

# RaceTimes®

**EXCLUSIVE  
INTERVIEW  
WITH**

**Kathrine**

**Switzer**

**The first woman  
to run in the  
Boston Marathon!**

**THE  
KETTLEBELL  
EFFECT**

**Reduce pain  
and increase  
endurance**

**MARATHON  
EDITION**

**Overcome  
Injuries**

**&**

**Come Out  
Ahead!**

**Cheap & Simple  
SHOE CARE TIPS**





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## Exclusive Interview With: Kathrine Switzer

She was the first woman to run in the Boston Marathon in 1967. Decades later she's still breaking down barriers and advocating for women's rights.

Find out what Kathrine is up to today and how she's making a difference.

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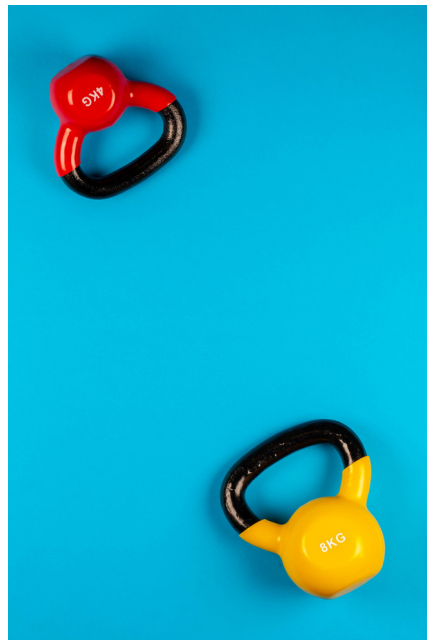
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# editor's note

## tip of the month

As summer comes to a close and the kids head back to school, I ask you to reminisce on what you did the past few months. Did you accomplish everything you wanted to?

I challenge you to ask yourself what your biggest achievement was this past summer or what you are most proud of? What's the first thing that comes to mind?

Maybe you finally cleaned out the basement, or you traveled to that one place you've so desperately been trying to get to. Did you finally receive a raise or bonus at work? These are all accomplishments worth noting.

This summer I made the decision that I want to start doing volunteer work at least once per month. Why, you ask? Because helping out at a local race or cleaning up a park in an impoverished area is much more rewarding than sleeping in on a Saturday.

There are numerous ways you can give back to your community and I'm going to use races as an example.

The cool thing about races is you can be involved as much or as little as you want. You can simply donate to a cause or you can attend a race, start a fundraiser, and get others involved. Just remember, every little bit helps and there's power in numbers. Your \$10 donation may not seem like a

lot, but if just 100 people donate \$10, that's \$1000 right there!

Sign up for a 5K. Even if you can't or don't want to run, you don't have to. A lot of people have the misconception that you must run when attending an event. The reality is that most shorter distance races you have the option to walk. So grab a friend or family member and get out and walk for a cause!

The biggest benefit I've received from running in races is new experiences. My favorite race was at the Wild Animal Sanctuary in Keenesburg, CO. I haven't had the opportunity to travel and race internationally, but the events here in the United States are just as rewarding to me and within my means. It's all about balance. Follow your passion and start getting more involved in 2019 and beyond!

Kirsten Capuano  
Editor of *RaceTimes*



*Give Back!*  
*Follow your passion  
and get more involved!*

### Ways to Give Back!

#### Short on Time

- ▶ **Donate \$10 to a race cause.**
- ▶ **Let friends and family know about upcoming events they may be interested in.**

- ▶ **Share a charity event on your social media feed.**

#### Get More Involved

- ▶ **Start a race fundraiser and get your friends involved.**
- ▶ **Volunteer on race day.**
- ▶ **Sign up for a race.**





Photo taken in 2017 as part of a PR shoot, courtesy of Hagen Hopkins.

# The Beginning of a Movement

**In 1967, Kathrine Switzer was the first woman to have officially run in the Boston Marathon. Little did she know, a man would attack her on the course. Read on to learn more about Kathrine's story and how she has become one of the biggest running icons of our time.**

**It was a chilly day in Boston** on the morning of April 19, 1967. It had started to sleet, adding to the chill. Forgoing the more exposed t-shirt and shorts, most runners had decided to keep their sweatshirts and pants on. Among the runners was Kathrine Switzer, a 20-year-old woman, excited to run in her first marathon and prove to her coach that females could run in a long distance race without harming their "fragile" bodies. When she approached the start line, she had no idea the type of journey she was about to embark on.

Due to Switzer's courage and completion of the race, women officially became welcomed into the Boston Marathon, endurance racing was inaugurated into the Olympics, and she inspired thousands of women across the world to become runners. Switzer answers some of the most frequently asked inquiries about the Boston Marathon and how she's been helping women's running gain recognition and validation ever since.

**Why did you start running and how old were you when you started?**

I started running at age 12 when my father encouraged me to run a mile a day so I could make the field hockey team in my high school. (There were no intermediate schools in those days; I began high school at age 12).

**How old were you when you ran your first marathon?**

I was 20, and my first marathon distance was run in practice; my first marathon race was the 1967 Boston Marathon.



## **Why did you want to run the marathon, and the Boston Marathon, in particular?**

I discovered early that running always made me feel powerful, free and fearless. The longer I ran, the higher I felt so the 26.2-mile distance intrigued me. The Boston Marathon, which was founded in 1896, was the most famous race in the world to me next to the Olympics. Yet unlike the Olympics, it was supposedly open to anyone who wanted to try to run. I felt thrilled by the prospect of running 26.2 miles in a race where supposedly anyone could run in the same race as the greatest runners in the world. There was no other sports event like that! (For instance, you cannot just go out and play baseball with the New York Yankees). Plus my coach, Arnie Briggs, had run the Boston Marathon 15 times and he used to tell me stories about this race and they inspired me.

## **Did you train for the race?**

A lot! My coach didn't believe that a woman could do the marathon distance but promised to take me to Boston if I showed him in practice that I could do it. We trained hard and one day ran 31 miles, and he was amazed, exhausted, and also proud. True to his word he helped me enter the race.

## **Were you trying to prove anything or make a statement when you first ran the Boston Marathon in 1967?**

No, I was just a kid who wanted to run, and was there as a reward from my coach who didn't believe that a woman could run the distance. I had heard that other women had run marathon

distances and that one woman in 1966, Roberta Bingay Gibb, ran the Boston Marathon but without an official bib number, so I wasn't trying to break any barriers. It wasn't until a race official attacked me during the run did I become determined to finish and speak out on behalf of all women.

## **Why did the official attack you?**

The official claimed the race was a men's only race and that I was not allowed to run. He was very angry that I had obtained an official bib number, and he lost his temper.

