

RaceTimes®

STAY WARM

&

GET FIT!

**Winter
Safety
Tips**

**INDOOR
WORKOUT
PLAN**

**Kick the
winter blues!**

HERE'S HOW!

**winter
edition**

**RUNNING
TIPS**

**How to layer up
when it's cold!**

**YOGA
POSES**

**TO IMPROVE
YOUR
RUNNING**



inside



on the cover

HEALTH & FITNESS

1

UNIQUE WINTER
ACTIVITIES

11

JIVE TALKIN' RUNNER'S
LINGO DECODED PART 2

20

THE BASICS OF CROSS-
COUNTRY SKIING

22

HOW TO SET UP A HOME
GYM ON A BUDGET

WELLNESS & NUTRITION

19

RASPBERRY SHORTBREAD
COOKIES RECIPE

24

WHAT HAPPENS TO YOUR
BODY AFTER A
CHRISTMAS BINGE

FEATURED EVENTS

28

Layering Up.....4 Winter Safety Tips.....5 Yoga Poses.....7

Indoor Workout Plan.....13 Winter Blues.....15

[editor's note]

the winter edition



Try Something New!

TIP OF THE MONTH

When you have a case of the winter blues, it probably means it's time to try something new (no rhyme intended!). With a variety of gyms popping up, the dead of winter is the perfect time to experiment with new indoor workouts. Classes like Kickboxing and Pound get your adrenaline pumping, not to mention it's so fun, you almost forget you're working out. Many gyms offer a free class or a week trial membership. This allows you to experiment and decide what you like. If it's not in your budget to join a gym, you can always find hundreds of videos on YouTube and try out some new workouts for free. Be sure to talk to your doctor before starting any exercise routine.



**FOR TIPS
ON SETTING
UP YOUR
OWN HOME
GYM, SEE
PAGE 22.**



An aerial photograph of a dense forest of evergreen trees, heavily laden with snow. The trees are dark green, contrasting with the white snow. The forest extends to the top of a hill, where a small clearing or meadow is visible. The overall scene is serene and wintry.

Unique Winter Activities



Skijoring

Reminiscent of water skiing, this majestic sport involves a skier hooked up to a dog or horse, who is then dragged around a course.

First mentioned thousands of years ago by a visitor in China, skijoring is popular in any place that has winter snow. Competitive skijoring was first introduced during the 1901 Nordic Games. Most modern races are unsanctioned and can run anywhere between 3-12 miles long.

With dog skijoring, any breed that can be harnessed and trained to pull will do, however, it's advised that the dog weigh over 40 lbs. The skier usually moves in the traditional cross-country way. If used during a race, the slide ski method will be used.

Originally reindeer were used in horse skijoring as a form of winter travel, however, horses are now used exclusively for competition. This version of skijoring requires less work on the skiers part, as the horse does all the heavy lifting.

Backcountry Skiing

Trek through a winter wonderland, seeing pristine snow and breathtaking views that will truly make this winter one to remember.



Backcountry skiing is characterized by going off the beaten track, to remote areas that are untouched by man. This is usually beyond the boundaries of ski resorts. Certain risks are inherent with this activity, so skiers must be on the look out for tree wells, avalanches, cliffs, rocks, and streams.

A photograph showing two people ice climbing a steep, vertical wall of clear blue ice. The climber on the left is wearing a blue jacket and a white helmet, while the climber on the right is wearing a red jacket and a red helmet. They are both using ice axes and ropes to ascend the wall.

Ice Climbing

For those that like to get their adrenaline pumping, test your courage this winter and scale a wall of ice to reach some amazing views.

Ice climbing first came about from rock climbing. Mountaineers would be forced to adapt to icy conditions at high altitudes, and so the sport was born. The first ice climbing competition was held in 1912 in Italy.

Popular among the younger generation, ice climbing requires quick thinking and a lot of practice. There is risks of ice collapsing, avalanches, frostbite, and falling when participating in this sport, but ice climbing lovers say that's all a part of the thrill.

**Would you try
this thrilling
sport?**

A photograph of a person in an orange jacket dog sledding through a snowy forest. Several husky-like dogs are pulling the sled. The trees are covered in snow, and the ground is a smooth, white path.

Dog Sledding

With paws pounding and your heart racing, mush through the country side on a dog pulled sled. This unique experience will take you on an journey that you will never forget.

Historically, the preferred method of transportation in the icy tundra, dog sledding has become ubiquitous with winter snow. Teams will usually be comprised of Siberian Huskies, Alaskan Malamutes, or Alaskan Huskies. These dogs are born with the innate ability to pull and are famous for their strength, speed, and endurance.

*Always consult your doctor because starting any exercise program.

WHAT TO WEAR WHEN IT'S

COLD

60 °F and
up

Tank top
& shorts.



59-50 °F

Long sleeve
shirt & shorts.



49-40 °F

Long sleeve
shirt, shorts,
& earmuffs.



39-30 °F

Long sleeve
shirt, shorts
or pants,
mittens, &
earmuffs.



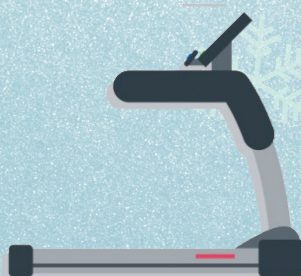
29-0 °F

Jacket, long
sleeve shirt,
mittens, hat,
& a scarf or
ski mask.



Below
0 °F

Stay indoors! Use
a treadmill or gym
membership to
continue your
running routine.



Remember that you always want to
start off a little chilly, as you will get
warmer during your run.

*Always consult your doctor before
starting any exercise program.

Winter Running Safety Tips

Running in a *Winter Wonderland!*

Just because there's snow on the ground or it's cold outside, doesn't mean you have to stay cooped up inside all winter. All you need to do is properly prepare and stay aware of potential dangers that come hand-in-hand with winter running. Follow these tips to run safely this winter.

RUN WITH A FRIEND OR GROUP

Due to the shorter days, it's very likely that you may have to run at night. Your safest option for night running is to run with a buddy or group. If you don't have a running friend, think about joining a running club. Not only will you have a group of people to run with, but they can also help you run faster and longer.

