42	7:48	1:49	4:33	7:17	1:40	4:12	5:00		46	92	
47	5:05-5:55	8:12 - 9:32	7:40	1:47	4:29	7:10	98	4:07	4:54		45	90	
48	5:00-5:49	8:03 - 9:22	7:32	1:45	4:24	7:02	96	4:03	4:49		44	89	
49	4:55-5:44	7:55 - 9:13	7:24	1:43	4:20	6:55	95	3:59	4:45		44	88	
50	4:51-5:38	7:48 - 9:05	7:17	1:42	4:15	6:51	93	3:55	4:41		43	87	
51	4:46-5:33	7:40 - 8:56	7:09	1:40	4:11	6:44	92	3:51	4:36		43	86	
52	4:52-5:28	7:33 - 8:48	7:02	98	4:07	6:38	91	3:48	4:33		42	85	
53	4:37-5:23	7:26 - 8:40	6:56	97	4:04	6:32	90	3:44	4:29		42	84	
54	4:33-5:18	7:20 - 8:32	6:49	95	4:00	6:26	88	3:41	4:25		41	82	
55	4:29-5:14	7:13 - 8:25	6:43	94	3:56	6:20	87	3:37	4:21		40	81	
56	4:25-5:09	7:07 - 8:18	6:36	93	3:53	6:15	86	3:34	4:18		40	80	
57	4:21-5:05	7:01 - 8:11	6:31	91	3:50	6:09	85	3:31	4:15		39	79	
58	4:18-5:01	6:55 - 8:04	6:25	90	3:45	6:04	83	3:28	4:10		38	77	
59	4:14-4:56	6:49 - 7:57	6:19	89	3:43	5:59	82	3:25	4:07		38	76	800
60	4:11-4:53	6:44 - 7:51	6:14	88	3:40	5:54	81	3:23	4:03		37	75	2:30
61	4:07-4:49	6:38 - 7:45	6:09	86	3:37	5:50	80	3:20	4:00		37	74	2:28
62	4:04-4:45	6:33 - 7:38	6:04	85	3:34	5:45	79	3:17	3:57		36	73	2:26
63	4:01-4:41	6:28 - 7:33	5:59	84	3:32	5:41	78	3:15	3:54		36	72	2:24
64	3:58-4:38	6:23 - 7:27	5:54	83	3:29	5:36	77	3:12	3:51		35	71	2:22
65	3:55-4:34	6:18 - 7:21	5:49	82	3:26	5:32	76	3:10	3:48		35	70	2:20
66	3:52-4:31	6:13 - 7:16	5:45	81	3:24	5:28	75	3:08	3:45	mile	34	69	2:18
67	3:49-4:28	6:09 - 7:11	5:40	80	3:21	5:24	74	3:05	3:42	4:57	34	68	2:16
68	3:46-4:24	6:04 - 7:05	5:36	79	3:19	5:20	73	3:03	3:39	4:53	33	67	2:14
69	3:44-4:21	6:00 - 7:00	5:32	78	3:16	5:16	72	3:01	3:36	4:50	33	66	2:12
70	3:41-4:18	5:56 - 6:56	5:28	77	3:14	5:13	71	2:59	3:34	4:46	32	65	2:10
71	3:39-4:15	5:52 - 6:51	5:24	76	3:12	5:09	70	2:57	3:31	4:43	32	64	2:08
72	3:36-4:12	5:48 - 6:46	5:20	76	3:10	5:05	69	2:55	3:29	4:40	31	63	2:06
73	3:34-4:10	5:44 - 6:42	5:16	75	3:08	5:02	69	2:53	3:27	4:37	31	62	2:05
74	3:31-4:07	5:40 - 6:37	5:12	74	3:06	4:59	68	2:51	3:25	4:34	31	62	2:04
75	3:29-4:04	5:37 - 6:33	5:09	74	3:04	4:56	67	2:49	3:22	4:31	30	61	2:03
76	3:27-4:02	5:33 - 6:29	5:05	73	3:02	4:52	66	2:48	3:20	4:28	30	60	2:02
77	3:25-3:59	5:29 - 6:25	5:01	72	3:00	4:49	65	2:46	3:18	4:25	29	59	2:00
78	3:23-3:56	5:26 - 6:21	4:58	71	2:58	4:46	65	2:44	3:16	4:23	29	59	1:59
79	3:20-3:54	5:23 - 6:17	4:55	70	2:56	4:43	64	2:42	3:14	4:20	29	58	1:58
80	3:18-3:52	5:19 - 6:13	4:52	70	2:54	4:41	64	2:41	3:12	4:17	29	58	1:56
81	3:16-3:49	5:16 - 6:09	4:49	69	2:53	4:38	63	2:39	3:10	4:15	28	57	1:55
82	3:14-3:47	5:13 - 6:05	4:46	68	2:51	4:35	62	2:38	3:08	4:12	28	56	1:54
83	3:13-3:45	5:10 - 6:02	4:43	68	2:49	4:32	62	2:36	3:07	4:10	28	56	1:53
84	3:11-3:43	5:07 - 5:58	4:40	67	2:48	4:30	61	2:35	3:05	4:08	27	55	1:52
85	3:09-3:40	5:04 - 5:55	4:37	66	2:46	4:27	61	2:33	3:03	4:05	27	55	1:51

