

RaceTimes®

**TIPS FOR
RUNNING
IN THE
HEAT**

**SUMMER
EDITION**

**Low Calorie
Summer
Treats!**

**SKIN
CANCER
IS ON THE
RISE**

**KNOW YOUR
RISK FACTORS.**

**4 WAYS TO
EAT MORE FRUIT**

**INDOOR
VS.
OUTDOOR
*Cycling***



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editor's note

TIP OF THE MONTH



I **have always been told** that traveling is one of the best things you can do in life. My mother has always said to me whenever we are planning a trip, "It's a big world out there, why go to the same places?" I have taken this advice to heart, traveling at least once a year and always to some place new.

In early 2019 my husband and I went to Thailand for our honeymoon. We stopped in three different cities and experienced things incomparable to anything in the U.S. We snorkeled in Phuket, took tuk-tuks (3-wheeled motorized taxis) in Bangkok and saw all the temples and palaces the city had to offer. Our absolute favorite excursion was being able to help take care of rescued elephants in Chiang Mai. We were able to feed and help bathe these amazing creatures while learning more about their diet, habits, and how to read their body language. That adventure alone made the 22-hour flight worth it. As we boarded the

plane back to the States, our heads were buzzing with all the things we had seen, ate, and experienced.

I always leave vacation feeling utterly exhausted, and once Monday rolls around, my head is spinning with all of the new things I have seen. I feel more creative, more willing to take risks, and excited to see how I can incorporate what I've learned from my trip into every day life.

There is some science to back up this feeling. Traveling has proven to not only expand your mindset, but also give you a huge boost in creativity. You are seeing things that you haven't before, and your brain is processing them and creating ways to transfer this new information into your life. It can be something as simple as you liked the cuisine, so you want to learn how to make some of the local dishes, or as complex as learning a new language. Traveling has a way of impacting you long after you



return home, which is why a lot of health organizations recommend some form of vacation to live a fulfilling and happy life.

There is so much more to see in this world. Travel to a nearby city for a long weekend, plan a month-long excursion somewhere far away, or look into having a staycation by investigating new activities in your local area. Vacations are vital to your mental health, they help you reset and give you time to re-prioritize.

So get out there and see the world this summer!

Ashley Baker
Co-editor of *RaceTimes*



ENDURANCE TRAINING & SUN EXPOSURE

WHAT YOU NEED TO KNOW:

One in five Americans will develop skin cancer by the age of 70.
Know your risk factor and how to prevent further damage and
sun exposure this summer.





Endurance athletes can often overlook the heightened risk prolonged sun exposure can have on the skin. Even if you slather on sunscreen before you leave the house or prior to an event, it doesn't always protect you for as long as you think. Being outside as an endurance athlete is the name of the game. Here's what you need to know in order to protect yourself from the sun's harsh UV rays this summer.

Sure, a few wrinkles never hurt anyone, but the real risk of sun exposure is skin cancer, which by definition is the abnormal growth of skin cells. The three major types of skin cancer are:

Basal cell carcinoma is the most common form of skin cancer. It is uncontrolled growths that arise in the skin's basal cells that line the deepest layer of the skin. They typically look like open sores, red patches, shiny bumps or scars. They very rarely spread beyond the tumor site, but should still be treated to prevent the possibility of the cancer spreading to nearby tissues.

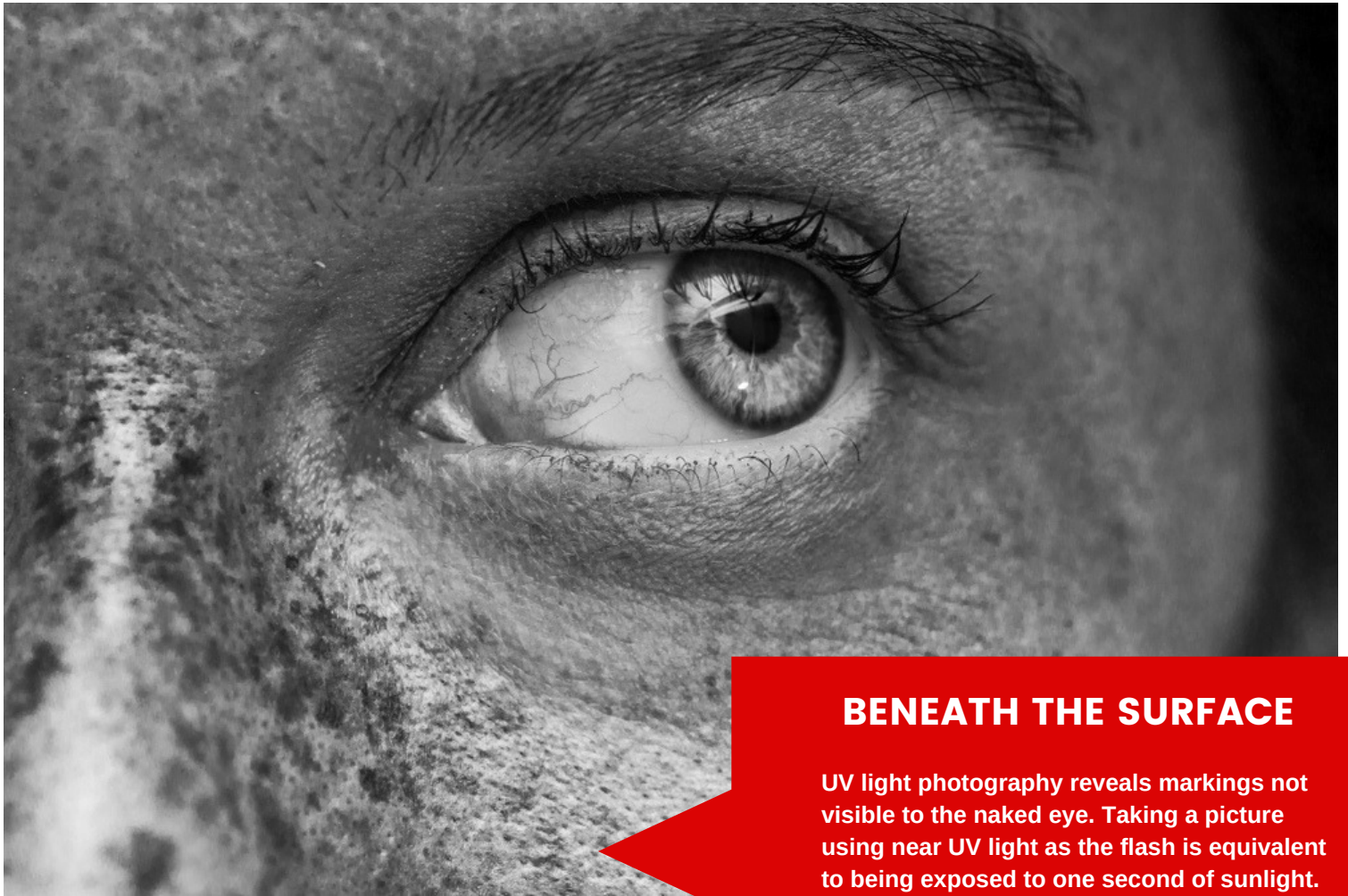
Squamous cell carcinoma is the second most common form of skin cancer. It's the uncontrolled growth of abnormal cells arising from the squamous cells in the skin's outmost layer, the epidermis. They commonly look like scaly red patches, open sores, or warts. If left untreated, it can grow and become deadly.

The number of non-melanoma cancers has increased by 77% since 1994.

Melanoma is the most dangerous kind of skin cancer. It is the result of unrepaired DNA damage to skin cells that causes mutations in the skin cells to multiply and form malignant tumors. They often resemble moles and are primarily black and brown, but can be skin-colored, pink, red purple, blue or white. If caught early and treated, melanoma is almost always curable. If left untreated, it can spread to other parts of the body and become fatal. Of all skin cancers, it causes the most deaths.

It's estimated that the number of new melanoma cases diagnosed in 2019 will increase by 7.7%.

Excessive sun exposure changes the DNA of your skin, and although the effects can take years to develop, the resulting sun damage done to your skin is irreversible. Prevention is your best defense. So, what can you do to protect yourself, especially during long training days and mid-summer races? Here's a few precautions you can take right now.