## **Why was the Boston Marathon a men's only race?**

Nowadays, that is an interesting question, as there were no real rules in 1967 stating that the Marathon was for Men Only. Nor was there anything indicating gender on the entry form. But almost all sports were for men; women rarely participated. Most people assumed that women could not run the marathon distance and if they tried they would hurt themselves. Most women themselves were not interested in running for the same reason, and many people also believed that difficult sports made women masculine. In 1967 the longest event in the Olympic Games for women was 800 meters on the track, and cross-country races for women were 1-½ miles.

## **How did you enter the race if it was for men only?**

First, there were no rules written saying it was a men's only race. Next, there was nothing about gender on the entry form. Third, my coach told me it was OK for me to

enter and in fact I must enter the race properly for my run to count. Lastly, I sign my name with my initials, K.V. Switzer. So the officials probably thought K. stood for a man's name.

## **Why do you sign your name with your initials?**

Because my name Kathrine was miss-spelled on my birth certificate and around age 12 I got tired of it being miss-spelled all the time. (You see there is no 'e' in the middle of my name; normally it is spelled Katherine). I also wanted to be a writer and admired authors like J.D. Salinger and E.E. Cummings, so I thought using my initials was a cool, writer-ly kind of thing to do.

## **In 1967 you had to take a pre-race physical attesting to your fitness to run Boston. How did you pass this unnoticed as a woman?**

The race application recommended that runners submit a letter in advance from a physician certifying we were fit to run the marathon. My doctor examined me and wrote the note saying I was fit, and I mailed it with my entry.

## **Did you disguise yourself as a man?**

Absolutely not! I was very proud of being a woman. I had long hair, wore lipstick and eyeliner to the start line. I was wearing a very nice shorts and top outfit so I'd look good, but because weather conditions were miserable, 34 degrees, snowing and sleeting, I had to leave my baggy grey sweat suit on.

I'd planned on only wearing that to warm up in, and then discard it, as most athletes do before a race. It was my worst looking warm-up suit, too! All the men around me knew that I was a woman. The morning of the race, it was not only snowing/sleeting but also very windy and very cold, and everyone looked alike in their baggy grey sweat suits—including me. So perhaps officials didn't notice me then. If it had been a hot day, and I was only wearing the shorts and top, history might have been changed.

#### **At what point in the race did the official attack you?**

At about the 2-mile mark, so I still had 24 miles to run.

#### **What were you thinking when the official attacked you?**

I was very frightened and was just trying to get away from him.

#### **Why didn't you drop out?**

Because I knew if I did that no one would believe women could run distances and deserved to be in the Boston Marathon; they would just think that I was a clown, and that women were barging into events where they had no ability. I was serious about my running and I could not let fear stop me.

#### **What did the men around you do in the race?**

They were shouting at the official to leave me alone and tried to push him away but he was very determined. Then my boyfriend, who was an ex-All American football player, gave the official a massive shoulder charge and sent him flying out of the race.

#### **Did you bring your boyfriend along to Boston to protect you?**

No, my boyfriend originally came to Boston because he thought if a girl could run the race, he could run it, too.

#### **Did you finish the race?**

Yes.

#### **Was it difficult?**

For a while, it was difficult because I was very worried and nervous, and had lost a lot of energy. The adrenaline rush that comes from a shock flows out of you afterward and leaves you drained. But energy slowly returned and by the end, I was feeling pretty good.

#### **What else happened in the race?**

Just about everything, because a marathon teaches you so much. Most of all for me, I got my energy back, and became both radicalized and inspired by the incident with the official to create opportunities for other women in running. When I finished, I felt like I had a Life Plan, and in fact, I did!

#### **Did you get in trouble for running the Boston Marathon?**

Yes, the official who attacked me had me disqualified (DQ'd) from the race and then expelled from the Amateur Athletic Union, the sport's governing body, for a whole list of reasons, one of which was running with men. Plus there was a lot of negative press reports and plenty of hate mail.

#### **Was there any good news?**

Sure! Almost everyone was on my side and thought the sports officials were old fogeys. Most journalists loved the story and became

positive about me, and other women runners were also, after talking to me. I got invited to a lot of races. I got more fan mail than hate mail. And I learned a lot about people.

#### **Did the official get in trouble for attacking you?**

Not serious trouble, although what he did was very serious. But he received a great deal of bad publicity also.

#### **Did the official ever apologize?**

Not really, but he did give me a kiss six years later on the starting line of the 1973 Boston Marathon and we eventually became good friends.

#### **What was your time in that first marathon?**

4 hours and 20 minutes.

#### **How long did the Boston Marathon remain a men's only race?**

For 76 years, until 1972, and in that year women who could run the marathon in 3 hours 30 minutes or faster were admitted to the race officially. But for some of those intervening years, several of us women ran Boston anyway without numbers and worked to convince the governing bodies of the sport to allow us into the race as official athletes.

#### **How did the men runners feel about women in the marathon?**

Most of them loved having women in all running events. They admired us for being serious about our running, running such a difficult race and really supported our efforts for inclusion. I have never received a negative comment from a male runner. I believe that one reason women are so advanced in running as compared to other sports is because male runners have been so supportive and positive.



## **How has the Boston Marathon experience changed your life?**

In just about every way because by the time I finished the race, I was inspired to both become a better athlete myself and create opportunities for other women in running. All this led to several interesting careers, almost all of which I designed for myself and are connected to running and social change. The 1967 Boston Marathon also told me I could persevere over anything. And it has helped me to be pretty fearless in other ways, too. (Mostly, anyway!!)

## **What was your best marathon time ever and when and where did you run it?**

My best time was 2 hours 51 minutes 37 seconds, in the 1975 Boston Marathon. I placed 2nd; it was my seventh Boston Marathon.

## **What is your biggest victory?**

My biggest running victory was winning the 1974 New York City Marathon, my biggest personal athletic victory was running a personal best of 2 hours 51 minutes—that improvement from my first marathon of 4 hours 20 minutes told me that women had more ability than we could imagine. I thought my biggest Life Victory was being a major part of getting the women's marathon accepted officially into the Olympic Games in 1984. I created a global series of running events for women that changed their lives and provided important convincing data for change. However, I now see that another big accomplishment may lie yet ahead of me: the founding of '261 Fearless', a global movement that is empowering women well beyond the Olympics...

## **What was your biggest contribution to getting the women's marathon into the Olympic Games?**

For many years, I created and organized a global series of races, called the Avon International Running Circuit—400 races in 27 countries for over a million women—that demonstrated women's capability and also had enough international representation to convince the International Olympic Committee (IOC) that the women's marathon should be included in the Olympics. In some countries, these races were often the first sports events of any kind for women. We also supported medical data showing that distance running was not harmful to women. I also worked directly with IAAF, IOC and LAOCOC officials both in terms of lobbying and in compiling data and presenting a big report to them.

## **Why was it so important to get the women's marathon into the Olympic Games?**

Because I knew when the world saw women in the most difficult of all running events, competing in the most important and prestigious sports event—the Olympics—it would change world attitudes about women's capability. Everyone everywhere understands that 26.2 miles (or 42.2 km.) is a long way to run, and when they see women doing it they know that women can do anything and should be allowed to participate.