Sorting Out Health Drinks

by Dianne Gorski, MS, RD, LD

With the addition of new Gatorade products on the market, G2 and Gatorade Tiger, there can be some confusion about which sports drinks to drink and when. A sports drink is defined as a beverage designed to help athletes rehydrate, as well as replenish sugar, electrolytes and other nutrients depleted during exercise, training and/or competition. Which is best?

The new Gatorade Tiger, "formulated for Tiger Woods", is available in three flavors: Red Drive, Cool Fusion and Quiet Storm. Each promotes a certain characteristic of Tiger Woods appealing to all of us: focus and drive, coming through in the clutch and paying no attention to failure. Nutritionally, however, Gatorade Tiger differs only slightly from Original Gatorade. Calorie and carbohydrate content remain the same per serving. The difference in electrolytes, sodium and potassium, is negligible.

The new G2 is promoted as a "low calorie, off the field hydration" drink. Nutritionally, G2 is half the calorie and carbohydrate content per serving than Original Gatorade. Sodium and potassium content is the same in each beverage.

Gatorade Endurance Formula, introduced in 2000, contains calcium and magnesium, double the amount of sodium per serving and triple the amount of potassium per serving. Calories and carbohydrate content remain the same as the Original.

Introduced in 2007, Gatorade A.M. is targeted to morning exercisers as a pre-workout drink with more appealing flavors and no caffeine. The nutritional content is exactly the same as Original Gatorade. Another beverage, Gatorade "Rain", is targeted as the optimal choice for athletes who prefer a "lighter flavor", such as Berry, Lime or Tangerine. Nutritionally, "Rain" is the same as Original Gatorade.

Nutritional Breakdown

	<u>Original Gatorade, A.M. or Rain</u>	<u>G2</u>	<u>Endurance</u>	<u>Gatorade Tiger</u>
Serving Size	8 oz	8 oz	8 oz	8 oz
Calories	50	25	50	50
Sodium (mg)	110	110	200	135
Potassium (mg)	30	30	90	40
Carbohydrates (g)	14	7	14	14

Water is the optimal beverage, during and in between workouts. The new G2 is a low calorie alternative between meals. However, beware of portion size. G2 is available in a 32 oz bottle. Calories may only add up to 100, but sodium content totals 440 mg.

Sports drinks are recommended in conjunction with water intake during exercise sessions, especially aerobic, lasting greater than 60 minutes. Gatorade Endurance may be an optimal choice when training sessions last 90 minutes or longer. As far as Tiger goes, unless you want to look cool, you can stick with the Original.

Detox?

by Dr. Kimberly Strickland

Recently on the Oprah show I saw Dr. Oz do an experiment with a group of people to determine if doing a “detox” program or diet for a week actually reduces the amount of toxins within the body’s tissues. Does the liver release extra toxins when you are not consuming preservatives and while you are drinking raw juices and eating only raw foods for a week? What he found out was that the people had the same amount of toxins after a week. What does that mean? Does that mean that detox diets don’t work?