BENEATH THE SURFACE

UV light photography reveals markings not visible to the naked eye. Taking a picture using near UV light as the flash is equivalent to being exposed to one second of sunlight.

THE RESULT: SUN DAMAGE UNVEILED

WEAR SUNSCREEN

Apply sunscreen 20-30 minutes prior to sun exposure and used liberally. Choose a waterproof brand that protects against both UVA and UVB rays. Reapplication is just as important, reapply every hour and a half to two hours, especially after excessive sweating or swimming. Lastly, make sure you pick a sunscreen that has at least SPF 15, with SPF 30 or higher an even better choice.

HOW MUCH IS ENOUGH?

Most people don't apply enough sunscreen. Shoot for 1 ounce for your entire body, which is equivalent to about a shot glass worth of lotion.



RISK FACTORS

Fair Skin - Caucasians are at a higher risk for skin cancer than African Americans or Hispanics. Melanin is more prevalent in people with dark skin, which is a natural protectant from UV rays.

Older Age - The risk for basal and squamous cell cancers increases as you age.

Men - According to statistics, men are twice as likely as women to develop basal cell cancer and about 3 times as likely to get squamous cell cancer.

Radiation - Being treated with radiation puts you at a higher risk for skin cancer in the area that underwent treatment.

Genetics - It's been determined that some people are at higher risk for developing skin cancer, which is the result of certain parts of normal cells being more susceptible to damage by sunlight.

TIPS FOR RACE DAY!

SWITCH IT UP

The sun's UV rays are most powerful between 10am - 2pm. Choose to train outside in the early morning, late afternoon, or night time.

BE AWARE

Use extra caution near water, snow or sand, these surfaces reflect sunlight, which can in turn increase your chance of sunburn. Surfers are at an even higher risk for skin cancer, and should exert extreme caution.

PERFORM SELF-CHECKS

Early detection of skin cancer is paramount. Check your entire body once per month. Any new, unusual,

or changing spots should be looked at by a dermatologist immediately.

VISIT THE DOCTOR

Go to a dermatologist at least once per year to get checked out, especially if you're at an increased risk for skin cancer. Plan ahead if you don't already have a dermatologist, they can be booked out for months.

COVER UP

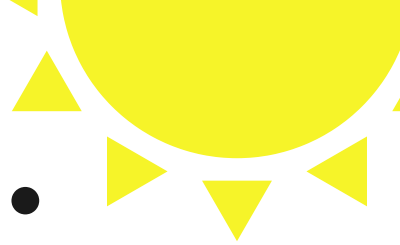
If you must be in the sun during peak hours, cover as much exposed skin as possible. Wear a hat, sunglasses, and t-shirt or long-sleeve tech shirt. All of these are an extra precaution in preventing sunburn.

Follow these guidelines to help prevent sunburn on race day!

- ➡ Apply all sunscreen prior to arriving at the race without clothes on to ensure you don't miss any areas.
- ➡ Don't forget to apply sunscreen on your ears, tops of hands and exposed feet, these areas can easily be forgotten.
- ➡ Bring sunscreen with you on the course and REAPPLY as needed.
- ➡ Your lips can burn too! Make sure you wear a lip balm with SPF in it.
- ➡ If you're out on a course for more than an hour, set a reminder on your phone or watch to re-apply your sunscreen.
- ➡ Bring a small absorbent towel to dab off excess sweat.
- ➡ Wear your protective sun gear - sunglasses, hat, bandana, visor, shirt etc.



STAGES OF A SUNBURN



You wore sunscreen and tried to take the proper precautions, but still got burnt. It happens. Here's the four stages of a sunburn and how to properly treat your burns until they heal.

STAGE ONE

The Burn - You didn't wear enough sunscreen or didn't properly reapply. You are now very red. The bright red color is a result of the blood vessels dilating in the dermis.

STAGE TWO

Inflammation - After you burn, the skin reacts to the damage by swelling, which is called erythema. The increased blood flow for healing causes the skin to swell and become hot.

STAGE THREE

Blister - Depending on how badly you were burned, you may develop blisters filled with fluid.

STAGE FOUR

Peel and Heal - Your skin begins to peel off. After a sunburn, the cell regeneration process accelerates. During this process, the keratinocytes (new skin cells) don't have time to separate and flake away as usual, as a result they stick together and peel away from your skin.



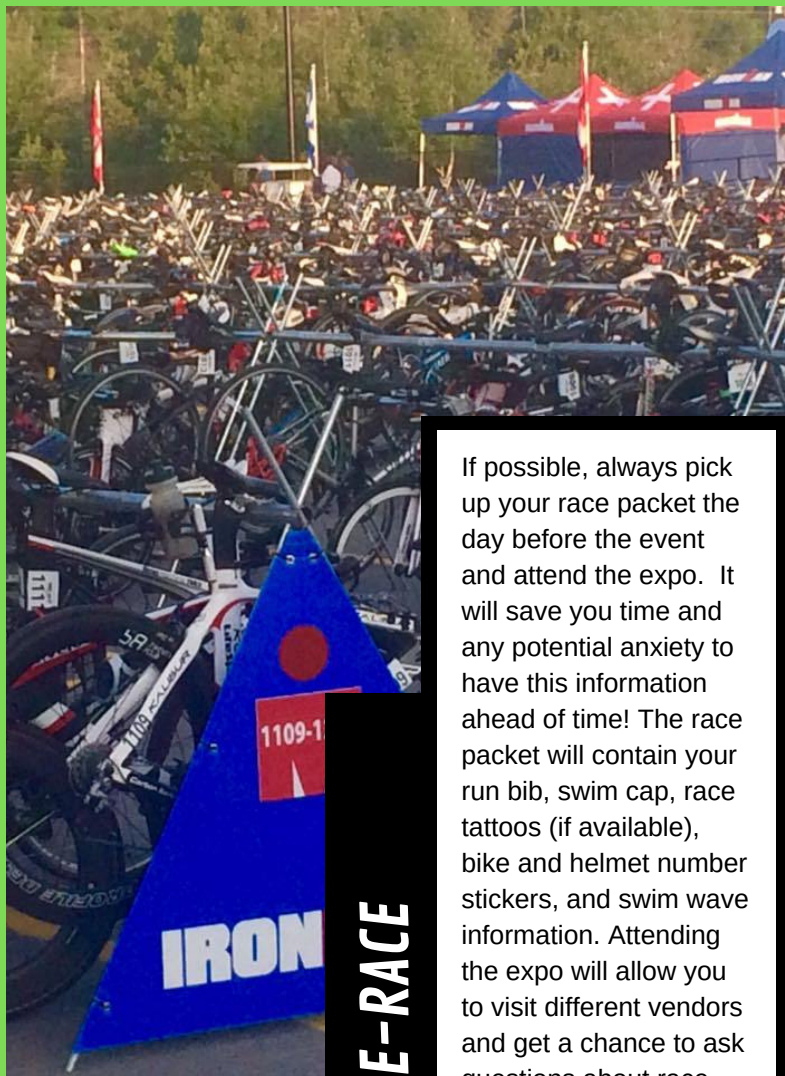
TREATMENT

- ➡ Take a cool shower, but not for long because it can further dry out your skin.
- ➡ Moisturize while your skin is still damp with lotion or aloe vera gel. Continue to reapply to keep your skin hydrated as needed.
- ➡ Take a nonsteroidal anti-inflammatory as soon as possible, which will help with swelling and inflammation. Wear soft, breathable clothing and stay out of the sun.
- ➡ Drink plenty of water. Burns can cause dehydration because they draw fluid to the skin's surface and away from the rest of the body.
- ➡ Contact your doctor if you experience severe blistering, a fever, chills, or you are woozy or confused.

SEVEN ESSENTIAL TRIATHLON RACE DAY TIPS

By Angela Campos





PRE-RACE

If possible, always pick up your race packet the day before the event and attend the expo. It will save you time and any potential anxiety to have this information ahead of time! The race packet will contain your run bib, swim cap, race tattoos (if available), bike and helmet number stickers, and swim wave information. Attending the expo will allow you to visit different vendors and get a chance to ask questions about race day.



TRANSITION

Place your items neatly on a small towel to the right side of your bike. Common items in transition are: bike shoes, bike helmet (mandatory and must be strapped on before leaving transitions area), running shoes, and socks, visor or hat, race belt with bib, extra water and fuel belt (depending on distance).