## **Has having the women's marathon in the Olympics changed the world?**

Absolutely! The Olympic Women's Marathon opened the door for many other women's events and helped increase the number of women participants in all sports. Additionally, the women's marathon opened doors for new Olympic events for both men and

women. Maybe most importantly, people around the world have been inspired by the women's Olympic marathon and now embrace a healthy and productive running lifestyle.

## **Is it true that there are now more women runners in the USA than men? Why has this happened?**

Yes, 58% of race participants are now women in the USA and this is also probably true in Canada. Running gives women fitness, self-esteem and empowerment they may never have had before. Also, running is time-efficient and inexpensive, and women can fit it into a busy day which may also include organizing a job, children and home. Interestingly, I see this trend happening now in Europe, and predict that it will have a global impact.

## **What more can be achieved for women's running?**

So much! We've only just started! Men have been running seriously for 3,000 years; women only seriously for 40 years. Women have natural strength in stamina and endurance and they will be increasingly competitive in ultra marathons. As the sport changes and embraces very long distance and combines with other women's strengths such as flexibility, balance, ability to withstand the cold, then we will open a new era. But the critical thing is that right now we need to work on opportunities for many oppressed women in Africa, South America and the Middle East. Talent is everywhere. It only needs an opportunity. I am hoping to accomplish the task of reaching at least some of these women through the 261 Fearless non-profit organization.

-Kathrine Switzer ●



## Modern Day Kathrine: An Exclusive Interview.

By Ashley Baker

Although women's running has made great strides since that fateful day in 1967, there are still some huge hurdles that women must face on a daily basis. Many women still feel unwelcome in competitive sports. A National Study performed by Stop Street Harassment found that 23% of women exercise indoors, whether at a gym or at home, because of their fear of harassment or assault. In a recent interview, Kathrine Switzer discusses how her nonprofit organization 261 Fearless is inspiring women to *run across the entire world!*

**I asked Kathrine about 261 Fearless, a nonprofit that encourages women around the world to run.**

"One of the things that is amazing about the 261 Fearless foundation, is that it actually started itself," she told me. Originally, she didn't want to be involved. She didn't want to start another business, or do another project. She thought she was too old to start building something again. But women from around the world had taken her bib number from the infamous Boston Marathon and transformed it into a rallying call. They would send emails, photos, or Facebook posts

to Switzer showing the bib and telling her their stories. 261 was synonymous with living fearlessly for these people. They would run in races with their assigned bib number, and then place another one on their back, stating 261. It was an unofficial form of solidarity, spanning across the globe as women took inspiration from her.

"I suddenly realized what was happening... that these people, like everybody, were told at one time they couldn't do something, they weren't good enough, or they weren't really athletic. They started running, and like all of us who run, they

started to feel really full of self esteem, and purpose. They felt fearless, like they could do anything. It was changing their lives and they were attributing it to the 261 incident in the Boston Marathon, where the official had tried to pull the number off of me." And we said "My God, this is such a powerful thing, we have to do something." So, instead of adjusting a movement of fearlessness, we decided to really focus our attention on helping women around the world who have no opportunities, or who are too fearful for the first step; we wanted to help them take that first step." 261 Fearless accomplished this through



community clubs. Women can gather for community support in a noncompetitive atmosphere. They can lean on one another while running through their towns or neighborhoods; talking, listening, or even just enjoying the feeling of being outside. There is safety in numbers, and many women, if they don't have access to local clubs, do not have the confidence to run alone; especially more mature women, who might have missed out on the sports experience in their younger years. Switzer likened it to "Girls Who Run," a running club for girls between third and eighth grade that brings girls of different ethnicities, economic and social backgrounds together, to bond over and foster a love for running outdoors, no matter their athletic ability.

"Getting a woman to believe in herself, to take the first step, especially in something like sports, that's our goal... we have been socialized for thousands of years to believe the old myth that we are too weak, too fragile, we can't do it, we're inept, it's inappropriate, etc., and somehow we are made to feel stupid or silly doing it. This takes away all of that, we are having such success with that and it's really great."

Exercise of any kind has proven to increase self esteem and confidence. Running is especially enticing because it is so low cost, most people need only a pair of running shoes and a path to run on. The added social component of running with

other women gives another layer of safety and encouragement to be their best selves. No one's story encapsulates this better than Olivia, whose name has been changed due to privacy reasons. Olivia joined a club in Austria. She was painfully shy, in her mid-thirties and in a bit of a life crisis. She was not sure where she was going in her career, marriage, or life in general. Olivia was worried about being the slowest in the group and was painfully self conscious to the point where she had difficulty making eye contact with people. She was paired with a younger girl and her mother. With the younger girl, Olivia was able to reconnect with her lost youth, while the older woman gave her guidance and wisdom. After a while, Olivia came out of her shell and wanted to do more for the organization. Using her connection as a travel agent, she arranged for her club to participate in a 5K race happening in a nearby town. Olivia had found her passion, and is now a successful travel agent that helps book people on major running experiences. She has lost 25 pounds, gained the confidence to lead her own running club, strengthened her marriage, and is now pregnant with her first child.

"Running changed my life, it saved my life," Olivia told Switzer, "It gave me direction."

Olivia is not alone in this view. Countless other



women have joined 261 Fearless to help realize their inner strength and courage; whether that means leaving a relationship, asking for a raise, or pursuing a career change. 261 Fearless now has clubs in 11 countries, but the nonprofit is hoping to add 200 more clubs in the next five years, with a focus on penetrating the Middle East, whose cultural norms discourage or even punish women for participating in exercise of any form.

So many women are asking for clubs in their cities, that they are having

difficulty meeting demand. Switzer commented that they need more club leaders so that they can reach people in their communities. Club Leaders take a two to three day course called "Train a Trainer" before they are allowed to form their club, with ongoing sessions throughout the year, so that the coaches can stay up to date on the latest research and trends.

After completing the initial course, the women learn basic stretching exercises, proper running techniques, manage the running schedule, and ensure that





the environment is nonjudgmental, so that the women in the group feel supported and are able to grow.

Beyond helping women gain strength, 261 Fearless also partners with other foundations. Recently, with their partner Adidas®, they launched a campaign for Ocean Clean Run. Adidas® donated 1 dollar per kilometer to the Parley Ocean School to help clean up our oceans. 261 Fearless club members teamed up to help. At the end of the campaign, the total participation was over 1.5 million people, with a total of 8,888,954 kilometers ran.