What it means is that doing a “detox” program for a week is not enough to rid the body of toxins that it has accumulated over a lifetime. A “detox” program should be looked at as a way to jump start the body -the taste buds, your sense of smell, your digestive tract, your elimination, etc. If you remove all sugars, salt, processed foods and preservatives from your diet for a week your taste buds will begin to reset so that you can appreciate the sweetness in a carrot as compared with a donut or a granola bar.

Doing a “detox” program once every 3 months to balance out unhealthy eating habits and life-style choices, will however not be very effective for overall reduction of toxins. If you’ve gotten on a path of poor habits it can be a great way to get you back on track though. True health and vitality requires that you choose healthy foods on a regular basis and take care of your body through exercise. Exercise is a great way to stimulate the body’s organs and systems.

Nature has provided us with everything we need to enjoy radiant health within our bodies. Our bodies crave vitamins, minerals and essential nutrients found in organic, natural foods such as fruits, vegetables, nuts, seeds, whole grains, fish and meats. Did you know that it is recommended that we eat 3-5 fruits every day? And the wider the variety of fruits, the better for the body. So rather than eating 2 bananas, 2 apples and an orange every day consider choosing pears, grapes, blueberries, strawberries, cranberries, blackberries, pineapples, etc. There are super fruits such as acai, noni and mangosteen which pack even more power than the fruits listed above. Look for these in nutritional beverages and supplements. Phytonutrients and antioxidants are found in all fruits and our bodies need them to stay healthy. The next time you go shopping consider how much fruit you should buy for a week! Here’s a recipe for a spring smoothie!

Fresh Fruit Smoothie

2 c frozen or fresh blueberries or mixed berries
1 c fresh pineapple
1 peeled green apple
1 orange
1 T ground flaxseed
1 handful of sunflower seeds
honey to taste (optional)
water or apple juice (enough to blend)
Put all ingredients in a blender and blend until smooth.

Dr. Kimberly Strickland is a graduate of Clayton College with a doctorate in Natural Health. She can be contacted at 770-218-3952 or mk_strickland@bellsouth.net



Race Results



Arlene Dahlberg
Silver Comet 10K
1st 65-69 AG

Nicole Brandt
Tour DeCatur 5k
24:28 - 3rd AG

Amanda Poole
Napa Valley Marathon
3:33:11

Joe Poole
Napa Valley Marathon
3:35:02

Daniel Dietz
Napa Valley Marathon
4:00:17

Sandra Alford
Shamrock'n'Roll 10K
Seaside Half-Marathon
Run the Reagan Half-Marathon
Habitat Hustle 5K
Jog For a Cause

Doreen Branch
Jog for a Cause 5K
1st Masters Female OA

Hailey Branch
Spring Forward 5K
1st Female OA



Hunter Branch
Spring Forward 5K
1st AG

Eleni DeBord
Alpharetta Marathon
3:54
5th Female OA

Samantha Kenney
Xterra Thrill in the Hills Trail Race
1:41:50
3rd Female OA

Richard LeVasseur
Charles Harris 10K
40:23

Mike Gerber
Gate River 15K
52:16

Andy Keel
Gate River 15K
59:47

Donna Garcia
Dublin Leprechaun 5K
1st Female OA/3rd OA

Lynn Pinyerd
Dublin Leprechaun 5K
1st Masters Female



March's CRR Dog Walk

Article and Photos by Andy Keel

The second installment of the CRR dog walk took place March 16th. Unknown to me, another group also planned an Easter egg hunt at the same time. My apologies to those that had difficulty with parking. Overall the walk was a success with about 15 participants, several guests, and 3 rescue dogs. The weather was great and the trail was scenic. Also all the dogs got along and seemed to enjoy the fresh air. I know my dogs slept good that night. Thanks to those that don't even have dogs that came out to walk a dog in need of a home.