BE SEEN

Always be seen when running. Wear clothing that contrasts the backdrop you're running on. If there's snow on the ground, wear dark reflective clothing. If there's no snow, then



Around

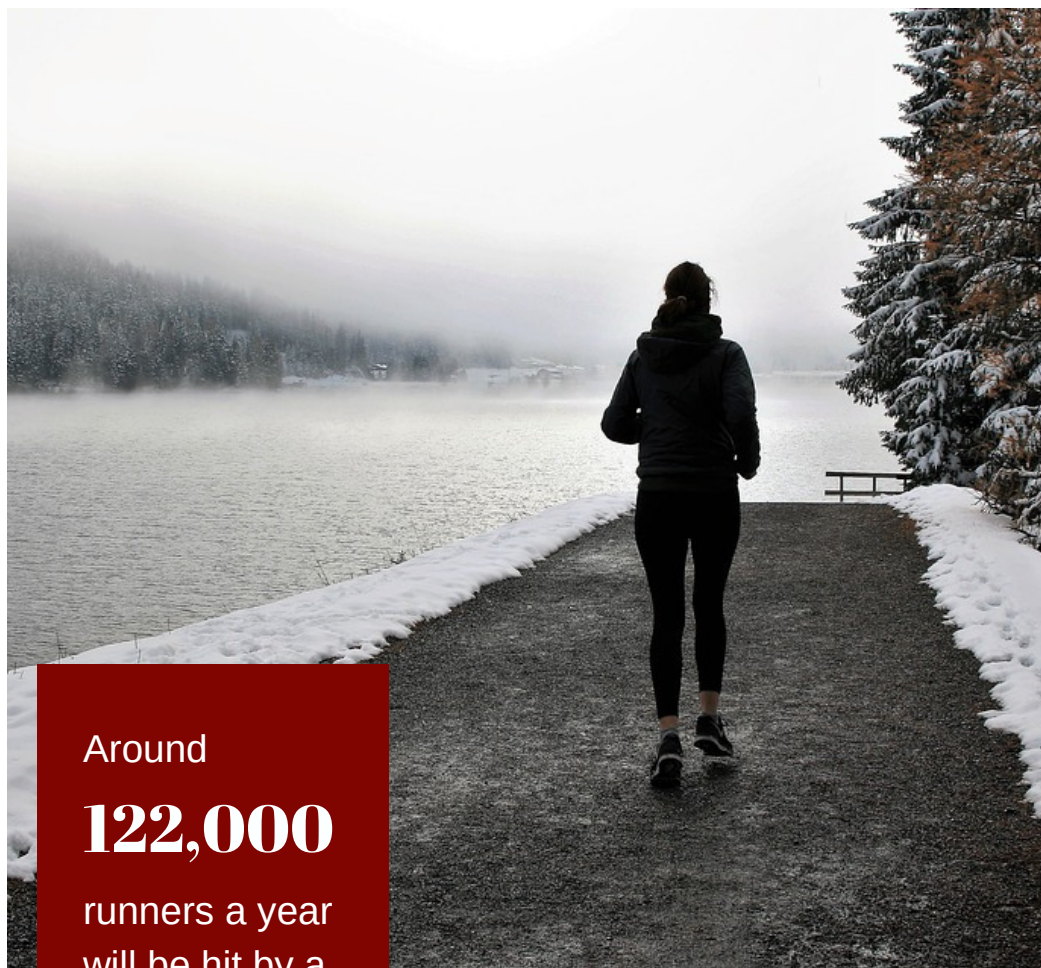
122,000

runners a year
will be hit by a
vehicle.

5,000

of those hit will
die from their
injuries.

Always play it
safe and be
aware of your
surroundings.



choose light, reflective clothing. Buy a blinking light to wear or flashing ankle wrap lights. It's important to be seen by cars from both your front and back side. Always run against traffic so you can see oncoming cars.

BE SMART

Run in populated areas or well-light neighborhoods. Stay off of remote paths when it's dark outside, and always run with your phone in case of an emergency. As an additional precaution, carry a preferred method of self defense, such as a pepper spray. Let your spouse or significant other know when you're leaving for a run and approximately when you'll be back. Never go running at night without telling someone. Don't blast your music. Have an acute awareness of your surroundings and listen for any sounds, such as footsteps coming toward you.

Black ice

can make a road look wet, but don't be fooled. This thin layer of ice makes it **treacherous** to run on.



DRESS THE PART

Dress appropriately for the weather. On page 4, we have a guide to winter running gear depending on the temperature. Running on snow or ice is dangerous. If you're going to attempt it, be sure to wear the right shoes. Purchase a pair of shoes that are meant to grip the ice, or buy a pair of ice grips you can slip on the bottom of your shoes.



When you get back from your run, don't forget to dry out your shoes with newspaper to soak up excess water. Lastly, if you think it's too cold outside that's okay, you can always find an indoor track or run on a treadmill.

STAY HYDRATED

Just because it's cold outside, doesn't mean you can get away with drinking less water. Believe it or not, you lose about just as much fluid in the winter as you do in the summer. Be sure to replenish your body with water during and after your runs.

Don't let running in the winter intimidate you. Yes, you have to take some precautions, but there's something magical about running in a winter wonderland. Be cautious, but remember to have fun! Running is suppose to be stress free, so take these tips with you and head out for your next run.



*Always consult your doctor before starting a new exercise program.

5 Yoga poses that improve my running

By: Robyn Larkin

I am not a huge fan of cross-training days, at least not like I am with my rest days. (Give me a good rest day and I will more than embrace it!).

However, I realized that I likely would not be improving my marathon times if I didn't follow through with a form of cross-training at least one day a week. In looking at my options, I decided to commit to yoga once a week to see how that helped me in my running.

I am pleased to say that after about two months of attending

practices, I do actually see a difference, and I feel that my Louisiana marathon PR time was 95% due to honoring this aspect of training in the weeks leading up to the race (especially when I consider that I ate and drank too much, along with dropping my miles, during the two weeks around the holiday season).

I chose yoga first and foremost because I enjoy it. I discovered an interest in it when I moved to Cayman in 2009, and my coworkers talked me into a seven-

day diet and yoga cleanse.

I don't recommend this to be the first introduction to yoga if you have never done it before. I was MISERABLE. I swore up and down that I would *never* attend a yoga practice again. Clearly I have adjusted my attitude and enjoy an on again/off again with regular practices. (I'm back to being Team Yoga right now!) Anyway, once I survived that week of torture, I realized that I could enjoy the practices, learning about how to better listen to my body, rest my mind, and concentrate on being in the moment. By the way, all of these are invaluable tools to have when you run long distances. Of course, the strengthening and stretching of the practices also serve runners very well, helping to open up areas of the body that may become tight or need extra attention because of the beating the body takes with the amount of running they may do.