As impressive as that is, Switzer really wanted to bring attention to Hello Cup, an eco-friendly and cheaper alternative to tampons and pads based out of New Zealand. It's a menstrual cup made out of medical grade thermoplastic elastomer that is good for up to ten years. She told me, "I sat down and calculated how many women would be

having their menstrual period [during the New York City Marathon]...It came out to be a modest estimate of 2,500 women." Taking into account logistic issues like carrying sanitary products and stopping at toilets along the way, it can slow a woman down significantly and affect their confidence level if they are worrying about their period instead of their time. In a broader view, Switzer would like to see Hello Cup being used in poorer communities where girls there are missing out on school, either because they can't afford the traditional sanitary items, or because of a social taboo surrounding menstruation.

60 years ago, Kathrine Switzer experienced a cataclysmic event that sent her down a path to push women's endurance sports to the mainstream. She is still going strong helping to build women up to their fullest potential. She continues to set an example by pushing herself and

never compromising on her goals.

In 2017, she competed in the Boston Marathon, on the 50th anniversary of her original run. She confided in me that this was one of the things she is most proud of, more so than any books she's written or anything else. She wants other women who are in their later years, to know that they can still accomplish amazing things. Whether it is running in a marathon or a simple 100-yard dash, she wants to encourage women to stay active and live a healthy life to the fullest.

**Interested in running the Boston Marathon? Learn more about the requirements at the official Boston Marathon [website](#).**

**If you want to learn more about 261 Fearless, how to join a club, or become a coach, visit their [Facebook page](#) or [website](#).**



# "PICK OF THE PATCH"

## 6 FALL HALF & FULL MARATHONS



### 7 Bridges

**Where:** Chattanooga, TN.

**When:** October 20, 2019.

**Details:** Chattanooga's largest race event! Multiple races to choose from including a full and half marathon, 7K, 5K, and 1K. All marathon finishers will receive a finishers medal. Live DJ, food, and more will be there to keep the party going!

### Sri Chinmoy Half Marathon

**Where:** Valley Cottage, NY.

**When:** October 20, 2019.

**Details:** A beautifully scenic, "Pancake Flat", USATF certified 2.96 loop around Rockland Lake. Race can be used as a Boston Qualifier. All finishers will receive a medal and all participants are welcome to stay for a free pancake breakfast!

### Main Street Half Marathon of Hunterdon

**Where:** Clinton, NJ

**When:** October 13, 2019

**Details:** This will be unlike any half marathon you've done before. Equal parts challenge, community and celebration...with a pre-race outdoor festival and street fair, a "Superhero Sprint" kids race down Main Street, entertainment, family and friends along the way, and a finish line party that rivals a rock show (complete with a few local "refreshments").





## Holly Springs Half Marathon & 5k

**Where:** Holly Springs, NC  
**When:** November 23, 2019

**Details:** This route begins at the brand new Salamander's Baseball Stadium, offering scenic views along the Holly Springs Greenway. Finish at the beer garden, which will include a custom beer, Runner's High, brewed by Bombshell Beer Company specifically for the Holly Springs Half Marathon.

## 43rd Dayton River Corridor Classic Half Marathon & 5K

**When:** October 13, 2019.  
**Where:** Dayton, OH

**Details:** Celebrate Global Running Day with the oldest race in Dayton! Autumn is perhaps the most beautiful time of the year in Dayton, OH and the DRCC takes advantage of this by taking runners on beautiful natural trails that wind along the city waterways. All finishers will receive a medal.

## Mayberry Half Marathon, 10K, & 5K

**Where:** Mount Airy, NC  
**When:** November 16, 2019

**Details:** Visit the historic town made popular by the Andy Griffith Show. Come run beautiful, flat, and fast courses through Historic Mayberry and on the Granite City Greenway! Cash prizes will go to the top overall male and female, awards to the top 3 in each age group.



Always consult a doctor before starting any exercise plan.



# Coping with Injuries

**How to handle them like  
a PRO, while keeping  
your spirits up!**

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By Terri Rejimbai, RRCA Coach

Drinking my tea this morning, I came across a saying on my tea bag that I thought seemed a fitting analogy on injury: “One thorn of experience is worth a whole wilderness of warning” – James Russell Lowell.

Whether major or minor, injuries happen to the best of runners, including the elite and pros. Run long enough or hard enough and you'll probably get an ache that will temporarily sideline you. Fortunately, most injuries are short-term; yet, to the affected runner, they seem devastating.

An injury can be just as difficult mentally as they are physically. In addition to physical symptoms, injured athletes experience a range of emotions, which experts say is normal and healthy.



It's helpful to realize injured runners tend to follow a pattern of psychological reactions similar to how we respond to grief and loss. In the book *Running Within*, psychologist Jerry Lynch and Coach Warren Scott outline a connection between these reactions and the 5 stages of grief.

If you've ever been injured, you're probably familiar with the "it's the end of the world" feeling, a loss of identity and even symptoms of withdrawal, not just from the myriad of physical benefits like the endorphin rush a daily run delivers, but also from the social benefits of feeling "included". Add to that anxiety regarding the perceived loss of fitness, having to forfeit a goal race, or the loss of registration fees for races already entered, and you have someone who becomes cranky, irritable and lacks patience with everyone around them. Just ask my husband!

**If you've experienced an injury, see if you recognize yourself in any of these stages:**

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## Denial

It'll go away. I can run through this. If I refuse to accept the pain, it doesn't exist, right? You pray to the running gods, scan the Internet for diagnosis and say that doesn't fit me. Hard-core runners often deny the significance of their injuries because they have been conditioned to run through low-grade pain and fatigue. Running through the on-set of an injury often makes the injury worse.

I tried running through an injury for 3 months prior to the 2016 Gasparilla half-marathon. I had a metatarsal stress fracture and refused to get confirmation or treatment until after the race. Instead, I adjusted my training, reduced my mileage, taped my foot and switched up my shoes and inserts. I prayed I would get to the start line, finish the race, and then I would take a

3-week break. I finished the half-marathon in 1:24, placing 3rd local, but could barely walk after I crossed the finish line. Furthermore, my denial turned a 3-week break into 6 weeks on the injured list.

## Anger

Why me? Why now!? I can't be injured, I have a major event coming up! You can't do this to me! Panic, anxiety and pain ushers in anger when you are unable to perform optimally. An injured runner will become angry at everything and everyone. Often in a cloud of denial, they continue to train doing whatever they can to maintain fitness. This often can have disastrous effects and create biomechanical problems as one tries to compensate for the pain. Once an injury forces you to stop, it's best to channel that anger towards

getting a diagnosis and designing a recovery plan. Use your passion and energy constructively - learn why the injury happened and how to prevent recurrence. View rehab as a form of training and leverage the discipline you demonstrate when training for a race to set goals for your rehab. Give yourself a few days to be angry, then look forward. Elite runner and Greek Olympian Alexi Pappas suffered a hamstring injury shortly after the 10,000m race in Rio in 2016. Unable to train and not wanting to let anger and self-pity get the best of her, she focused her attention on a number of creative projects, such as the promotion of her film *Tracktown* that she starred in and directed. She focused on positive opportunities that she wouldn't have had time for if she





were training, such as shooting film on the 2018 Winter Olympics in South Korea, writing a book of essays called *Bravery*, and producing a television series with her husband.