We look to make this a regular social event for the club. Sticking with the Sunday afternoon theme, we are open to location suggestions. We will continue working with dog rescue groups to have dogs that need a home on these walks. This way the dogs can get fresh air, a little love, and maybe a new family to call their own.

An e-mail announcement will be made soon when the next walk will be.



WELCOME NEW MEMBERS!

APRIL BIRTHDAYS

Valentin Todorov
Kradi Shtiliyanova
Terri Conroy
Kate Spencer
Terrie Ward
Jan Thorn
Brie Kline
Janice Hazen
Christie Dull
Chris Dull
Tracy Nelson
Sandy Fountain
Bill Kearney
Leona Kearney



Rhonda Vincent	April 3rd
Scott Machan	April 4th
Robert Harris	April 5th
Jonathan Wickham	April 6th
Staci Turner	April 7th
Arthur Harton III	April 15th
Taylor Wright	April 16th
Melissa White	April 19th
Ryan Machan	April 19th
Brett Godwin	April 22nd
Lindsay Miller	April 23rd
Carolann Dunbar	April 23rd
Sarah Joseph	April 27th
Ashley Folkes	April 30th

Upcoming Race of the Month

Jonquil City Jog
April 26, 2008

@ Smyrna's City Hall

More info and register: http://www.active.com/page/Event_Details.htm?event_id=1553950

Thrill in the Hills

Articles and Photos By Jack Eckles

The Georgia Thrill in the Hills Half Marathon is a part of the Xterra Trail race series at Fort Yargo State Park in Winder, GA. Fort Yargo is a nice scenic location to run with lots of single track and some double track trails for running, biking and hiking. There are LOTS of nice rolling tree covered hills with a scenic lake. The race had an uphill start for a few hundred yards on a power line cut that gradually narrowed before the trail switched to single and double track trail. The rain the day before insured lots of moisture in the ground, but due to the one dedicated race staff member, there were no leaves or branches on the trail and almost no standing water at all! My hashing and hill training did me in good stead as I powered up the hill to get a good placement in the single and double track. As in most races, there were some young greyhound types in the lead, but my long time hashing experience paid off well on this race. The trails were very nice, but what I would call challenging because many seemed set up to have fun on mountain bikes with lots of dips and bumps as well as the obligatory roots. I'm quite sure the scenery was very nice to look at but if one didn't want to take a tumble, then most of your attention was on the trail.



I would highly recommend that anyone running this type of race use either trail shoes or spikes. Alas, I ran in the street shoe I had with the most tread and really wished for a more aggressive tread, though I only took one tumble myself. Speaking of tumbles, from what I heard and observed, the back of the pack seemed to take most of their dives and tumbles early while the front runners tended to take theirs close to the end of the race when they were more tired. The race was about $\frac{3}{4}$ of a mile short of a half marathon, since for some reason, they moved or removed a short section near the end. Personally, I got a 3rd in my age group, but was treating this entirely as a fun run. I treated the first 7 miles like a road race and had worked my way reasonably close to the front. After about 9 miles, this race had thoroughly kicked my butt and I started walking up all the hills. This was actually rather fun because I usually passed those who passed me on the uphill at the next downhill.

We were well fed with oranges, bananas, and Luna bars at the end. I can say that as a road racer with some off-road fun running under my belt, this type of race takes much more out of you than a road race. If running off road appeals to you, I'd recommend starting out easy at one of the CRR's monthly Sunday runs and perhaps a few local hashing runs. Then, regardless of your opinion of your condition, plan on treating your first trail run as a fun run. In trail running, you need to acquire skills of variable foot placement while you are running using your peripheral vision while still looking forward.



If I may, I wanted to take the opportunity in this month's article to take a break from our monthly CRR member spotlight and instead write a few words about a run I had the morning after a destructive EF-2 tornado tore through sections of downtown Atlanta, Cabbagetown, and East Atlanta a few weeks ago. Although I haven't been able to capture the clean-up and rebuilding efforts that have kicked into high gear since the storm's wrath, I wanted to mention how the people living in these areas and surrounding ones have reached out to help each other in what is to many, a difficult and trying time. I felt especially close to each of these areas since they are less than a half mile from my townhouse and are the same streets that I log many of my training miles on each week.