In order to honor my yoga practice, I want to share my top five favorite poses that help me to be a better runner.



www.J3timing.com

TOP NOTCH CUSTOMER SERVICE AND SUPPORT

FAST. RELIABLE. RESULTS.

Deliver the latest technology to your participants:

- Results posted instantly online (and on mobile app)
- Free low-res Finisher photos for all athletes
- Live updates to Facebook & Twitter
- Touch Screen Results Kiosks (with receipt printout)
- HDTV Scrolling Results
- Huge Start/Finish Line Truss
- On Course clocks and split points (with live updates)

CONTACT US TODAY!
815-354-6441 | Tom@j3timing.com





Low Lunge

Target areas: hip flexors, hamstrings, core

Low lunges are great for so many reasons! Not only are you stretching crucial running muscles (hip flexors, quads, hamstrings, etc) but you are also working on your balance, which strengthens your core muscles.

How to do it: Stand with your feet together. Step the left leg back, and slowly lower down onto your left knee, ensuring that the right knee is stacked directly over the right ankle. Depending on your level of flexibility, you may already be feeling a stretch in the left thigh. If you do not feel much of a stretch, or wish to go deeper into the pose, slowly move the right foot forward until you have the stretch you want. Ensure your tailbone is pressing down. For your arms, if you are comfortable with your hands on your hips you can leave them there. Alternately, you can put your hand resting on your right knee. If you wish to go

into a more advanced version of low lunge, start to bring your arms up over your head alongside your ears. Continue to reach up, even taking a slight back bend if that is available to you. After breathing deeply in this pose for about 10 breaths, lower your hands to the ground and use them for support as you tuck the toes of your back foot under, and push up into a standing position. Repeat this pose on the other side.

Tree Pose

Target areas: legs, core

The act of balancing on one leg is great for strengthening both the leg and the core muscles. This is one of my favourite poses because I feel so strong in this pose, rooted down and held up by my own power. I can let my mind more easily go in Tree, and love the variations that I can implement when it comes to my arms – from stretching them high to taking reverse prayer pose, which opens the chest.

How to do it: Begin by standing with your arms at your sides and your weight distributed evenly to both feet. Shift your weight to your right foot. Reach down and grab your left ankle. Bend your left knee and use your hand to place your left foot along the inner right thigh. (You can also rest foot on the inner right calf; DO NOT rest foot on the knee!) With all your weight on the right leg, adjust your hips so they are level.

Lengthen your tailbone to the floor. Put your hands together in prayer position at your chest. (You can take variations of your hands being above your head or in reverse prayer pose behind your back, if you choose). Keep your gaze steady. Breathing should also be steady. Hold this pose for about one minute, then gently lower your arms and legs to again stand on both feet with your arms at your side. Repeat this pose on the other side.



Bridge Pose

Target areas: Back, core

Having a strong core is critical to good form when running long distances. When your core is strong, you can maintain good form for a longer period of time, meaning that you are less susceptible to injury. This pose opens up the back, which counteracts the hunched over posture one may get when running.



How to do it: Lie on your back with your feet hip distance apart, arms at your side and your heels close enough to your hands where your fingertips lightly brush your heels. Pushing down with your feet, lift your hips up to the sky. Try to keep your body in a straight line, ensuring that your core is engaged. If you want to take it a little further and open the chest, clasp your hands together underneath your pelvis. Roll your shoulder blades toward each other so your arms are beneath your back.

Yoga was founded over 5,000 years ago!

Reclining Pigeon

Target area: hips, glutes

This is a great stretch to release tension in your hips. It does the same thing as regular Pigeon pose – but without the extra stress on the knees.

How to do it: Lie on your back with your knees bent. Cross your right ankle over your left quad so your legs are in a figure four. Reach your right hand through the figure four and your left hand to the outside of your left leg. Clasp your hands together behind your left hamstring and gently pull the leg toward your body. Keep your feet flexed. Repeat on the other side.



Legs Against the Wall

Target areas: Hamstrings

Have tired legs? This is one of the best ways to rest them! It is also great for people who have lower back problems (unfortunately, me). Legs up the wall stretches out your hamstrings and your glutes, while releasing tension in your legs at the same time. I love getting into this pose and staying there for 5-10 min, concentrating on my breathing and relaxing.



How to do it: Begin the pose by sitting with your left side against the wall. Gently turn your body to the left and bring your legs up onto the wall. Lower your back to the floor and lie down, resting your shoulders and head on the floor. Scoot your buttocks close to the wall by shifting your weight from side to side. When your body is in position, open your arms wide to your sides, with the palms up. Hold this stationary pose for 5-10 minutes, with your eyes closed and breathing gently. When you are finished, slowly push yourself from the wall and slide your legs down to one side.

Maybe one day I will take on another form of cross training (in addition to yoga), but for now, I am finding a contentment with how I am reconnecting with my body during practices. I love seeing how it serves me as I hit the pavement for my next run!

*Always consult your doctor before starting any exercise program.



About the Author:

Robyn started to run after learning about the tragic death of Meg Menzies. A year later she ran her first marathon and has been in love ever since. She has her sights on running a marathon in all 50 states. She writes about her experiences on her blog: [Robyn Runs the World](#).

Jive Talkin' Runner's Lingo Decoded

The wait is over! Our second and final part of Runner's Lingo is here. Learn more about what all those confusing race terms mean with this comprehensive list. *By: Terri Rejimbai*

Part 2

Navigating the Race Course

- **Certified Course** – Course that has been measured and certified for accuracy. A certified course allows a runner's performance to be accepted as a national record or ranking. Note: Not all races are certified courses!
- **Corral** – Not exactly home on the range round-up of cattle. A sectioned area at the lineup of a race that separates athletes into different pace groups based upon an estimated finish time.
- **Wave Start** - Separates larger groups/corrals of runners by several minutes to allow for congestion on the race course to thin out before starting the next group.
- **Ultra** – A low-cal beer at the end of a race, no? Any distance longer than marathon (26.2miles/42.2Km).
- **Gun Time/Clock Time** – The time between when the starting gun fires – the actual start of the race – to when the participant crosses the finish line, regardless of how long it took the participant to reach the starting line. Typically used for awarding overall finisher awards and prize money.
- **Chip/Net Time** – Amount of time from when you first cross the starting line to when you cross the finish line. Records individual accuracy of timing for runners who are further back from the start line. This timing method is used for presenting age group and age graded awards.
- **Elevation Change** – Difference in elevation from start of route to the end of route along with any ups & downs in between.