BIKE INSPECTION

Make sure your brakes work and you have end cap plugs on your handle bars. You will not be allowed to participate without the end cap plugs due to risk of injury. If you do not have them, bike support on site may be able to provide them for you, but it is always best to be prepared! If you rack your bike the night before the event, do not over inflate your tires! It is best to pump them up on the morning of the race to avoid overinflation and the tire "popping" as the day warms up!





THE SWIM

If you have a long wait until your swim wave goes off, do not zip up your wetsuit until closer to start time to avoid potentially overheating. Use Body Glide or Tri-Slide all over exposed skin before putting on your wetsuit to avoid the dreaded chaffing! A place not to forget is the back of your neck, where your wetsuit attaches, as it is a common area for chaffing. If the water is very cold, it is a good idea to wear two swim caps to keep your head warm, just make sure the race cap is the last one you put on!

THE BIKE



Always be respectful and safe. When passing, make sure you can quickly make the pass and let the person know that you will be passing them by saying, "On Your Left". Ride single file two bike lengths apart, or you could be penalized for drafting. Do not ride side by side!



THE HEAT

If it is a hot day, grab ice at the aid station and switch back and forth between hands to help cool down. Also, tuck a few cubes of ice in your shirt or in your hat if you are wearing one. I like to grab two cups of water at the aid stations and pour one over my head and sip on the other one.

THE RUN



Sprinkle your socks and shoes with a little bit of baby powder to make them easier to slip on in transition. If you do not wear socks, apply a little bit of body glide to the inside back of the shoe, making it easier to slide them on. Make sure your race bib is on and facing forward during the run.

ABOUT THE AUTHOR:

Angela is a mom of two, wife, registered nurse, runner, Ironman triathlete, and cooking enthusiast. She shares her tales of training for various endurance events, inspiration and motivation, and some of her favorite recipes. Follow her blog: [Marathons and Motivation](#).

Pineapple is low in calories but rich in vitamin C and manganese. It's a good source of antioxidants, which may reduce the risk of chronic diseases such as heart disease, diabetes and certain cancers.



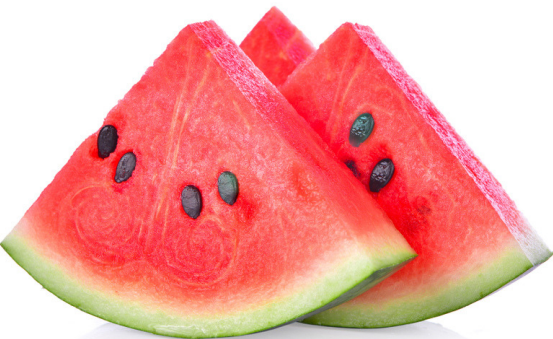
Raspberries are low in fat and high in fiber, so they'll fill you up without weighing you down with extra calories. They're also full of water and potassium which keeps dehydration at bay.



Blueberries are packed with antioxidants that aid in brain function and the slowdown of mental decline. They are low in calories but high in fiber, vitamin C, and vitamin K.



Tart cherries contain anthocyanins, which activate a molecule that helps increase fat burning and decrease fat storage. **Sweet cherries** are loaded with potassium, a natural blood-pressure reducer.



Watermelon contains about 92% water and 6% sugar. It hydrates you while keeping your memory sharp and your mood stable. It also delivers skin-protecting lycopene.

Eat Your Summer Sweets

We're not talking about brownie sundaes or ice cream cake! Put down the heavy desserts and pick up a piece of fresh fruit. Go lighter this summer with these "berry" delicious summer fruits that are loaded with health benefits.



Tips For Eating More Fruit

Go Fruit Picking

Get outside and go fruit picking! Check out what farms near you offer pick-your-own crops. Depending on the time of year, you can pick anything from apples to peaches to berries. Not only is it a fun experience for the whole family, but you also get to pick the ripest and freshest fruit straight off the vine.

Make Smoothies

Get the blender out and whip up some smoothies. You can use fresh or frozen fruit, depending on what you have on hand. If you constantly have bananas that get too brown, pop them in the freezer, that way they're always smoothie ready! Plus you can sneak in some ingredients your kids otherwise wouldn't touch, like spinach.

Shop Local

Head to a local fruit stand or farmer's market. The abundance of fresh fruits and vegetables will encourage you to make better choices. In addition, the minimal amount of processed foods means less desire to make poor decisions. Lastly, you're helping out a small business by shopping local.



Top on Salads

After you pick up your fruit from the store, wash, cut and place it in the fridge. When you're ready to make a salad, you can quickly toss all the ingredients together. Try this twist on a chill, summer salad!

2 cups baby spinach
1 cup cubed fresh watermelon
1/4 cup crumbled feta cheese
1/4 cup chopped red onion
2 Tbsp balsamic dressing

Put spinach in a bowl and add the above ingredients. Top with balsamic dressing and ENJOY!

Some Like it HOT!

Benefits of Exercising in the Heat

Global temperatures are on the rise, and summers are quickly becoming infamous for their intense heat. That doesn't mean it has to interfere with your workout routine. In fact, there are a few advantages to working out when it's hot outside.

It Helps You Cool Down

Sounds counterintuitive doesn't it? Don't let that fool you though: working out in the heat has been proven to develop your ability to keep cool. This is due to the increased blood flow you experience when working out. The blood rushes to the skin and away from your core organs so they don't get overheated. Over time, your body gets acclimated to the heat and can regulate your internal temperature better. You will find that you start sweating earlier, the first indication that your body is cooling off.



Increases your VO2 max

Vo2 max is your body's ability to consume oxygen. Oxygen is essential in red blood cell production, which in turn is necessary for your muscles to work. Therefore, the more oxygen you can intake, the more likely you will be able to run faster: assuming that your oxygen is being used efficiently. When working out in the heat, it forces your cardiovascular system to work overtime, thereby increasing your Vo2 max. As an added bonus this will help your ability to work out for longer periods of time, however, it does take longer to develop, so be patient with your body's limits.

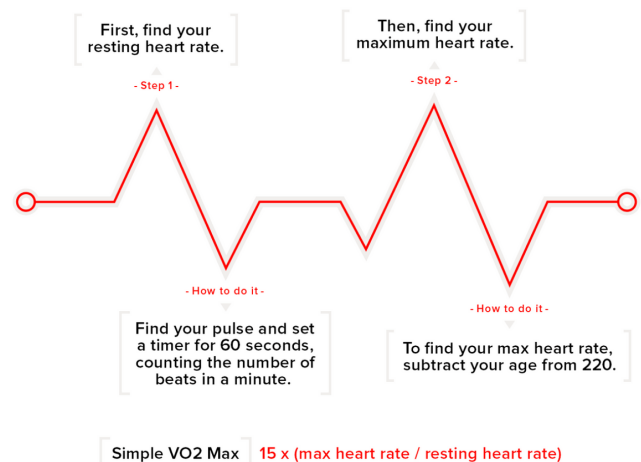


Fast Results

No, we're not counting the loss of water weight. Working out in the heat increases the stress load on your body, forcing it to become more efficient with everything from circulation, to sweating, to breathing. Soon you'll be able to work out in a variety of temperatures and conditions more efficiently and effectively.

*Always consult a doctor before starting any exercise program.

Heart Rate Measurement VO2 Max Test



BRING THE **HEAT**

SUMMER SAFETY

Get ready for the summer heatwave!

A lot of athletes are excited for this time of year. You can finally shed your heavy winter coat and exercise in the sunlight, although everything isn't all sunshine and rainbows. Summer carries some unique risks that you don't usually have to worry about in cooler months. Heat exhaustion and heat stroke can quickly become deadly if you don't recognize the signs. Keep these symptoms in mind when exercising or spending long periods of time outside this summer.

HEAT EXHAUSTION

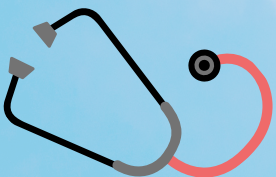
The precursor to heat stroke. This can usually be treated at home with little to no professional medical intervention.

SYMPTOMS:

Weak pulse, headache, light headed, heavy sweating, nausea or vomiting, weakness of muscles or cramps, extreme thirst.