By setting out on this memorable 7AM run (I actually couldn't wait to get out of my place since I was in the middle of a 24-hour electricity outage), I was able to witness the raw damage and emotion that came along with the morning's sunrise. The destruction that I captured with the small camera I was running with obviously left a lasting impression on me. Something else struck me though—in the neighborhoods where a lot of the damage occurred there were many standing in shock. Instead of just snapping a pic and running along (or jumping back into an SUV as many were doing in the days following), I took the chance to speak with a handful of these affected individuals. Most were very conversational and very willing to speak out their emotions to a listening ear. Most had stories of how they hunkered down during the storm in a safe area in the home while others came upon the destruction on their return later in the night. I let them know how I knew that the community was going to get through this together as many do in times of need. It wasn't going to be a clean-up process they would have to tackle alone. And sure enough in the past couple of weeks, I have received a handful of emails describing benefit auctions and volunteer opportunities from neighborhood lists. Through efforts such as these and other ongoing community-wide involvement, these individuals and families will be able to speed up the rebuilding process and get their lives back to some sort of normalcy. If you would like to help out the relief efforts in Cabbagetown, you can find out more info @ www.cabbagetownrelief.com.



These are three of the images I took during the run (Cabbagetown, Oakland Cemetery, and Centennial Olympic Park\CNN in downtown Atlanta); the full slideshow is online at <http://www.flickr.com/photos/mikegerber/sets/72157604121265300/show/>. On a side note, you will notice in the slideshow a photo of Daddy D'z; this is the BBQ joint at the intersection of Hill St. and Memorial Dr. I was hanging out at when the storm went through. This shack ended up being only 100M south of the line the tornado took! The electric cut out along with the live music and lights and we saw the surrounding traffic lights blowing horizontal to the roads. We didn't realize how destructive things got though until the drive home on Memorial Dr. where we saw downed trees, power lines, and billboards and blown out office fronts. We scurried quickly back to my place because we were alerted that another destructive storm was on its way which fortunately turned out to be a false call. It was all a surreal experience I will never forget.



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Put your advertising dollars to work in the Chattahoochee *Road Runner* Newsletter.

The *Road Runner* Newsletter, published since 1981, is posted on the CRR website (www.crrclub.com) each month. During the months of February, March & April the site receives over 15,000 hits a month, and during the rest of the year an average of 5000 hits a month. If you want broad based advertising this is the venue for you!!!

Monthly Advertising Rates & Ad Sizes

	<u>Size</u>	<u>Cost Per Month</u>
Full Page	10" H x 7-1/2" W	\$100.00
Half Page	4-3/4" H x 7-1/2" W	\$50.00
1/4 Page	4-3/4" H x 3-1/2" W	\$25.00
1/6 Page	3" H x 3-1/2" W	\$20.00
1/8 Page (Business Card)	2-1/4" H x 3-1/2" W	\$15.00 (3 Month Minimum)

6 month pre-paid contract receives one month free & 12 month pre-paid contract receives 2 months free.

If you are scheduled as a guest speaker at a monthly club meeting you would receive an additional month of advertising for free.

- Ads, entry forms, or business cards must be supplied ready for print as a WORD document, PDF or jpeg file.
- Ads can be black & white or color. Logos or special art must be supplied as a jpg file.
- Flyer/entry form insertion – Electronic File or original form must be supplied. Fees will be as shown above.
- Businesses that provide discounts to CRR members will receive a FREE business card size ad in the newsletter and will be listed on our "Sponsors" page at www.crrclub.com.

ALL ADS MUST INCLUDE PAYMENT. DEADLINE FOR ADS IS THE 15th OF EACH MONTH for placement in the next month's newsletter.

MAIL TO: Mike Gerber; 951 Glenwood Ave. #1403; Atlanta, GA 30316. Or email to editor@crrclub.com

The Chattahoochee Road Runners Club does not knowingly accept misleading advertising nor is responsible should false or misleading advertising be published and discovered to be misleading. The Chattahoochee Road Runners Club reserves the right to edit or refuse any classified ad. The Chattahoochee Road Runner Newsletter is a family and community oriented publication. Any ad considered to in conflict with its standards or in conflict with our race sponsors will be refused.