- **Tangents** – Running tangents means running the shortest distance & in the straightest line possible. This is how a course is measured & is the shortest distance. More often than not, races have many turns and curves. In order to run the tangents, you will need to run in a straight line from curve to curve rather than following the middle of the road & snaking around every curve. Running tangents simply means running the inside of a turn vs. the outside.
- **Negative Split** – Running the second half of distance faster than the first half.



Racking up Awards

- **Double-Dip** – Not to be confused with 2 scoops of ice cream or the chip & dip faux pas. Participant can place in multiple divisions at once. i.e., receives an Open Overall award & Master award.
- **Open** – Generally refers to elite and non-elite runners under the age of 40.
- **Master** – Elite and non-elite runners age 40 and over. (Note: European events often classify runners over 35 as a Master.)
- **Grandmaster** – Elite and non-elite runners age 50 and over.
- **Senior Grandmaster** – Elite and non-elite runners age 60 and over.
- **Age Group** – Refers to the USATF 5-year age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-over. Majority of races give awards to Top 1-3 Age Group winners.
- **Age-Graded** – Method that applies a formula to each runner's actual time to account for slowing due to age factors. According to USATF "these tables allow a runner to have her/his raw time converted to an equivalent open time using what is known as age factors." Basically, it evens the playing field for older male & female grading, thus allowing some to double or triple dip.

About the Author



Terri Rejimbai is a competitive Masters athlete, 3-time Gasparilla Distance Classic half-marathon winner, 6-time Disney Masters marathon winner, and a New Balance product tester. Terri is a RRCA run coach, CPR/AED certified, and is available for consulting or coaching services. For more information, contact Terri at tarejimbai@gmail.com.



NUTRITION.
LIFESTYLE.
PROGRAMS AS UNIQUE
AS YOU.
PERSONAL & CORPORATE
PROUD SPONSOR OF LIFT FOR LIFE
STUDIO-ELEMENT.NET | 314.623.9904
2001 SOUTH HANLEY RD | #540 | BRENTWOOD, MO

Too cold to go outside? Has the ice trapped you in your home and you can't get to the studio? Not to worry! Here is a personal trainer certified total body workout you can do at home with no equipment needed.

All you'll need is a couch, stairs, and a creative attitude!

At Home Workout

Circuit #1: Couch

25 Squats

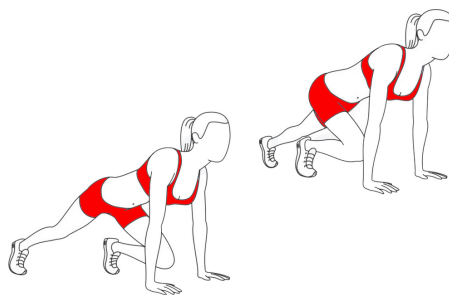
DO IT: Stand in front of the couch feet shoulder width apart and squat down to tap the couch and stand back up. If your couch is high up, body weight squats are just as effective.

25 Triceps Dips

DO IT: Face away from the couch and place your hands on the edge with your fingers facing forward and your shoulders over your wrists. Place your feet straight out in front of you with your heels on the ground and your toes up. Bend your elbows to lower your body towards the floor until they reach a 90 degree angle. Be sure to keep your back as close to the couch as you can. Then press up to straighten out your elbows, repeat.

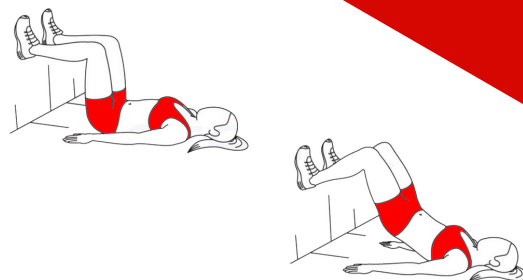
25 Mountain Climbers

DO IT: In the plank position, bring the knees into your chest one at a time, try and do this as fast as you can while still maintaining good plank form.



25 Glute Bridges

DO IT: Laying on the floor, place both feet on top of the couch shoulder width apart with your butt as close to the couch as you can. Keeping your shoulders on the ground, push through your heels to lift your hips off the ground toward the ceiling. Squeeze your glutes at the top for 1-2 seconds and lower them to the floor, repeat.



25 Push Ups:

DO IT: Place both hands on the couch, wrists underneath your shoulders and do a complete push up.

25 Side Hip Dips

DO IT: Place one elbow on the couch, and stack your feet on top of each other. Lift your hips into a side plank position then drop them down.

30 Second Plank

DO IT: Place both hands on couch and hold the plank position, keeping your body in a straight line and bracing the core.

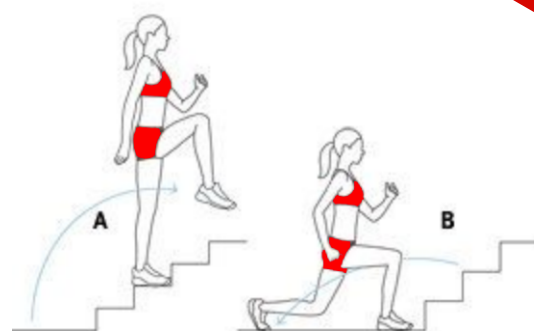
Repeat
circuit 3
times

67%
of gym
memberships
go unused.

Circuit #2: Stairs

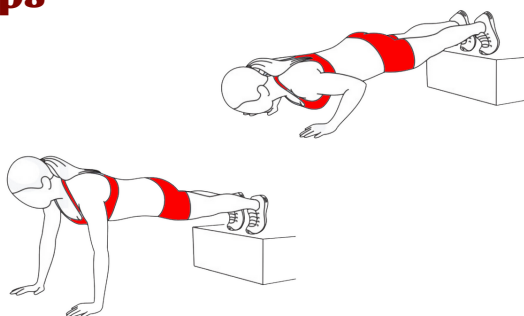
25 (each side) Step Up, Reverse Lunge

DO IT: Step up to the 2nd step with your left foot while your right foot hovers next to it. Step back with your right foot to the bottom of the stairs while your left foot steps back into a reverse lunge, bring your left foot forward and onto the 2nd step, repeat. Do this 25 times on your left side and then switch sides



25 Declined Push ups

DO IT: Get into a push up position facing away from the stairs with your feet on the first step. Keep shoulders over the wrists with your elbows close to your body and complete a full push up.