## Bargaining

Please, just get my body through this next race. I promise I'll stop and address the injury. Or as I call it, "praying to the running gods". We plead to have "just one more run" which, if you're like me, never stops with "one more". Jeff Galloway once told me that you always have to pay the piper whether it's now, later, or in several weeks, and that it usually occurs at the most inopportune time when you don't want to be sidelined. Your body will tell you when it wants to take a break and if you don't listen to the signals, you will be forced to stop.

I have often used bargaining to get me to the start line; however, I would not advocate it. Weeks before the 2015 USATF Masters Half Marathon Championship in San Diego, I had plantar fasciitis and was getting physical therapy and massages. Prior to a run, I would warm up the tendon by walking our dog, Ursa. However, as soon as I finished the run, the pain and stiffness would come right back. I also knew the sides of my feet and hips were compensating. Two days before the championship, I got a massage that brought a great deal of relief. On race morning, I applied fresh Rock-tape and ran my second fastest half-marathon in 1:22:29, placing fourth Master. I also hobbled all the way back to my hotel. The next weekend was the start of the Watermelon 5K Series. I bargained for just "one more run" and placed first female in 18:50. The next day, my body rebelled. The pain was so intense that I finally said, "I can't do this anymore". That resulted in a 4-month setback. Lesson learned.

## Depression

I don't even want to look at Facebook and see everyone's race results. Research conducted by Diane Wiese-Bjornstal, Ph.D., associate professor of kinesiology at the University of Minnesota and a leading researcher of injury psychology, shows that athletes with severe injuries that require long amounts of downtime are likely to linger in this stage. The enthusiasm you initially had for your rehab routine fades. You miss the endorphin fix running provided and you feel cut off from the running and racing community.



While sidelined with plantar fasciitis, I became depressed and felt isolated from my running friends. Eventually I got over feeling sorry for myself and accepted that the injury would heal in time. During the time spent recovering, I immersed myself in projects I had put off, walked daily with a neighbor and our dogs, made new friends outside of running, and went to concerts that I wouldn't have been able to had I been training. Simply put: I stayed busy.

## Acceptance

I'm injured, but I must go on with my life. The final step. This is when healing usually takes place. Use your injury as a helpful wake-up call. When you accept that you're injured, and understand it takes time to heal, then you can properly treat and manage it.

Ellie Greenwood, British ultra-marathoner, suffered an 8-month injury only to rebound and win the 2014 Comrades marathon (~89km/55 miles). In an article in Trail Running magazine, she stated, "Everyone gets injured if you're trying to run at your maximum potential. You've got to deal with it and get on with it." I think that sums it up perfectly. Every runner is pushing their body to see how close they get before they step over that fine line where their body breaks down. A smart runner knows the possibility of injury could happen if they push too hard, while a stubborn runner thinks it will NEVER happen to them.

While commenting on her withdrawal from the 2018 Chicago Marathon due to a repeated calcaneus fracture, elite runner Jordan Hasay (3rd in Boston 2016 and American fastest ever debut in 2:23:00) put it poetically: "Things end up happening for a reason. You really don't know the reason until later."

When you get the "all-clear" to resume training, start back slowly, perhaps a bit more conservatively than you think. Often times, after an injury, your muscles and joints aren't as strong as prior to injury due to the lack of running mechanics. Depending on whether you were able to cross-train to maintain fitness, I would suggest beginning with a walk/run regimen. In the beginning, measure your running cycles in terms of time and not distance. As you become stronger, increase mileage slowly, using the 10-percent rule. Although you'd rather eat asphalt than be caught walking, do it anyway. You're still exercising your muscles. If you try to take shortcuts or to cheat your body's natural timetable, you're asking for trouble. You can't rush your recovery.



While recovering, be sure to eat well. Most runners cut back on their diets to prevent weight gain. Personally, I find I am not as hungry and have fewer cravings when I am sidelined. It's almost like I'm "re-setting" my appetite. But if you do gain a few pounds while recovering, don't stress. Your body will burn them up once you resume running.

Stay positive. Stay mentally busy. Eat healthy. Train wisely. And hopefully, you'll get over this hurdle and train year after year without injury.

Always consult a doctor before starting any exercise plan.

## About the Author

Terri Rejimbai is a competitive Masters athlete, a 3-time winner and 8-time Masters champion of the Gasparilla Distance Classic half-marathon; 6-time Disney Masters marathon winner, 6-time Florida USATF Athlete of the Year, and a New Balance product tester. Terri is a RRCA certified running coach and available for consulting or coaching services. Contact Terri at [tarejimbai@gmail.com](mailto:tarejimbai@gmail.com), on [Facebook/terri.rejimbai](https://www.facebook.com/terri.rejimbai), Twitter [@trejimbai](https://twitter.com/trejimbai), or Instagram [@bayshorerunner](https://www.instagram.com/bayshorerunner).



# NUTRITION

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## FOR

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## MARATHONERS

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Training for a 26.2 mile race starts months in advance of the actual event day. You might already have your training plan mapped out, what routes you're going to run, how many miles, what cross training you'll do, and when your rest days will be. The real question is: what are you fueling your body with for the next few months? Your regular diet might not cut it, especially if it is low in protein. Something as small as eating before the race might make the difference between setting a new personal best or lagging behind the pack.

It's important that you start to plan your meals in advance so you can see how much protein, carbs, fat, etc. you are taking in. Everybody is different, so you will need to consult with your doctor or a licensed dietitian to learn more about what your specific needs are, but the following tips are typically a good place to start.



## To Eat or Not To Eat

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Eating before you head out to train is the eternal question that runners will debate until the sun burns out. In general, it is best to eat 30-60 minutes before you train, with smaller snacks being the best option. Ideally it would be something that is a balance of protein and carbohydrates. It's also important that you have a recovery snack after your run, too. Aim to eat something within 30 to 45 minutes of completing your run.

## Where's the Beef?

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Protein is vital to your diet. It helps feed your muscles and provides energy. If you're not getting enough protein your muscles will essentially start to atrophy as your body tries to burn whatever it can to produce energy. If you're worried about eating red meat, stick with chicken and salmon for a lean and healthy source of protein.

## Carbs Locked & Loaded

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Race day is coming up, and you need to have a decent storage of energy if you're going to make it to the finish line. Now is the time to get extra bread and pasta at dinner. Up your carb intake the week before the race. Carbs should make up about 75% of your diet until race day.

## Hydrate, Hydrate, Hydrate!

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It is vital that you make sure you are drinking enough water when you are training. Salt tablets can help you maintain your hydration levels when running long distances, pack some of those for when you train. If your electrolytes are unbalanced, try drinking a sports drink to help replenish them.





# Typical Meals for Marathon Runners



## BREAKFAST

Protein, such as eggs, bacon, or sausage. Whole wheat pancakes, waffles, or cereal. You can have fruit if you are still hungry.