Yes, I want to advertise in the Chattahoochee *Road Runner* Newsletter!

Contact Name _____

Company/Organization _____

Address _____

City _____ State _____ Zip _____

Contact Phone _____

Monthly Advertising Rates & Ad Sizes (Please select type and term of ad below)

	<u>Size</u>	<u>Cost Per Month</u>	<u>Run Ad (X) Times</u>
_____ Full Page	10" H x 7-1/2" W	\$100.00	_____
_____ Half Page	4-3/4" H x 7-1/2" W	\$50.00	_____
_____ 1/4 Page	4-3/4" H x 3-1/2" W	\$25.00	_____
_____ 1/6 Page	3" H x 3-1/2" W	\$20.00	_____
_____ 1/8 Page	2-1/4" H x 3-1/2" W	\$15.00	_____

Attachments:

- _____ Camera Ready Original Ad
- _____ WORD Document
- _____ JPEG File(s)
- _____ Flyer/race entry form

Total Amount Enclosed \$ _____
(Please make checks payable to the Chattahoochee Road Runners)

Signature/Title _____

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MAIL TO: Mike Gerber; 951 Glenwood Ave. #1403; Atlanta, GA 30316. Or email to editor@crrclub.com

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CHATTAHOOCHEE ROAD RUNNERS

P.O. BOX 724745
ATLANTA, GEORGIA 31139

MEMBERSHIP APPLICATION



I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree and abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership or renewal, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Chattahoochee Road Runners, Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

SIGNATURE _____ DATE: _____

PARENT'S SIGNATURE (if under 18) _____

* * * * * PLEASE PRINT ALL INFORMATION * * * * *

Last Name: _____ First: _____ M.I.: _____ Male Female

Address: _____ City: _____ ST: _____ ZIP: _____

Home Phone: _____ Work Phone: _____ Birth Date: _____

Occupation: _____ Employer: _____

Email Address: _____

Family Information: Single Married Spouse's Occupation: _____

Spouse's Name: _____ Birth Date: _____ 5K: _____ 10K: _____ Marathon: _____

Child's Name: _____ Birth Date: _____ 5K: _____ 10K: _____ Marathon: _____

Child's Name: _____ Birth Date: _____ 5K: _____ 10K: _____ Marathon: _____

Child's Name: _____ Birth Date: _____ 5K: _____ 10K: _____ Marathon: _____

Hobbies / Interests: _____

What interested you in the Chattahoochee Road Runners? _____

We're pleased that you are interested in joining one of metro-Atlanta's largest and most active running clubs, one that offers members monthly meetings with well known speakers and dinner. Weekly and monthly club runs. The CRR is proud of all our members – from the walker to the Olympic hopeful and all in-between! Our monthly newsletter has won numerous regional and national awards. Each March we produce one of the fastest 10K races in the state of Georgia. We have a club website www.crrclub.com that provides information about all activities involving the club and the running community. These are just a few of the reasons for becoming a "Hoochie" and may be the best thing to happen to your running and racing!!!

Check the type of Membership you desire:

	Dues for Sept 1 – Aug 31		
	1 Year	2 Years	3 Years
Individual	25.00 <input type="checkbox"/>	40.00 <input type="checkbox"/>	60.00 <input type="checkbox"/>
Family	35.00 <input type="checkbox"/>	60.00 <input type="checkbox"/>	85.00 <input type="checkbox"/>

Check one: New Member Previous Member Renewal Member Number _____

Questions? Email to secretary@crrclub.com

NEW MEMBERSHIP INCLUDES A CLUB T-SHIRT.
SHIRT CAN BE PICKED-UP AT A CLUB MEETING OR SUNDAY RUN.

PLEASE INDICATE SIZE: M L XL

Make checks payable to the **Chattahoochee Road Runners**, and mail to:

Secretary
Chattahoochee Road Runners
P.O. Box 724745
Atlanta, GA 31139