25 Calf Raises

DO IT: Stand with feet shoulder width apart on the first stair, heels hanging off the edge. Push through your toes to raise your body up then lower down, repeat.

Sprints

DO IT: Sprint up and down a flight of stairs 2 times, being careful on the way down!

*Always consult your doctor before starting any exercise program.

Repeat
circuit 3
times

About the Author:

Studio Element is a premier personal training studio. It is their goal to facilitate perpetual happiness through a legendary experience. They believe each and every individual is capable of extraordinary things, so they tailor their programs based on the goals and abilities of each client to help you achieve your maximum potential. Their trainers constantly evaluate your program to ensure your experience is legendary. Learn more at studio-element.net.

A misty forest landscape with evergreen and deciduous trees reflected in a calm lake. The scene is serene and atmospheric, with a semi-transparent white rectangle overlaid in the center containing the title text.

The Winter Blues



As the days grow darker, you might find yourself getting more lethargic, unmotivated, and depressed. You wouldn't be alone, over 20% of Americans suffer some form of “winter blues” and 9% experience the more severe version: Seasonal Affective Disorder (SAD). So what is it and how can you minimize the effects?

Seasonal Affective Disorder is when people who typically have stable mental health throughout the year, start to display depressive symptoms at the same time every year, usually late fall through winter. Low amounts of sunlight can cause disruption in your circadian rhythm, serotonin, and melatonin levels; all of which are essential in your emotional regulation.

So how can you tell if you're being affected by SAD? Here are some common symptoms:

- Lost of interest in activities
- Low energy or trouble getting out of bed
- Trouble sleeping or oversleeping
- Feelings of worthlessness
- Mood swings or feelings of anxiety
- Withdrawing from family and friends
- Thoughts of death or suicide.

If there are extreme symptoms that interfere with daily life, contact a doctor immediately as medicine or psychotherapy are sometimes necessary. If you have a mild case or if you are looking for something to supplement the medication and therapy, there are a couple things that you can do to ease those winter blues.

1. Run Daily

While winter is usually the off-season for most runners, this exercise is the best way to get your blood flowing and increase your mood. Lace up your shoes and hit the pavement or your local gym. If you're running outdoors, make sure you wear reflective clothing and watch out for cars.



2. Update Your Diet

Trying to stick to healthy food around the holidays can be hard, but binging on pumpkin pie could have lasting effects on more than your waistline. According to Mental Health America, people who eat a diet high in whole foods such as fruits, vegetables, nuts, whole grains, legumes, fish and unsaturated fats (like olive oil) are up to 35% less likely to develop depression than people who eat less of these foods.

3. Light Therapy

Researchers believe that the main cause of SAD in the winter is the lack of sunlight. Some have started to combat this by getting a light-box, a contraption that mimics sunlight. 50-80% of people who do this say they noticed a significant increase in their mood.





4. Focus On Yourself

Sometimes, during the rush of the holiday season, we forget to take care of ourselves. We get caught up in preparing elaborate dinners, buying presents, and dealing with family and friends that we hardly take a second to be present in the moment. Meditating, giving yourself an at home spa day, or even re-watching all your favorite comedies are all ways to treat yourself this winter. So listen to upbeat music, take a bath, put on some comfy clothes, and snuggle up on the couch with some hot cocoa during this chilly season.

5. Help Others

Volunteering your time to help your community can have a positive impact on your life and others. It's a Win-Win! Whether you're helping at a local animal shelter or assisting in a soup kitchen, get out there and connect with the community.

Sometimes, doing the simplest task seems impossible, but doing one small thing a day could be the push you need. Mental health often goes hand-in-hand with physical health. Remember to take care of yourself this holiday season.



*Always consult your doctor before starting any exercise program.

Raspberry Shortbread Cookies

Ingredients

Dough

- 2/3 Cup Sugar
- 8 Tbsp Butter, softened
- 2 tsp Vanilla Extract
- 2 Eggs
- 1 3/4 Cups of Flour
- 3 Tbsp Cornstarch
- 1/2 tsp Baking Powder
- 1/2 tsp Salt
- 3/4 Cup of Raspberry Preserves

Icing

- 3/4 Cup Powdered Sugar
- 3 tsp Lemon Juice
- 1 to tsp of Water
- 1/2 tsp Vanilla Extract