## LUNCH

Grilled chicken or salmon salad with avocado, spinach, and tomatoes.

## SNACK

A smoothie or fresh fruit.

## DINNER

Heavy on carbohydrates. Grilled chicken with pasta or rice, sweet potatoes, and asparagus.



## PRE-RUN SNACK

Something light, like oatmeal with fresh fruit. This provides enough carbs and sugar to give you energy during your run.

## DURING THE RUN

Gels, gummies, water, sports drinks, and pretzels. You are losing a lot of water so it is important to restore your hydration levels and balance out your electrolytes.

## POST-RUN SNACK

Yogurt with granola, a protein shake, or a power bar. You will want something that is light.

## PRE-BED SNACK

Almonds or peanuts, some source of protein that will help hold off any breakdown of muscle while you sleep.



# Tips for Increasing Your Pace



Whether you're a novice runner or a seasoned marathoner, you should always be looking for ways to improve your time. It can be frustrating to be stuck at the same pace for too long; it can feel as if you're not making any progress. Here are a few things that you can do to get yourself out of a rut and on your way to a quicker pace.

## Interval Training

Interval training is great for building up endurance. Start by jogging at a comfortable pace, then set a high intensity pace, one where you cannot have a conversation comfortably for two to three minutes. Then jog the same amount of time to recover. Do this about 5 to 7 times. Practice interval training for at least two to three times a week until you reach your desired speed.

## Good Form

Let's bring it back to the basics. How is your form? Are you standing upright with good posture? Are your hands perpendicular to your hips and relaxed? Are you light on your feet and not putting too much pressure on them when they make contact with the ground? Consider all of these and make the appropriate changes before moving on.

## Stride Turnover

It's important to count your steps when you're looking to increase your pace. Use a pedometer to figure out how many steps you are taking per minute. A fast runner should average about 180 steps per minute. Remember to take smaller steps, with your feet close to the ground, which helps you use your energy more efficiently.

## Stretch Every Day

Flexibility is key for having better strides. Take time to stretch at the end of every workout to make sure your muscles don't tighten up. Look into joining a yoga class or watch a few videos online to stretch more effectively.





## Train on Hills

Having to trudge up a hill over and over again helps with your endurance and improves your speed. The added resistance of going against gravity increases your muscle strength, leading to faster running times. Plus after working out on hills, running a flat course will seem almost too easy.

## Strength Training

Cardio shouldn't be the only thing on your repertoire. Strength train at least twice a week to create leaner, stronger muscles.

## Eat Healthy

As with everything fitness related, we come back to your diet. If you are not getting the appropriate amount of nutrients, then any gains you made during your workout are lost. Talk to a doctor or a dietitian to see what you should be doing differently with your diet to get the best results.

## Running By Numbers....

The fastest mile clocked in at **3** minutes and **43** seconds!

**60** million Americans use running and jogging as a form of exercise.

On average, an American woman can run a mile in **10** minutes and **28** seconds, whereas men average **9** minutes and **28** seconds.

Always consult a doctor before starting any exercise plan.





**"Kettlebells  
saved my life!"**

## **THE KETTLEBELL EFFECT**

After suffering a neck injury, Kandice was able to strengthen and improve mobility, run longer distances, and eliminate neck pain by adopting kettlebells as a means of cross training . Learn more about the "kettlebell effect" and how it could help you reduce pain and increase endurance.

**BY: KANDICE SWARHART**





With an injured neck, I looked at the kettlebells that lined the gym floor. I said out loud, “there is no way I will be able to do these.” My gym rat cross-training life had come to a screeching halt and running had become my only refuge. After months off, recovering from the injury, I started back slowly. One mile at a time. Before long I was back up to 4 miles with only moderate pain. Now, here stood my friend with a big smile, trying to convince me that these kettlebell things were the answer to my fitness woes.

Reluctantly and hesitantly, I met with the new Strongfirst kettlebell coach, Shane, for a class. Within 15 minutes, I could see that I could trust Shane to ease me into this new world of kettlebells. Shane taught the Russian, hard style form of kettlebells that focused on safety and strength as a skill, and also longevity of the athlete. Surprisingly and very quickly, I gained strength with no neck pain! I was hooked.

Then it happened. The elusive “what the hell effect.” Shane spoke of this effect, but I was not totally buying

into it. One sunny morning, I set out for a 4 mile run. I hit 4 miles and just kept going until finally at 7 miles, I decided to stop. Of course, I could not wait to get back to Shane to report these results. I was floored! How could it be possible to increase my distance in such a short time? Not to mention, I had not been running very frequently at the time.

What is this “what the hell effect” (WTH) that almost doubled my injury-laden mileage in just a couple of weeks? The Russian kettlebell is a ball of iron with a handle that has been around for over 300 years. The Russian style of kettlebell was introduced to the West in 1998 by Pavel Tsatsouline, a former Soviet special forces instructor. Since then, thousands of athletes have made the kettlebell their primary modality of training or an adjunct to improve performance in amateur and professional sports. The WTH effect is when someone uses kettlebells for a time and then is able to perform considerably better in a non-kettlebell related activity. Search the Internet and you will find testimonies of athletes from all walks of life.

### **THE THEORY BEHIND THIS PHENOMENON...**

is that the kettlebell conditions the entire body and is not a sport-specific tool for training. The kettlebell swing and snatch offer ballistic movements that provide strength and cardio gains. Specifically, these two skills engage an explosive movement in the hips through a hinging motion. The hips hinge back, like in a deadlift, and then powerfully thrust forward sending the kettlebell either chest height or overhead depending on the practiced skill. There are variations to both the swing and snatch and when practiced with volume and speed, offer superb cardio gains. The strength endurance acquired translates to improvement in a variety of sports and physical activities due to increasing efficiency at lower intensities.

The size (or load) of the kettlebell is dependent on your weight, current strength, skills being performed, and goals. One of the beautiful things about the kettlebell is that it is compact and someone could get maximum training results with just a few sizes on hand. Also, in the hard style kettlebell world, it is important to not feel completely spent after a training session. The saying goes, “the workout should put more into you than it takes from you.” It would be a contradiction for a marathon athlete to deplete him or herself in a kettlebell session and not be able to get



the next day's mileage completed. The idea is to maximize the movements for the most efficient results. This means fewer reps for more sets are generally performed to allow for sufficient rest and proper form.

If reading this sparks your desire to check out this cannonball with a handle, I would first and foremost encourage you to seek out a reputable coach. A good place to start is finding a local SFG (Stongfirst.com) or RKC (Dragondoor.com) certified coach. Both of these organizations graduate quality instructors that engage in safe practices and training. The number one key to making kettlebells work for your needs is proper form. Just a warning, if you are a type A personality like me, you will want to do it all and do it well right away. Be patient. Learning the basics will pay off dividends down the road. I am not going to lie; I was a little bored the first week. I quickly elevated to more advanced skills and could not get enough.