WHAT TO DO:

Lie down. It's important to cool down, so try a cool shower or a compress, remove excess layers of clothing, and drink plenty of water or a sports drink. Avoid alcohol.



HEAT STROKE

A very serious medical emergency. Seek professional help immediately if you believe someone is suffering from heat stroke. It is likely that they are not in the right state of mind to know how much danger they are in.

SYMPTOMS:

Headache, vomiting, delirium, no sweat, dry, hot, red skin, rapid, strong heart beat, body temperature is over 104 ° F.

WHAT TO DO:

Call emergency services. If possible, move the person to a cooler area, try to reduce body temperature by using cold compresses, do NOT give them fluids if the person is not alert or is vomiting.



BE ADVISED:

This is *not* something that you can power through. If you experience any of these symptoms, immediately stop what you are doing and seek proper treatment.



According to the Center for Disease Control, on average 600 people a year die from heat related causes.



It takes about 2 weeks to adapt to sun exposure, which entails going outside for 2 hours a day during that time period.



Slowly extend the amount of time you spend outside. Make sure you have plenty of water and electrolyte dense drinks every 15 minutes or so, with some light meals.

Grilled Shrimp Salad

INGREDIENTS

- 3 ears fresh sweet corn, husked
- 4 hearts Romaine lettuce
- 1 lb. jumbo tail on shrimp
- olive oil and salt
- 2 cups chopped tomatoes
- 2 cups chopped cucumbers
- 2 cups chopped yellow bell pepper
- Dressing of your choice

DIRECTIONS

1. Chop the tomatoes, cucumbers, and bell peppers. Set aside about 1/3 cup dressing to brush on the shrimp while grilling.
2. Heat the grill to medium high heat. Brush the corn with olive oil and sprinkle with salt. Wrap in foil. Grill corn (wrapped in foil) for 20-25 minutes, turning every 5 minutes.
3. Wash and dry the romaine, Cut in half lengthwise keeping the stem intact, and brush with olive oil and salt. Grill for for about 5 minutes.
4. Thread the shrimp onto skewers for easy grilling. Brush with olive oil and salt. Grill for about 5 minutes. Brush the reserved dressing onto the shrimp as it grills for extra flavor.
5. Cut the stem off the romaine and loosely chop it up. Cut the corn off the cob. Toss everything together with the dressing.
6. Enjoy.



Frozen SUMMER Treats

One of our favorite things about summer is all of the delicious treats that are in season, but before you start to guzzle down ice cream by the gallon, try some of these healthier alternatives instead. Consume less sugar, but enjoy just as much flavor!

YOGURT POPS

Yogurt pops are a great way to get more protein in the form of a tasty treat. Try this creamy dessert the next time you are craving some ice cream!

WHAT YOU NEED

- 1.5 cups of Greek yogurt
- 3 Tbsp. of honey
- Your favorite type of berry

WHAT TO DO:

Purée the berries with 2 Tbsp of the honey, then combine with the Greek yogurt and the rest of the honey. Place the concoction in a popsicle mold, or in paper cups with a popsicle stick in the center. Let them freeze for a couple of hours before enjoying.



FRUIT SLUSHIES

Get transported back to your childhood with this classic and undeniably simple summer treat.

WHAT TO DO:

Simply combine half a cup of your favorite fruit with 1 cup of ice. Blend together and enjoy for a perfect treat that will keep you cool when you're lounging by the pool. Mix it up with different combinations of your favorite fruits: like strawberry and kiwi or blueberry and lemon.

PINEAPPLE WHIP

If you've ever had the pleasure of visiting a theme park with pineapple whip, you may be familiar with this concept, but did you know you can recreate it in your own home?

WHAT TO DO:

All you need is 4 cups of frozen pineapple, 1 cup of unsweetened coconut milk, 1 frozen banana, and a pinch of salt. Blend it all together in a blender to get a delicious pineapple whipped treat.



Not a fan of bananas?
Try a whole frozen
mango instead! Enjoy
your "ice cream" with
none of the guilt!

NICE CREAM

Try this refreshing twist on ice cream. It only takes minutes to make, has no added fat or sugar, and doesn't require an ice cream maker.

WHAT TO DO:

Peel and freeze a bundle of ripe bananas. They are the sweetest when the outer skin has a few brown spots. Once frozen, remove two bananas. Let them sit out at room temperature for about 10 minutes. Place the bananas in a blender and blend until the consistency is smooth and creamy.

FROZEN FRUIT

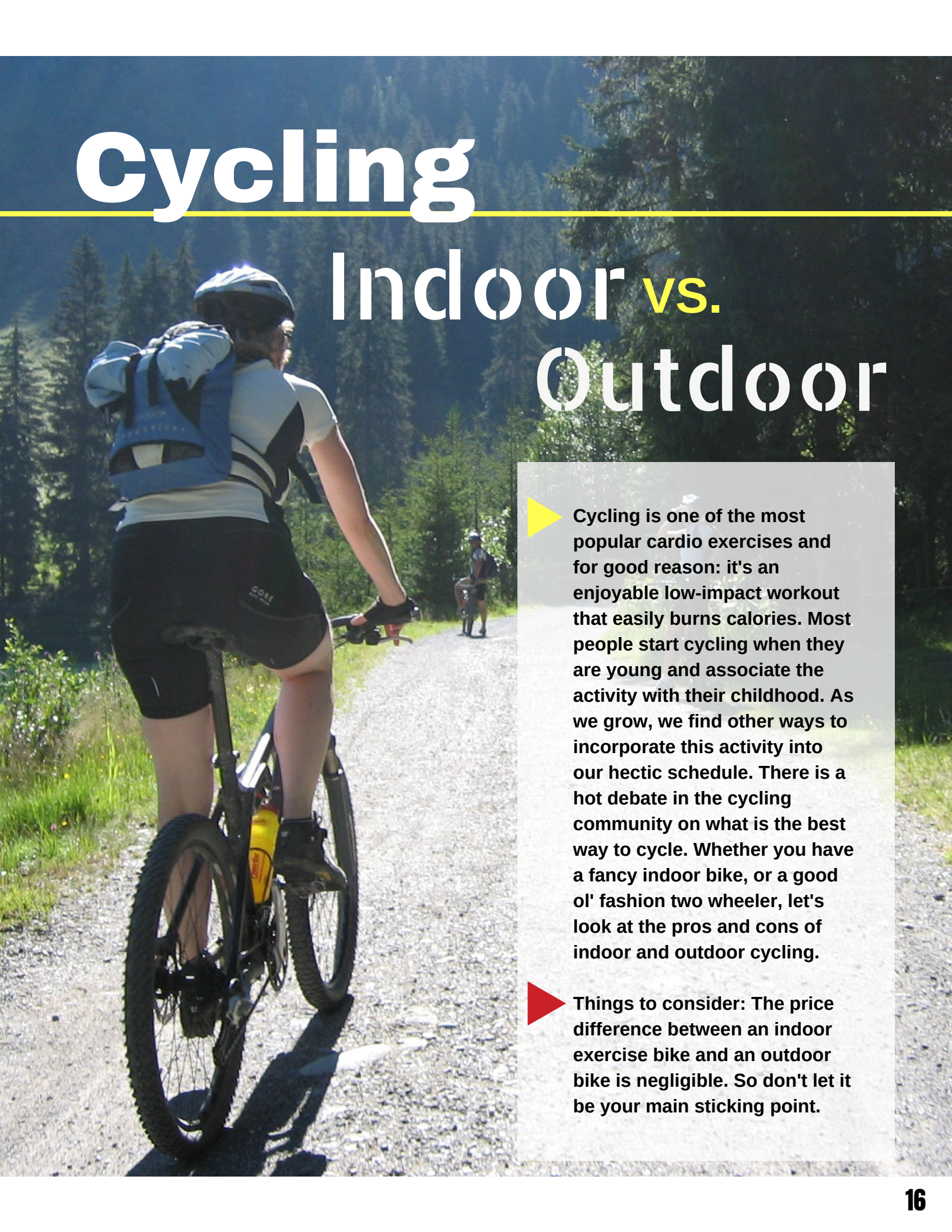
Tired from being out in the sun all day? In the morning, pop some of these fruits in the freezer and enjoy them in the afternoon: watermelon, grapes, raspberries, blueberries, pineapple, or oranges.