For Cookies

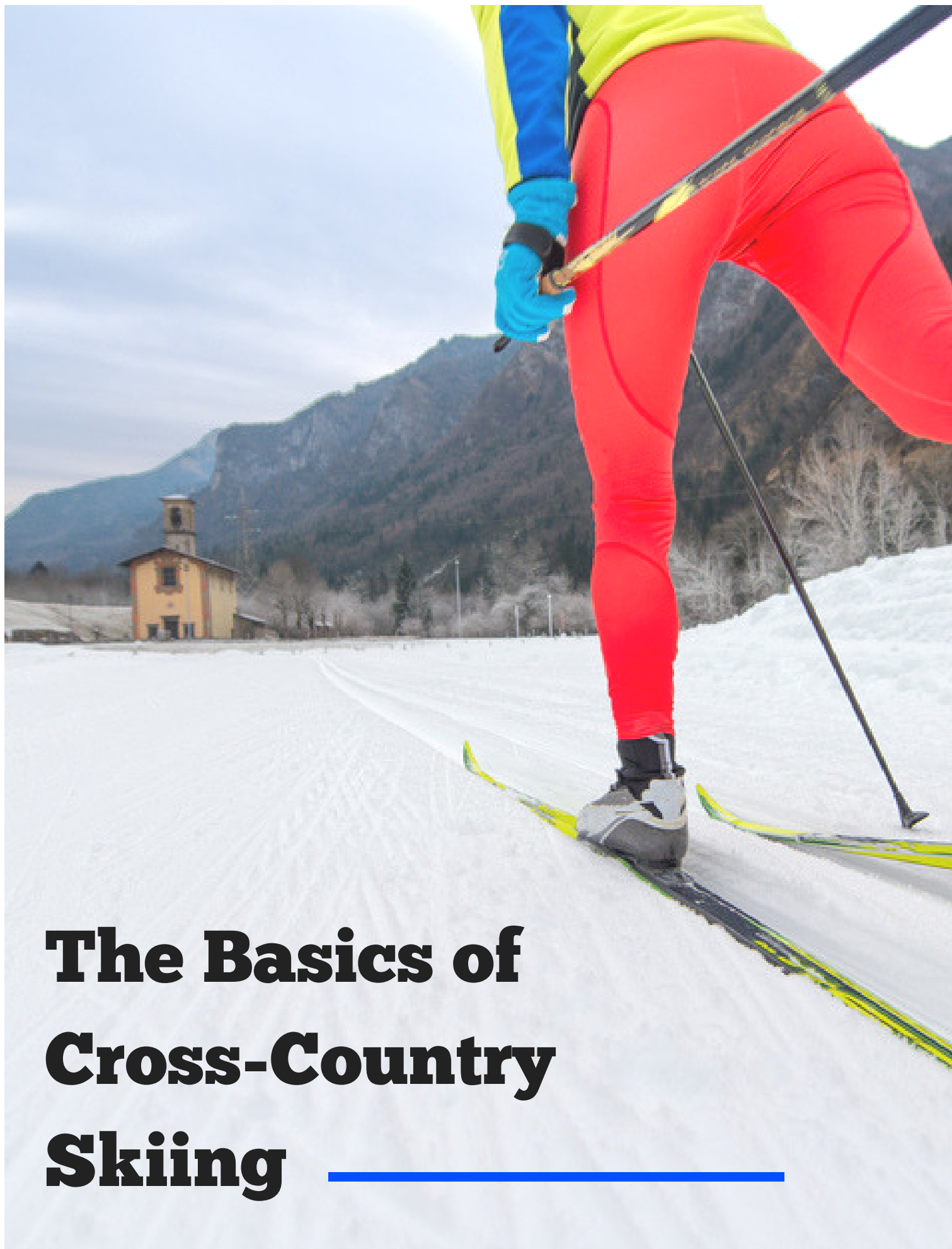
1. Preheat oven to 375 degrees
2. In a large bowl, beat the sugar and butter together until well-blended.
3. Next, add the eggs and vanilla, beat until well-blended
4. In a separate small bowl, combine flour, cornstarch, baking powder, & salt and whisk until combined
5. Slowly add flour mixture to butter/sugar mixture, until well blended (the dough will be tacky)
6. Divide dough into 2 sections
7. On a flour surface, roll dough into 12 inch long logs
8. Place the logs 4 inches apart on a baking sheet that is lined with parchment paper
9. Make 1/2 inch deep indentation with finger on the entire length of the dough log
10. Fill the indentation with the raspberry preserves
11. Bake at 375 degrees for approximately 20 minutes or until lightly browned
12. Remove logs to cutting board

For icing

13. Combine powdered sugar, lemon juice, water, & vanilla extract
14. Stir with a whisk until well blended
15. Drizzle frosting over warm logs
16. Cut logs diagonally and allow to cool

For more recipes by Angela Campos visit her blog: [Marathons and Motivation](#)





The Basics of Cross-Country Skiing

Getting Started

Find a local cross-country ski center. If it's your first time skiing, renting equipment is probably your best option. Make sure you find a place that has groomed trails, which will keep your skis pointed forward. Consider taking a lesson to learn the basics even faster!

More Tips & Tricks

When using your arms, plant the poles in line with the opposite foot. Your arms should swing front and back. Using the poles will help with balance and leg drive.

When going uphill put your skis in the shape of a V. Walk up the hill this way, while planting your poles behind you at the same time.

Try to ski on a day after it's just snowed. Fluffy snow is much easier to ski on than an icy trail.

Start out slow. It takes a little while to get the rhythm down of how to move your arms and legs. Choose a short trail that will only take 30 minutes to an hour. For your second try, increase the distance.

The Basics



- Step 1:** This is the glide phase. Notice the right ski weight is more toward the back of the ski allowing the other ski to glide more. (Pictured).
- Step 2:** The change over phase is next. Shift your weight to the right ski. Once the weight has shifted to that ski, all the weight is placed with a quick movement downward, called "the kick."
- Step 3:** The glide phase begins again. The kick plus your arm swing together create a sliding movement. To do this successfully all the weight must be on one ski or the other, not both.
- Step 4:** Continue the glide and the kick cycle!

HOW TO SET UP A HOME GYM

ON A BUDGET



Is your gym membership lying around collecting dust on your nightstand? Or you just don't want to pay monthly fees to workout at a gym? Working out at home offers convenience and is cost effective when done correctly. Follow these tips for setting up a home gym on a budget.

In order to figure out what you need for your home gym, start by asking yourself the following questions:

What are your fitness goals?

What fitness routine do you need to follow to reach your goals, and what equipment will that require? Take this into consideration when getting started.

Where are you going to put your home gym?

Are you setting up your gym in a spare bedroom, a garage or an outdoor space? A closed-off area is ideal and will keep you focused with minimal distractions.

What equipment do you need?

After you've decided exactly what equipment you require, start doing some research. Compare prices at different stores and look for like-new second hand items. Small items such as weights and kettlebells can even be found at discount stores.

THE EQUIPMENT

DUMBBELLS



BENCH & WEIGHT SET



STABILITY BALL



RESISTANCE BANDS

*Always consult your doctor before starting any exercise program.



1. The cost of dumbbells can add up quick. If you don't have any weights on hand, start with three sizes: a light set, medium set, and a heavy set. This will allow you to use them for a variety of exercises. As you get stronger, you can always buy more.

2. A bench and weight set can be used for a number of exercises and is a versatile purchase.

3. Stability balls are inexpensive, great for core strength, and can also be used for the entire body.



4. Resistance bands are perfect for adding a bit more difficulty to your workouts.

Don't forget to utilize your own body weight for planks, push ups, burpees, sit ups, and squats etc.

Big ticket items such as treadmills and stationary bikes can always be added to your home gym later. Make sure you're committed before you invest a bunch of money. Starting out with these smaller ticket items will give you an idea if working out at home is right for you.