This may sound dramatic, but I believe kettlebells saved my life. I thought my gym life was over. The lack of movement from the injury had me well on my way to my physical activity being seriously altered for life. I continue to set strength and distance goals and stand in awe of what I am able to accomplish. I am currently training for a barbell certification and, guess what?... I am using kettlebells as a key modality of training. If you are training for an upcoming endurance goal, such as a marathon, I encourage you to seek out the kettlebell effect. Give it a try and write your own What the Hell story.

Always consult a doctor before starting any exercise routine.

**"Then it happened. The elusive what the hell effect."**



**For proper form when swinging kettlebells, see the following page.**

#### **ABOUT THE AUTHOR:**

Kandice is a certified SFG1 kettlebell instructor with Strongfirst. She is a dental hygiene professor and licensed professional counselor. Kandice has trained with kettlebells for over 7 years to improve strength and distance running. She is currently training to obtain her SFL, a Strongfirst barbell certification.



# FORM IS EVERYTHING!

1



## SWING SET UP

With your feet shoulder width apart, bend down, keeping your back straight and your core tight. Grab the kettlebell handle with both hands as you prepare to swing the kettlebell backwards between your legs.

2



## BELL HIKE

Hinge by sitting back and bending at the hips, then swing the kettlebell back and behind your knees.

3



## FLOAT AT THE TOP

Thrust your hips forward, squeeze your glutes, and stand up straight. At the top of the swing, the kettlebell should go no higher than chest level. Repeat steps 1-3.

Perform 3-5 reps of 10 sets.



# shoe care tips

**#ShoeGoals**



**Get the most miles  
out of your running  
shoes by following  
these tips!**

**EXTEND THE LIFE OF YOUR  
RUNNING SHOES AND SAVE  
MONEY ALONG THE WAY!**



Running shoes can withstand a good amount of abuse, but they won't last forever. They take a beating under your feet and combat the outdoor elements from extreme heat to freezing temperatures. It's important to replace your shoes when their life cycle has ended because they're no longer protecting your feet and joints. As we all know, good running shoes can cost a pretty penny, so it's important to keep them in tip-top shape. Follow these tips to get the most out of your shoes.

## BUY AN EXTRA PAIR

Yes, you only wear one pair of shoes at a time, but rotating out two pairs will not only make your shoes last longer, but will allow them to rest. It takes about 48 hours for the foam insoles to stretch back out to their original state.

## SPACE THEM OUT

Do you throw all your shoes in your closet or on a crowded rack? Give your shoes their own room to breathe and don't stack them on top of each other. Otherwise you risk crushing them, which will cause the shoes to break down over time.

## KEEP A LOG

Make note of a new shoe purchase. If you don't regularly track miles then periodically estimate total miles you have run. A shoe has reached the end of its life cycle at 500 miles.

## LET THEM DRY

Your shoes are bound to get wet at some point. It's important to let wet shoes dry out properly. If you find yourself caught in a downpour, once home, place your shoes in a cool dry place, take out the insoles and stuff them with newspaper to absorb excess water.

## ALWAYS HAND WASH

Avoid putting shoes in the the washing machine. Shoes are not meant for the harsh cycle of washing and drying. Use baby wipes for minor cleaning. For messier shoes, run the bottom of the shoes under warm running water and use a toothbrush and dish soap to scrub away any soiled spots. Set the shoes aside to air dry.

## KEEP IN MIND

Try different shoes every year. As our bodies are always changing, so are specific needs for footwear.

Don't judge a shoe by the way it looks, try out multiple pairs and weigh your options from there.

The midsole is typically the first part of the shoe to break down. Take out the insoles and check the footbed for wear and tear.



# UPCOMING RACE HIGHLIGHT

## Mighty Niagara Half Marathon & Hospice Dash 5K



Help support Niagara Hospice and enjoy a picturesque, historical course as well as!

- Pre and post-race parties
- Live bands throughout the course: before, after, and even during the race
- Discounts on local hotels, restaurants, retailers and tourist attractions
- Mighty Niagara Half Marathon Dri-fit running shirt
- Newly designed custom finisher medals for all participants in both races!
- Snacks, fresh fruit, food, water, chocolate milk, and a beer (21+) tent for all runners
- Prizes & Awards: \$500 cash prize to top male and female; additional cash prizes for runner-ups; prize for the best Nerd costume (in honor of our post-race band Nerds Gone Wild!), awards for top times in your age-group
- Free parking
- Great Lakes Real Estate Race Bag Drop prior to race, finish line pick-up
- Free shuttle service following the race

**WHEN:** Saturday, Sept. 21, 2019

**WHERE:** Youngstown, NY

**WHAT:** Half Marathon & 5K

Run alongside the Niagara River, Lake Ontario and through the historic villages of Lewiston and Youngstown!

**LEARN MORE OR SIGN UP AT:**

<https://mightyniagara.itsyourrace.com/>

**YOU ARE MIGHTY!**



# MARATHON RUNNING PLAN

Use this training plan to prepare yourself to run 26.2 miles in 20 weeks. Always consult with your physician before starting any training program.

**TIPS:** Before starting this plan, be sure you can run 3-4 miles. Pay close attention to your body when training for a marathon. Preventing an injury should be one of your top priorities. Utilize the rest and cross-training\* days. Bring water and an easy to carry snack on long Sunday runs.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3 miles	CT*	3 miles	Rest	Rest	6 miles
2	Rest	3 miles	Rest	4 miles	CT or Rest	Rest	7 miles
3	Rest	4 miles	CT	4 miles	CT or Rest	Rest	8 miles
4	Rest	4 miles	Rest	5 miles	CT or Rest	Rest	9 miles
5	Rest	5 miles	CT	5 miles	CT or Rest	Rest	10 miles
6	Rest	4 miles	CT	5 miles	CT or Rest	3 miles	6 miles
7	Rest	4 miles	CT	5 miles	CT or Rest	3 miles	11 miles
8	Rest	5 miles	CT	5 miles	CT or Rest	3 miles	12 miles
9	Rest	5 miles	CT	5 miles	CT or Rest	3 miles	13 miles
10	Rest	5 miles	CT	5 miles	CT or Rest	Rest	8 miles
11	Rest	5 miles	CT	5 miles	CT or Rest	4 miles	14 miles
12	Rest	5 miles	CT	5 miles	CT or Rest	4 miles	16 miles
13	Rest	6 miles	CT	6 miles	CT or Rest	4 miles	10 miles
14	Rest	6 miles	CT	6 miles	CT or Rest	4 miles	17 miles
15	Rest	6 miles	CT	6 miles	CT or Rest	5 miles	18 miles
16	Rest	5 miles	Rest	5 miles	CT or Rest	Rest	10 miles
17	Rest	6 miles	CT	5 miles	CT or Rest	6 miles	20 miles
18	Rest	5 miles	CT	4 miles	CT or Rest	4 miles	15 miles
19	Rest	5 miles	Rest	6 miles	CT or Rest	Rest	10 miles
20	Rest	4 miles	Rest	3 miles	Rest	Race Day!	Rest

**About the Author:** Coach Ladd has been a full time online coach since April of 2001. After working for another company for almost four years, he founded 2L Coaching Services in January 2005. He has worked with hundreds of athletes all over the world of varying ability levels as an online coach, including multiple All-Americans and one NCAA national champion. Learn more about [2L Coaching Services](#).