Summer is the best time to get your fill of fresh fruits and vegetables. Don't be shy! Make a few extra trips to your local farmer's market, fruit stand, or produce aisle to craft fresh, yummy treats at home. We promise you won't regret it.



Cycling

Indoor vs. Outdoor

A person wearing a white cycling jersey, black shorts, a blue backpack, and a helmet is riding a mountain bike on a gravel path. The path is surrounded by dense green trees and foliage. In the distance, another person is visible on the path.

▶ Cycling is one of the most popular cardio exercises and for good reason: it's an enjoyable low-impact workout that easily burns calories. Most people start cycling when they are young and associate the activity with their childhood. As we grow, we find other ways to incorporate this activity into our hectic schedule. There is a hot debate in the cycling community on what is the best way to cycle. Whether you have a fancy indoor bike, or a good ol' fashion two wheeler, let's look at the pros and cons of indoor and outdoor cycling.

▶ Things to consider: The price difference between an indoor exercise bike and an outdoor bike is negligible. So don't let it be your main sticking point.

Indoor



PROS

Convenient

There is no need to get a bike down from a rack in the garage or look up trails close to you. You can bike in the comfort of your own home.

Less Risk of Injury

Nothing is a given, but biking indoors does significantly reduce your chances of getting hurt. No need to look out for other cyclists or cars when you're exercising in your basement!

No Seasonal Limit

It doesn't matter if it's rain or shine, hot or cold, you can bike anytime when you don't have to worry about outdoor conditions.

Takes Up Space

If you live in an apartment or smaller home, then a stationary bike will take up a fair amount of space.

Repetitive

It can be very boring if you are cycling while staring at a blank wall. Try to offset this by placing a tv in front of you or by listening to music.

Less Calories Burned

The great outdoors come with certain advantages that can't be recreated, like wind resistance. To make up for this, you will have to push yourself harder on the bike.

FACTS



An indoor bike can cost between \$50-\$3,800+

Spin classes are considered a high-intensity work out.

You can burn anywhere from 7.5 to 19 calories per minute.

CONS

Outdoor

CHANGE OF SCENERY

Changing scenery keeps you engaged - not to mention when you are outdoors, you have to pay attention to your surroundings.

IMPROVES MOOD

It has been proven that being outside relieves stress and anxiety, which improves your overall mental health. In addition, exercise releases endorphins that promotes feelings of happiness.

BURN MORE

Wind resistance helps you burn more calories, but you also have to work more climbing hills.



CONDITIONS VARY

Weather and temperature can change, which can leave you with less than desirable conditions.

LARGER RISKS

From cars, animals, to other cyclists, there is no shortage of things that can disrupt your routine.

LESS OPTIONS

It's very possible that you live in a area where it isn't safe to bike or you don't have a way to transport your bike to a place where you can.

.....
PROS

.....
CONS

FINAL THOUGHTS

There is no doubt that cycling can have amazing health benefits for your body. Cycling has been proven to improve cardiovascular function, decrease stress and depression, and much more. There are a lot of options when it comes to cycling, so use this list to decide which one is the best for your lifestyle. No matter which one you chose, make sure you get pedaling soon!

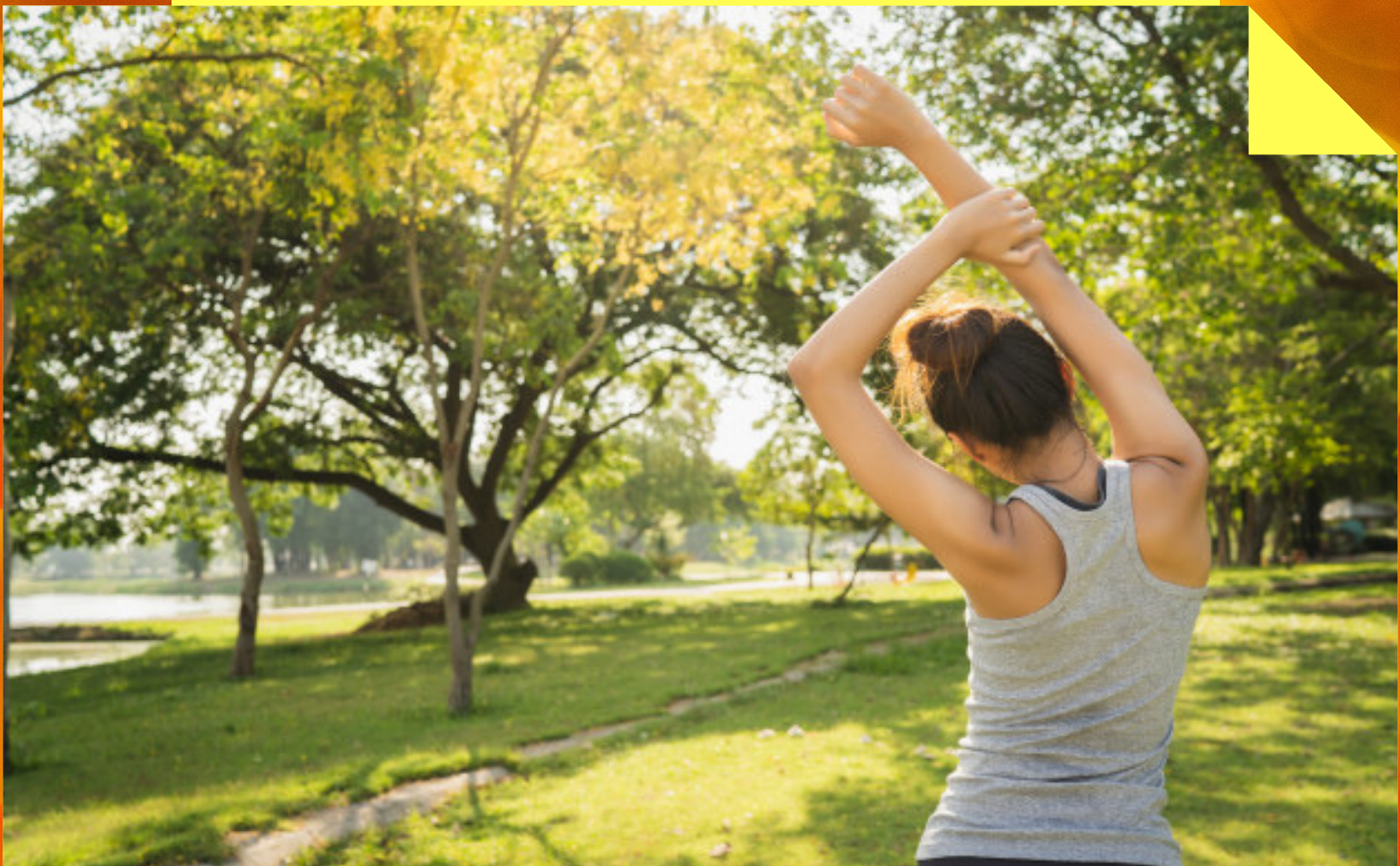
*Always consult a doctor before starting any exercise program.

Did you know?

Mackinac Island in Lake Huron banned civilian automobiles in 1898, so the popular mode of transportation around the island is BIKES!



SURVIVING THE SWEAT AND SIZZLE OF SUMMER



BY: TERRI REJIMBAL

Hooray! Summer is here, which means less bulky clothes, longer daylight hours, and runner tan lines.

Can you *hear* my enthusiasm? It's also that time when the temperature rises and running paces plummet. Let's face it, running in warm weather is hard enough, and when you add in higher dew point, temperatures feel even warmer, breathing is more rapid, and it's more challenging to cool your body. If you're like me, I tend to get discouraged and frustrated when I am not hitting the race times or splits like I was just a few months earlier.

In Florida, there are at least another 4 months of high heat and humidity that I can't escape, unless I run on a treadmill, which isn't ideal for me! Although there is no "best" time to run during the hot summer months, early morning before dawn is usually the coolest time of the day, but it's also the most humid. Running in the evening, after sunset is less humid, but the temperature is higher. Times to avoid are between noon and 3:00pm.

Sounds like there is no escape? There is! The key is to work with the heat rather than trying to beat it. Use these tips to defend yourself against summer's heat and humidity, while maintaining your confidence and motivation as you train for your fall marathon.