A top-down view of a wooden dining table set for a Christmas meal. The table is decorated with a red runner, white plates, silverware, and festive items like pinecones and small candles. The main course is a roasted turkey on a wooden platter. Other dishes include a large piece of salmon on a plate, a tray of asparagus, a bowl of pink cranberry sauce, a tray of carrots, and a bowl of green peas. There are also glasses of wine and water, and a small white candle in a glass holder.

What happens to your body after a Christmas Binge?

The average person eats **4,000 calories** or more on Christmas Day!

*Now bring us some figgy pudding, now bring us some
figgy pudding, and bring it right here...*

During the holidays we indulge in comforting dishes and sweet treats. But if we take a step back from the decadent assortment of food and beverages adorning our homes, maybe we'd have time to realize that what seems like a harmless day of celebration, turns into a glutinous day of feasting. Even worse, these days can result in you consuming thousands of calories more than the recommended daily amount. So, what really happens to your body during a holiday feast? Find out here:

SUGAR

You may tend to snack all day on Christmas. Cinnamon rolls and egg nog for breakfast. A couple hours later you pop a few of grandma's Christmas cookies in your mouth. A half an hour later you indulge in a couple of chocolates. An hour later you start sipping a soda. If you think sugar only affects your waistline, you'd better think twice! Eating sugar throughout the day also has an impact on your teeth. Every time you eat something sweet it can take up to 30 minutes for your mouth to return back to a healthy acidity level. Instead of snacking on sweets continuously throughout the day, pick one or two treats and eat them after dinner.



ALCOHOL

Spiked egg nog or champagne anyone? Sounds enticing, but do the pros really outweigh the cons when you indulge in alcoholic beverages? Excessive alcohol consumption wreaks havoc on your stomach, causing acid reflux, severe bloating or even a stomach ache. Not to mention the artificial sweeteners found in many mixers are made up of difficult to digest carbohydrates. And let's not forget the morning after hangover that will have you asking yourself "Why did I drink so much last night?" To avoid all of these unwanted symptoms the simple solution is to not drink at all. If you find yourself feeling deprived, go for a two drink max and sip them around dinner time, which will help you drink less.



FIT FAST NUTRITION & TRAINING

RUN COACHING SERVICES

OFFERING:

- Nutrition Coaching
- Personal Training
- Run Coaching Plans

PERKS:

- Individualized Plans
- Flexible Schedule
- Personalized & Private

FITFASTCOACHING.COM

EMAIL (TJordan.RD@gmail.com)

OR CALL (815-354-6441) for a **FREE CONSULT** to learn more!

*Why do it alone
when you can have
your own personal
coach supporting
you?*



✿ DINNER ✿

Mom finally yells that dinner is ready! You all sit down to eat and before you know it you're so full it feels like you have a balloon in your belly! As the food coma begins to sink in, you start to regret all the food you just ate. Food comas can last for hours, and induce an overwhelming feeling of drowsiness. This occurs because there's a slight shift in the blood flow from your brain to the digestive organs. So, how the heck do you stop overeating? First of all, remember that your eyes are bigger than your stomach. Start with smaller helpings, you can always go back for seconds. Pick a starch to avoid, either bread, mashed potatoes, or corn etc. Lastly, eat slowly! Allow your brain to catch up with your stomach, which will tell you when you're satisfied.

A Timeline of Events -Before, During and After your Meal

Prior to the meal

You're hyped up and can't wait to dive into the mashed potatoes and other holiday foods. You've most likely been snacking throughout the day and will not be eating on an empty stomach.

20 minutes



The average stomach can hold about 1 liter. It takes about 20 minutes for the full signals to reach your brain and gastrointestinal tract. Unfortunately, by this time, most people have already overeaten. Slow down!

30 minutes



As you continue to eat, your blood sugar levels rise. Your pancreas starts producing insulin, which is then converted to glucose and stored as glycogen. This drop in blood sugar levels produces an onset of drowsiness.



1 hour

More blood continues to flow to your digestive tract. Your heart and metabolic rate increase to aid in digestion. Rich foods you ate are more difficult for your body to process. Alcohol will further slow digestion.



2 hours

A meal heavy in protein and fat can sit in your stomach for two to three hours, resulting in belly bloat.



3 hours

It takes about three hours for your body to break down a glass of wine. Did you drink more than that?

6 hours



It takes about six to eight hours for food to pass through your stomach and into the small intestine, which is then transferred to the large intestine.



24 hours

Hopefully by now any hangover has passed. The body may begin eliminating undigested food, after absorbing water and minerals and storing excess fat.

The Calorie Breakdown

BREAKFAST

2 cinnamon rolls - 280 calories
2 over easy eggs - 140 calories
8 oz glass of egg nog - 380 calories

Total: 800 calories

SNACKS

2 oz of cheese and 5 crackers - 300 calories
Rye bread and dill dip - 200 calories
12 oz Coke - 140 calories

Total: 640 calories

DINNER

2 slices of honey roast ham - 240 calories
2 bread rolls with butter - 300 calories
1/2 cup gravy - 50 calories
1/2 cup mashed potatoes - 130 calories
1 cup green bean casserole - 161 calories
1/2 cup corn - 60 calories
1 cup stuffing - 294 calories

Total: 1,235 calories

DESSERT & DRINKS

2 glasses of champagne - 250 calories
2 light beers - 220 calories
Slice of apple pie - 400 calories
1/2 cup vanilla ice cream: - 145 calories
2 chocolate chip cookies - 340 calories

Total: 1,355 calories

*Here's what a typical day of
Christmas eating can add up to!*

The Damage:
4,030 calories



Featured Events

FOR RACETIMES READERS

Featured Event: **Ho Ho Hustle**

December 8, 2018

Fort Walton Beach, FL

Details: Run this flat, fast course around the beautiful downtown Fort Walton and surrounding area. Hang out after the run for a fun after party full of drinks, food, and live music. All participants will receive a long-sleeve shirt. Awards will be given to overall male and female, grandmaster and master, and top three male and females in each age group. The prize will be a unique Collector's Edition Ornament!



Featured Event: **Crete Country Christmas**

December 8, 2018

Crete, IL

Details: Join us for the Annual Crete Country Christmas 5K as part of Country Christmas! Runners, Walkers, Strollers, all are welcome! The race will benefit the Crete Food Pantry. We ask all participants to bring a nonperishable food item to donate to the Pantry on the morning of the race. Awards go to the top 3 male and female in each age group.