# Featured Events

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## FOR RACETIMES READERS

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### Featured Event: [Bellwood Daze River Run](#)

August 3, 2019

[Bellwood, NE](#)

**Details:** Help the Bellwood community with this family-friendly race! The 2-mile and 6-mile race are held on a mostly flat, out-and-back course consisting of pavement and gravel going towards the Platte River. The kids half-mile race is held entirely on paved streets in town. Trophies will go to the overall top 2 male and female, and medals to the top 2 male and female in each age group.

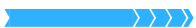


### Featured Event: [The Dump Run](#)

August 3, 2019

[Aitkin, MN](#)

**Details:** This nostalgic route takes us by the old dump, past “Smilin’ Jim’s Water Stop” on old 169 and then north on old 169 to Paulback’s County Market in Aitkin. Although some consider it challenging, all consider it rewarding to find themselves crossing the finish line. This quarter marathon course is USATF certified. Awards will go to the top 3 overall male and female, gift cards of varying amounts will go to the top 3 overall, and recognition will be given to the top 3 male and female in each age group.

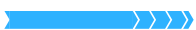


### Featured Event: [Full Moon 5K](#)

August 16, 2019

[Birdseye, IN](#)

**Details:** Run by moonlight and luminaries through the woods on a paved and gravel path. All proceeds from this event benefit Patoka’s non-releasable birds of prey; a bald eagle, an eastern screech owl and a red-tailed hawk. Awards will be given to the overall male and female, and the top three male and female in each age group.



### Featured Event: [2019 Canby Dahlia Run Half Marathon & 10K](#)

August 24, 2019

[Canby, OR](#)

**Details:** Come join us for one of the most scenic races in the Northwest. This Half Marathon & 10K will not let you down. Clean, crisp air will welcome you along Willamette Valley country roads with the Half Marathon route as the true gem. The Half Marathon route runs through the largest Dahlia Farm in the country! If you are thinking of stepping up from a 10K to a Half, this is the race to do it. ALL FINISHERS will receive a cut Dahlia at the finish line to commemorate your accomplishment as well as a medal. There will also be an award ceremony for top 3 age group finishers.



### Featured Event: [Ely Marathon Weekend](#)

September 21, 2019

[Ely, MN](#)

**Details:** Welcome to the Fifth Annual Ely Marathon and the Boundary Waters Bank Half Marathon! Experience the grandeur of the great Northwoods, in all its autumn glory. Traverse through the historical Winton and the amazing main street of Ely. This semi-challenging route includes about six miles of gravel, many scenic views and maybe a deer or two!

### Featured Event: [Pub 2 Pub Half Marathon & 5K](#)

September 21, 2019

[St. James, MO](#)

**Details:** One of the best pub races in the country! All half marathon runners will receive a special T-shirt. All 5K runners and walkers will receive a race swag item. Water, snacks and one free draft beer of your choice will be provided to all runners (21+) after the race. Plan to stay for a while and relax with some live music, great food, and drinks. Medals will go to all finishers in the half marathon. Awards will go to the top 3 male and female, and first place finishers in each age group. In the 5K, awards will go to the top 3 male and female in each age group.

### Featured Event: [Platter's Chocolate Sponge Candy 5K](#)

September 21, 2019

[North Tonawanda, NY](#)

**Details:** Get ready for the 3rd Annual Platter's Chocolate Sponge Candy 5K Run/Walk! Participants, guests, and spectators will be able to tour the facility and see how their delicious treats are made. After the race there will be hamburgers, hotdogs, beverages, prizes, and giveaways. Chocolate candy gift baskets will be given to the top overall male and female, medals will go to the top three male and female in each age group.

### Featured Event: [Cornerstone Leads the Way 5K](#)

September 21, 2019

[Ocala, FL](#)

**Details:** The Baseline Trailhead is a very secluded, scenic run on a track through the Greenway. The race is an enjoyable time with friends and family that is not too intimidating, but still holds some of the stiffest competition in the local area. First 500 finishers will receive a medal, with the top finishers getting a special award.

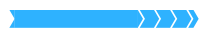
Find a list of all of our events by visiting [itsyourrace.com](https://itsyourrace.com)

**Featured Event: [Running to the Rescue](#)**

September 21, 2019

[Meriden, CT](#)

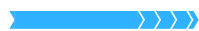
**Details:** Grab your four-legged friend for this dog-friendly 5K! Feel free to walk or run, as long as you're having fun! All proceeds from this fundraiser will directly benefit some furry friend's vetting costs and the finding of their furever homes during their (hopefully) temporary stay at Meriden Humane Society.

**Featured Event: [Dam U 5K, 10K, & Half Marathon](#)**

September 21, 2019

[Aurora, CO](#)

**Details:** Get ready for the 3rd Annual Dam U Marathon! Start at Aurora swim beach, run to the dam, and then make it back in time for the graduation beach party. Post race celebration includes food, vendors, and music. For the half marathon, awards will go to the top overall male and female and top overall male and female in each age group. All participants will receive a finisher medal, long sleeve t-shirt, and a pancake breakfast!

**Featured Event: [Hokie Half Marathon & 5K](#)**

September 22, 2019

[Blacksburg, VA](#)

**Details:** Participate in the 7th Annual Hokie Half Marathon and 5K! Cash awards will go to the top 3 overall male and female and the top 3 male and female in each age group. For the 5K, awards will go to the top 3 male and female in each age group. All finishers for both the half marathon and the 5K will receive a medal.

**Featured Event: [Black Canyon Triathlon](#)**

September 28, 2019

[Montrose, CO](#)

**Details:** This unique race will begin with a 500-yard swim, a 24K (14.6 mile) bike ride, and finally a 5K (3.1 mile) run. Proceeds from this event benefit the community of Montrose.

**Featured Event: [Fourth Annual Belleville Main Street Marathon](#)**

September 28, 2019

[Belleville, IL](#)

**Details:** Get ready for this Boston-qualifying 26.2-mile race on a USATF-certified course along a portion of America's longest Main Street. This race has all the amenities and swag of a big town race with small town charm. Awards will go to the top 3 overall male and female, top male and female wheelchair finishers, and top 3 male and female in each age group. All participants will be given a finishers medal. No minors are allowed to participant. The 18 & over rule will be strictly enforced.





NEXT ISSUE

**October/November**

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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