HOT TIPS ON STAYING COOL

Dress Cool:

Clothing should be loose, light in color, and made of lightweight technical fabric with venting or mesh to allow air to circulate and evaporate. I find wearing a hat or visor, sunglasses, and a 30-SPF or higher sunscreen gives me the feeling that I have some protection from sun's rays, and perhaps the heat won't hit me as quickly as I am creating my little space of "shade" from the sun.

Know your Sweat Rate:

The best way to gauge how much fluid you need per hour of running is to take the sweat rate test. Simply weigh yourself (nude) before and after a one-hour run. Take your pre-run weight minus post-run weight,

convert to ounces, and add any fluid ounces consumed during the run. This equals your individual hourly sweat loss.

Drink Up:

Lower your core temperature before hitting the road with an icy slushy. Research has shown that runners who slurped an icy slushy before a hot run lasted 10 minutes longer than those who just drank a cold beverage. Drink according to thirst and have a hydration plan so that you avoid drinking too little or too much (hyponatremia).

To determine how much you should drink every 15 minutes during your next run, divide the hourly fluid loss by 4, which results in consuming 10 ounces every 15 minutes. Example on following page.

Because sweat loss varies with your pace and current day environmental conditions such as temperature, humidity, altitude, etc., you should retest on another day when conditions are different to see how your sweat rate is affected.



Direction:

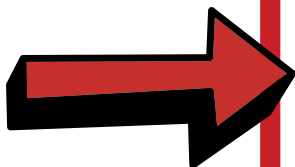
You may not be able to control the course on race day, but you can control daily routes! When you can, pick shade. If you can run a loop, leave a cooler in one spot with cold fluids, ice cubes, and a dry towel, circling back to them. If there is a breeze, run with the wind at your back and return with it in your face. This will help keep you cool.

Cool Off First:

Lower your core temperature by cooling down before the run with a cool shower, jump in a pool, or carry a towel/sponge to squeeze water onto your skin. Here are some tricks I used before two very warm marathons: The night before the Jamaican marathon, I lowered the air conditioner thermostat and slept in a cold environment. This made my body feel colder than the outside temperature so when the race started at 5:15 am, the high temperature outside felt nice. This had the added effect of extending the time before I started to over-heat.



**HOW TO
CALCULATE YOUR
SWEAT RATE AND
FLUID INTAKE**

**SWEAT RATE**

Ex: 130 lbs/pre run minus 128 lbs/post run = 2 lbs or 32 ounces
Plus 8 ounces consumed during the run = 40 ounces/hour

FLUID INTAKE

40 ounces/hour divided by 4 = 10 ounces/every 15 minutes

ICE CUBES TO THE RESCUE!

During the Kona marathon, I carried ice cubes in a sandwich bag. I learned this idea from a Stanford study that looked at overheating and fatigue in athletes. Researchers hooked athletes up to a “cooling mitt” which ran cold water along the palm of the hand, the body’s primary heat radiator. The study concluded that by circulating cold water through the mitt, athletes were able to reset the muscle’s state of fatigue and reduce the athlete’s core temperature.



Training Pace Adjustments For Temperature and Dew Points
Add Temperature + Dew Point Then Adjust Pace Based On Total

		Temperature										
		50°	55°	60°	65°	70°	75°	80°	85°	90°	95°	100°
Dew Point	50°	100	105	110	115	120	125	130	135	140	145	150
	55°		110	115	120	125	130	135	140	145	150	155
	60°			120	125	130	135	140	145	150	155	160
	65°				130	135	140	145	150	155	160	165
	70°					140	145	150	155	160	165	170
	75°						150	155	160	165	170	175
	80°							160	165	170	175	180
	85°								170	175	180	185
	90°									180	185	190
	95°										190	195
	100°											200

Dew Point:

Temperature, Humidity, & Dew Point – what does it all mean? Temperature refers to how hot or cold outside air is. Relative humidity (RH) indicates the amount of moisture the air can hold relative to the temperature. When RH is 100%, the dew point and the temperature are the same. Warmer air holds more water vapor, thus giving that muggy, sticky feeling. Humidity refers to degree of dryness/wetness in the air and is figured as a percentage. Dew point is the temperature at which dew droplets form. So when the temperature is 75°F and the dew point is 75, you will see dew or fog appear.

As the dew point creeps up closer to the actual temperature, there is more water vapor in the air, and it's harder for sweat to evaporate and keep you cool. It's undoubtedly going to be an oppressive run, so scale back on your pace. Use the charts above to help guide your training paces over the next few months.

Instead of avoiding heat during training, train your body to adapt to it. Start by acclimating to the heat by doing a minimum 5-10 runs for an hour or more at reduced intensity for the first few days. After several days, you'll begin to see signs of heat adaptation - better control of body temperature; sweating sooner through increased sweat gland activation; slower transit time of sweat; thus reabsorbing electrolytes; blood plasma volume increases which sends blood to your skin to help keep you cool without compromising the blood supply delivering oxygen to working muscles; lower rate of glycogen depletion; and lesser heart rate increase than one not heat adapted. You also won't need a lengthy warm up before starting your trek, tempo or race because your body has become more efficient at heating and cooling; thus sparing glycogen stores for later in the workout or race.

PACE ADJUSTMENT GUIDELINE

100 or less: no pace adjustment
 101 to 110: 0% to 0.5% pace adjustment
 111 to 120: 0.5% to 1.0% pace adjustment
 121 to 130: 1.0% to 2.0% pace adjustment
 131 to 140: 2.0% to 3.0% pace adjustment
 141 to 150: 3.0% to 4.5% pace adjustment
 151 to 160: 4.5% to 6.0% pace adjustment
 161 to 170: 6.0% to 8.0% pace adjustment
 171 to 180: 8.0% to 10.0% pace adjustment
 Above 180: hard running not recommended



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 or follow her on Instagram [@bayshorerunner](https://www.instagram.com/bayshorerunner).



5

NON-FOOD WAYS TO REWARD YOURSELF

We've all been there. You put in a hardcore workout at the gym and an hour or two later, your stomach starts to rumble. It's time to eat and you think to yourself, "Hey, I just worked out, I can totally binge on something yummy!" This results in a fast food run or a big ol' bowl of ice cream... then the regret starts to sink in. Consistently rewarding yourself with fatty or sugary food counteracts the hard work you put in at the gym. So, how do you stop turning to food for comfort? The answer is simple: find something rewarding that isn't related to food.

mind & body

BOOKS

Do you have a book that you've been dying to read? Or maybe you've been mulling over a magazine subscription for some time? Picking out a new book or magazine is a healthy and relatively inexpensive way to reward yourself. Plus, reading is awesome for

your brain! Curl up on the couch after a hard workout and get lost in a good read.

SPA DAY

A manicure or pedicure can be truly rewarding. This isn't exclusive to women either! Nothing feels better than having dirt and dead skin scraped away, leaving your hands and feet feeling silky smooth and rejuvenated.

MASSAGE

Leave it to the professionals to help you reduce stress, pain and muscle tension with a soothing massage. Not only does massage therapy help improve flexibility, but it also plays a key factor in helping your muscles heal. We bet you'll feel like a million bucks after getting tired/achy spots massaged out that have been bothering you for months!

NEW SCENT

A new fragrance is a great way to lift your spirits

and make you feel like a brand new person. Treat yourself to either a new bottle of your favorite scent or experiment with something new.

HEADPHONES

Headphones are a must-have accessory for a lot of athletes. How else can you rock out to your favorite jams on repeat? Upgrade to a new pair when you reach your fitness goal for the month.

Don't reward yourself too often! Set predetermined milestones ahead of time. This will add extra motivation to your workouts.



What is a KETO Diet?

What is a Ketogenic/Keto diet?

A ketogenic (keto) diet is a very high fat, low carb, and moderate protein diet. It has many medical benefits for children with epilepsy, and some people follow a keto diet for its potential weight loss benefits. A keto diet results in ketosis—a state in which ketones, formed from fatty acids, are burned as the main energy source by the body and brain rather than glucose (glucose, or blood sugar, is the broken down, usable form of carbohydrates).

What is ketosis?

Ketosis is the result of a ketogenic diet in which the body produces ketones for fuel instead of using glucose. While in ketosis the body switches to fat for almost all energy needs.

What are ketones?