Featured Event: **Homeless for the Holidays 5K**

December 15, 2018

Los Angeles, CA

Details: This 5K Run/Walk will take place at Griffin Park. All proceeds will go to Pennies From Kevan Foundation, a local charity that helps homeless adults, teens, and children. Bring an article of clothing or pair of unused/gently used adult or children's size gloves, socks or thermal underwear with you to the event and receive \$5.00 off your registration fee! Top 3 adult and youth finishers will receive a medal.



Featured Event: **Hazel Green's Reindeer Dash**

December 15, 2018

Hazel Green, AL

Details: This 5K race is raising funds for the Hazel Greens High School's track and cross-country teams. Do a single loop through their new gravel greenway. Awards will be given to top three overall male and female, and top male and female in each age group.



Featured Event: **Go Far Jingle All The Way 5K**

December 16, 2018

Middlefield, CT

Details: This 5K race promises incredible views as you run around Power Ridge Mountain Park & Resort. Awards will be given to the most festive dressed participant and top 3 male and females in each age category. Top 3 overall will each take home an ugly sweater donated by SNOWTORIOUS.

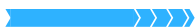


Featured Event: **Frosty 5K**

December 24, 2018

Blacksburg, VA

Details: Let's run on Christmas Eve together! This is the 16th Annual Frosty 5K Run and it promises to be the best one yet. The 5K takes place behind the Food Lion Grocery Store on North Main Street in Blacksburg, with the majority of the race run on roads and paved bike paths. The race has a fast 1st mile and a challenging last mile to help burn those holiday calories! You don't have to run to win a prize, there will be amazing prizes at the door raffle. Awards will be given to the top overall and the top person in each age group.

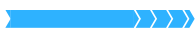


Featured Event: **Bighorn Rush Sled Dog Challenge**

December 29-30, 2018

Antelope Butte Ski Area, Bighorn Mountains, WY

Details: Mush to this race right away! Taking place over two days in the beautiful Bighorn Mountains, this race will stun you with the views. The event is continuing to promote dog-powered and winter sports in the greatest little mountain range in Wyoming, the Bighorn Mountains. Lodge at one of the great resorts surrounding the area, or camp in the mountains!



Featured Event: **CRCA 5K and Fun Run**

December 31, 2018

Elk Grove Village, IL

Details: This is a chipped timed 5K followed by a fun day of BBQ's, bounce houses, face painters, obstacle courses, and more! A 100-yard dash will be held before the 5K, open to all children. This is a great race for seasoned runners and families alike!



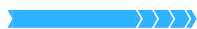


Featured Event: Peepsfest

December 31, 2018

Bethlehem, PA

Details: Come out and join us for the 9th Annual Peepfest 5K Run! Travel through both the north and south sides of Bethlehem on this exciting, family friendly run. Each participant will receive samples of PEEPS Products and the first 500 registrants will receive a PEEPS Fest 5K long sleeve t-shirt. Rain, sunshine, or snow, this event will still go on, so don't miss out!

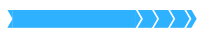


Featured Event: IRun WNY New Year's Day 5K

January 1, 2019

Youngstown, NY

Details: Start out the New Year on the right foot! This is the 3rd Annual New Year's Day Race. Stay after the race for pizza provided by Main Street Pizzeria. A special reward awaits the top 1st male and female finisher. Custom medals will be given to the top male and female in each age group.

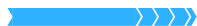


Featured Event: Addison Oaks Fat Bike Race

January 5, 2019

Leonard, MI

Details: FAT Bikes only on this course. Race through a five-mile loop in the gorgeous Addison Oaks Park trail. Afterwards warm yourself up with some complementary soup or chili at The Lodge following the race. Cash awards go to the top 3 in experts and overall.



Featured Event: Love Run 5K

January 19, 2019

Kissimmee, FL

Details: Participants will run a chip timed race on a flat course. All proceeds will go to BEYOND Type 1, an organization that helps those with Type 1 diabetes. Water and fresh fruit will be provided at the finish line. There will be a bounce house and wellness booths for spectators and runners alike to visit. Custom medals will go to top 3 male and female runners.

Featured Event: [Occoneechee Speedway Relay](#)

January 20, 2019

[Hillsborough, NC](#)

Details: Relay teams of two or four people will have the chance to race around the last remaining dirt track in NASCAR history! Prizes will be awarded to teams in one of seven categories. Each participant will receive a custom race swag, a FREE beer from Mystery Brewing, and BBQ to die for from Hillsborough BBQ Company following the race! Proceeds will benefit the Classical American Homes Preservation Trust to help connect the Speedway Trail with Ayr Mount and the rest of the Mountains-to-Sea Trail.



Featured Event: [Polar Bear Run 5K](#)

January 26, 2019

[Marietta, GA](#)

Details: A chipped timed 5K & 2K, run the flat course and stay for the party! Awards will go to the top 3 overall male and female, top 3 male and female master, and top 3 male and female in each age group. Ribbons will be awarded to top 3 2K Fun Run, Cub Run, and Cub Dash participants. There is a team award (the Polar Bear Pack) for largest registering team!



Featured Event: [MBAA Estrella Hedgehog Hustle](#)

January 26, 2019

[Goodyear, AZ](#)

Details: This bike race is being hosted by MBAA and will run a course through the scenic Estrella Mountain Regional Park. Visitors are welcome to stay in the rugged campground leading up to the race. Coffee and snack bars are available on site. Cash prizes are given to the top five Marathon male and female and the top five Elite/Expert male and female.



NEXT ISSUE

February/March

COMING SOON

Full of content for the endurance sports industry, *RaceTimes* is a digital magazine that delivers featured articles, awareness of brands and products, and announcements of upcoming events and races. Published six times a year, *RaceTimes* targets a demographic of up to 700,000 athletes and race organizers.

Are you interested in advertising in *RaceTimes*?
Visit [ITSYOURRACE.com/racetimes](https://itsyourrace.com/racetimes) to learn more and get started!

Copyright 2018 Innovative Timing Systems, LLC.
All rights reserved.

11671 Lilburn Park Rd, St. Louis, MO 63146

RaceTimes and Jaguar are registered trademarks of Innovative Timing Systems, LLC. All other marks within this issue of *RaceTimes* are trademarks of their respective company.



314.942.7201

racetimes@itsyourrace.com

11671 Lilburn Park Rd.
St. Louis, MO 63146