Ketones are an alternative fuel to blood sugar (glucose) for the body. There are three different ketones (or “ketone bodies”) used by the body for fuel (acetone, acetoacetate, beta-hydroxybutyrate). Ketones are produced in the liver from fat as a byproduct formed during the conversion of fatty acids to fuel.

What do you eat on a ketogenic diet?

Someone following a ketogenic diet will consume moderate amounts of protein, high amounts of fat, and very low amounts carbohydrates (less than 50g/day); a rough macronutrient ratio would be 15-25% protein, 70%+ fat, and 5-10% carbs. This usually includes natural fats (butter, olive oil),

meat, seafood, eggs, cheese, and primarily green vegetables. People on a keto diet will avoid sweet, sugary, and starchy foods such as potatoes, pasta, rice, and bread.

What’s the difference between keto and low carb?

They are very similar; in most low carb diets, however protein is not restricted whereas for a keto diet protein is restricted to moderate

amounts. Additionally, many low carb diets don’t require the majority of calories to come from fat.

How do you get into ketosis?

The easiest way is to fast for a short period of time and then slowly decrease carbohydrate intake and increase fat intake over 1-2 weeks. Work with a professional to figure out how



much protein you need. It is not usually necessary to supplement with MCT oil/Bulletproof coffee or exogenous ketones for the body to enter ketosis.

How do you know you're in ketosis/how do you measure?

Urine pH strips, breath ketone analyzers, or blood ketone meters for ketones in mmol/l.

What is the optimal phase of ketosis?

Ketosis has different degrees, it is not simply black and white. Optimal ketosis occurs around 1.5-2 mmol/l; it is the optimal range for weight loss, physical performance, and mental focus. Ketoacidosis occurs when abnormally high amounts of ketones are present and demands immediate medical attention; symptoms include nausea, vomiting, abdominal pain, and confusion. Ketoacidosis is rare and the most likely candidates are those with Type 1 Diabetes.

What are the side effects of ketosis?

In the initial 1-2 weeks that the body transitions to ketosis, you may experience difficulty concentrating, headaches, and irritability (referred to as the 'keto flu'). Other symptoms include dry mouth and increased thirst, increased urination, keto breath (can make breath smell fruity or similar to nail polish remover), reduced hunger, increased energy,



constipation, high cholesterol levels in the blood, or dehydration. The keto diet does not provide all necessary vitamins and minerals found in a balanced diet, so supplements may be necessary to get adequate amounts of calcium, vitamin D, iron, and folic acid.

What are the benefits of ketosis?

Every person responds to things differently. Based on testing, people can experience low insulin levels, lower levels of hunger, steady energy supply, potential weight loss, potential increased physical endurance, potential increased mental focus, potential decrease of epileptic seizures, normalized blood pressure, and reduced sugar cravings.

How does ketosis effect epilepsy?

A ketogenic diet has been shown to reduce the occurrence of epileptic seizures. A keto diet is usually recommended for children whose seizures have not responded to seizure medications. A keto diet is

prescribed by a physician and carefully monitored by a dietitian. In some cases, the diet can allow children to reduce medication. Keto is usually not recommended for adults because the food restriction makes it difficult to follow, however with proper adherence the diet has been shown to be effective in reducing epileptic seizures in adults.

Will my cholesterol raise on a keto diet?

Many food choices in a keto diet that are low in carbohydrates are also high in saturated fats (red meat, butter, cheese, coconut oil). Some people will experience elevated levels of LDL cholesterol as a result of increased consumption of these foods, while others will not. This is partially dependent on your genetic background and family history. Work with a professional to monitor your cholesterol levels.

Should I follow a keto diet to lose weight?

The honest answer is maybe. Overall, we stand by the philosophy of a balanced diet consisting of lean proteins, low glycemic carbohydrates, and healthy fats to form long term habits and sustain weight loss results. Every person is unique though, and what works for one person may not work for another. If you are curious about trying a keto diet, obtain guidance and monitoring from a professional.

Who should follow a keto diet?

Consult your doctor first. Most people can safely adhere to a keto diet. Do not follow a keto diet if you are on medication for diabetes or high blood pressure, or if you are breastfeeding.

How long can I stay on a ketogenic diet?

This is different for every person. Work with a professional to monitor your body's response to a ketogenic diet and to determine a duration. For the average person to form long-term habits and sustain weight loss, we recommend lean proteins, low glycemic index, complex carbohydrates, and healthy fats.



What To Eat



- Seafood
- Meat
- Poultry
- Low carb veggies
- Oils
- Avocado
- Butter
- Cream
- Eggs
- Cheese
- Nuts/seeds
- Berries
- Tea
- Coffee
- Dark chocolate
- Cocoa powder



- Milk
- Wheat
- Flour
- Rice
- Starches (corn, potatoes, etc.)
- Sugar
- Legumes
- Soda
- Beans
- Fruit (excluding berries)



CARBS



PROTEIN



FATS

ABOUT THE AUTHOR

Allison is the Licensed and Registered Dietitian at fit-flavors. She strongly believes we should have positive experiences at mealtimes and truly enjoy the food we eat. Allison is passionate about teaching others on mindfulness and portion control to achieve your goals. She encourages all her clients to view eating healthy as a lifestyle, not a diet. Learn more about Allison and one-on-one nutrition counseling at fit-flavors.com.



Finish Line Thoughts

By: Robyn Larkin

No matter what, the finish line of a race is a special place, one of memories and feelings of accomplishment. Rarely do runners have the chance to immediately share that moment of crossing the finish line with someone. For some, they may have trained alone and run alone, wanting to finish alone and have that special moment all to themselves.

That is usually me. Aside from a couple miles a week with my husband, all my miles are solo miles. I'm ok with that. Running is my time alone with my thoughts. I problem solve, allow myself to get lost in an audio book or podcast, or simply just daydream about whatever is on my mind that day. I am the one putting in the effort, so it makes sense that I run my race solo (I'd probably be an overall lousy running mate in a race scenario, to be honest). I just love to finish solo, enjoying the moment that I have worked for.

Sometimes my races have taken a slightly different turn. Let me go back to what prompted me to share these thoughts.

I was recently asked by a friend to run with her for her first marathon. Of course, I was deeply honored, knowing that she was asking me to share in her moment. I told her to think long and hard about whether she wanted to share that moment with me, or if she preferred to have the full spotlight of the marathon finish line on her. I'd be okay with whatever she decided seeing as it is her race.

Immediately, she came back to me and said she had already thought about it and definitely wanted me to be there the last mile or so (I would be running the same race, and based on my typical marathon times, I would have time after my finish to go back out and catch her for a mile or maybe a little more). Not knowing how she would be feeling, but thinking that having a friend to run with would help her power through the soreness, physical and mental fatigue and anything else she may be experiencing at that point.

How wise she is.

Her message gave me something to think about. In all my now 28 marathons that I've run, most of them have been solo finish lines. But a few haven't and those weren't by planning or design. At some point in a handful of races, I made a friend along the way – usually in the last 6-8 miles of the race. And at some point during our run together, we decided that we would finish together.

Seriously, I didn't know these folks other than we happened to be struggling a bit around the same point, and decided to join forces for at least a while on the course. So I think back, and the three that stand out to me were Tulsa, when I met Ryan and he videoed my finish for me. Little Rock where I met 'Batman' who insisted that Batman and Robyn finish together, and more recently the Bay of Fundy, where the vortex of fun

swept across the finish line to some high five's and hugs together. Which was then followed by seeing my girls Lashell and Sharon waiting patiently for me to finish. Even though I really didn't know these folks, I shared a very memorable experience with them. We were the first to congratulate each other. To high five each other. To snap that first selfie with our medals. To let the other person get a tear in their eye while simply patting them on the back for a job well done. To share in an accomplishment that only another runner could truly appreciate and understand what the moment means.

While I've never run across the Richmond finish line with someone, the Meg's Miles cheer section right before the finish line is special. I know many of those in the epic cheer squad also have taken the opportunity to run in with friends, allowing them to share that moment with someone important in their lives.

While these three finishes still seem so fresh in my mind, I really

have to dig deep to remember my solo finishes; having someone to share that moment with definitely makes it a much more fun experience as well as a memory that bubbles to the surface with little prompting. The races where I haven't had someone to share the finish moment with seem a little anti-climatic. I have to search the crowds to find a family member or friend. Or worse, when I'm traveling alone, I have to make my way back to the hotel and get on WiFi so I can FaceTime my husband to let him know how I did. The time from the finish line to my next point of contact has a way of reducing the shine from a finish a bit more than I would like. That special moment seems to get further and further in the rear view mirror before I can share my excitement with another. It doesn't make it any less of an accomplishment, but the feelings associated with the finish can be very different.

Maybe going forward, I will try to make more friends in that last mile with whom I can share that post-race satisfaction. Add some



more post-race selfies with new running friends and have some of those really special memories to bank in my brain and draw from when I need a reminder of how much fun the sport can be.

So, after all that thinking back on my experiences, I'm all in to share that moment with my friend as she makes her marathon dream come true. And it is special to be the first person to congratulate her on her new title of marathoner. I only hope that I will be able to keep up as she charges down the hill to earn that title!

About the Author

Robyn started running 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.](#)



Featured Events

FOR RACETIMES READERS

Featured Event: **Lobster Loop 5K**

June 8, 2019

Kensington, CT

Details: All runners are welcome for this family-friendly race. T-shirts will go to the first 300 participants. After the race, runners are encouraged to stay for the Annual Festival On The Hill. Awards will be presented to the first overall male and female winners, along with age category winners, and to the first overall male and female winners from Berlin/Kensington.



Featured Event: **The Sunflower Run**

June 9, 2019

Pleasanton, CA

Details: Help benefit Sunflower Hill, a non-profit organization creating a sustainable and intentional residential community for individuals with special needs - similar to senior living. This race includes a 5K, 10K, and a 1 mile fun run on a flat, paved course. Registration fee includes a t-shirt and post-race refreshments. Awards for the 5 and 10K will go to the male/female overall, and the top 3 in each age category. The 1 mile run will award the top three for kids 12 and under, and the top three for athletes with differing abilities.

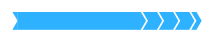


Featured Event: **Annual Odyssey 5K Walk/Run**

June 15, 2019

Atlanta, GA

Details: Support economically disadvantaged students with this chip-timed 5K. There is a 1K Tot Trot available for children 6 and under. The race will take place around the Westminster schools. Walkers and strollers are welcome to participate. Race begins at 8am with the awards ceremony to follow at 9:15am. Anyone who can't make the race can sign up to be a "ghost" participant and will receive a t-shirt, if they're still available.



Featured Event: **Gratitude America 5K**

June 15, 2019

Marineland, FL

Details: Run this "figure 8 course" in beautiful Marineland Florida. Race entry includes free access to Marineland's Dolphin Adventure! So make it a fun and fitness filled day for the whole family. Awards will be given in each age category with food, refreshments, and entertainment provided at the award ceremony.

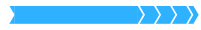


Featured Event: **Lake in the Hills Triathlon**

June 16, 2019

Lake in the Hills, IL

Details: This local event is great for beginners and elite athletes. The course consists of a 0.5 mile open water swim, 15.5 mile bike and a 4.0 mile run, both with rolling hills, and a total distance of 20.0 miles. Awards include: Finisher Medal, \$150 Cash Prize overall male and female, overall top 3 male and female, male and female fastest swim split award, male and female fastest bike split award, male and female fastest run split award, and top 3 in each age group.

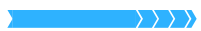


Featured Event: **Park to Art**

June 22, 2019

Meeker, CO

Details: Get ready to run with these variety of races through the beautiful Phillip and Dorcas Jensen Memorial Park trail system. This event includes a 5K, 10K, and a half marathon. All races will begin and end at the Meekerpalooza Music and Fun Festival, where admittance is free. Race entry fee includes a t-shirt and a swag bag. Award ceremony is to follow the conclusion of the races.

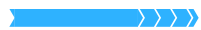


Featured Event: **Walk, Run, Roll 5K and 10K**

June 29, 2019

Scott City, KS

Details: Run in memory of the Spencer family, who tragically died in a plane crash in 2011. This race welcomes runners, walkers, and joggers, as well as strollers and wheelchairs. The race takes place at Lake Scott in a beautiful park full of natural springs, deep-wooded canyons, and craggy bluffs. The 5k run will be contested on an out-and-back course along the west side of Lake Scott, while the 10k will be contested on a beautiful and interesting single-loop course. Both courses are measured and certified by USATF. All proceeds will go to help maintain the Spencer family trail in Scott City.



Featured Event: **The Battle for Independence**

July 4, 2019

Wilmington, NC

Details: The Battle for Independence is a 4th of July celebration race in Wilmington, NC, giving participants the chance to battle it out on Wilmington's scenic Cross City Trail. The race is flat and fast, with cash prizes, helping draw in the best athletes in our region, but is also family friendly for runners of all ages with awards for kids, military, and first-responders.

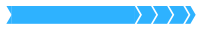


Featured Event: **Firecracker 5K Walk/Run**

July 6, 2019

Harpers Ferry, IA

Details: This chip-timed race welcomes runners of all levels. The flat, paved course is perfect for those that wish to include their children or need to use strollers. Children under 5 are free to participate and can ride/walk next to their parents during the race. A kids race will follow the 5K. Light refreshments will be available after the races, with the award ceremony to follow.

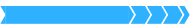


Featured Event: **Poseidon Swim Challenge**

July 7, 2019

Indianapolis, IN

Details: This 6th Annual Poseidon Swim Challenge is a race you don't want pass on! The swim race offers the coolest and most unique venue imaginable. Not only do you get to swim through Downtown Indianapolis, but where else can spectators follow alongside their athletes and cheer them along in an open water classified race? The Poseidon Swim Challenge is a bucket list quality race you won't want to miss!

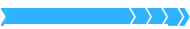


Featured Event: **Turtle Trot Walk/Run**

July 13, 2019

Massena, NY

Details: This race course is a 3.4 mile flat, fast, scenic route along the beautiful St. Lawrence River. FREE unisex t-shirt will go to the first 100 participants who sign up. Awards will go to the 1st male and female in each age group.



Featured Event: **Ashby Appreciation Days 5K/10K**

July 20, 2019

Ashby, MN

Details: This family-friendly event has something for everyone. Strollers and walkers are welcome! Run on a combination of paved and gravel roads as you race for the Ashby Legacy Fund. Medals will be given to top male & female finishers in the 5K and 10K by age category, "Ashby Bucks" prizes will be given to the overall top male and female finisher, first to the top of the hill male and female, and first baby stroller finisher. Drawings for Door Prizes will occur after the 5K/10K awards.

Featured Event: **WSMR Roadrunner Triathlon**

July 20, 2019

White Sands Missile Range, NM

Details: Enjoy a wonderful morning triathlon with a view of the beautiful Organ Mountains on White Sands Missile Range! This chip-timed race is designed for youth, those new to the sport, or for someone trying to accomplish a new challenge. The race consists of shorter distances in the run, bike and swim. An after-event meal is provided. Awards go to the top three finishers in each category. Each participant will also receive a custom participation medal or coin.



Featured Event: **8 Hours of Ithaca**

July 20, 2019

Ithaca, MI

Details: Grab a friend or three for this overnight 8-hour run. Only teams of two or four are allowed. Free swag to the first 100 registered riders. Pit area tents and overnight camping are available for those interested. Only one rider per team on the course at a time, so no doubling up! Food & water support may be provided to anyone at any time, and working front light and flashing rear light is required - riders finishing without lights in working order will lose that lap! Awards will go to the top three in each category.

Featured Event: **Alcatraz Sharkfest Swim**

July 27, 2019

San Francisco, CA

Details: This race is in memory of the infamous escape by the Anglin Brothers and Frank Lee Morris successfully from Alcatraz on the night of June 12, 1962. Experienced swimmers are encouraged to sign up for this open-water race. T-Shirts will go to all participants. Medals for top three finishers in each age group and personalized award plaques will be mailed to the top three finishers in each age group.

Featured Event: **Buffalo Paddle-Bike-Run**

July 28, 2019

Buffalo, NY

Details: Both beginners and advanced athletes are encouraged to participate in this unique event. It consists of three disciplines including kayaking/paddle boarding, bike ride and a trail run. The event is split into two different races: one for novices, and the other for experienced athletes. Every participant will receive a t-shirt and medal.



NEXT ISSUE

August/September

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.

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