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Tips for starting
a running club!

NIX

**NIGHT TIME
SNACKING
FOR GOOD!**

**FRESH START
EDITION**

**BIKING
TO WORK
101**

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STRONGER
AND
FASTER**

with perfect posture



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[editor's note]

the fresh start edition

2019

You Are Never *Too Old*
To Set Another *Goal* or
To *Dream* a *New Dream*.

Start Fresh.... Somewhere!

TIP OF THE MONTH

It's not practical to start fresh in all aspects of your life at once, which can lead to frustration at times. There may be multiple changes you want to implement simultaneously, but is it feasible? For example, you may want to eat healthy, start exercising, find a new job, start dating again etc. If you put too much energy on too many things, you're at risk for quitting them all and reverting back to your old ways. Start by setting two goals for yourself with a realistic timeline. If you meet those goals, move on to a more difficult one. If you don't achieve it, that's okay, try again. As humans, setting and achieving goals gives us the feel good juju we need to keep trucking forward. Just remember, as the good old adage goes, **you are never too old to set another goal or to dream a new dream.**

Be sure to talk to your doctor before starting any exercise routine.

RACE RECAP

BATAAN MEMORIAL DEATH MARCH

BY: ROBYN LARKIN

As someone who plans to run a marathon in all 50 states, I've looked at many marathon options available. There are many, however, some events are truly special and are a must-do for each state. I heard Bataan Memorial Death March at the White Sands Missile Range was one such race. So, on October 1, 2017, when registration opened, I put my name in the online form and hit "Register."

I had been mulling over this event for months prior, as this is a unique experience. The purpose of the race/march is to honor those Filipino and American service members who were captured by the Japanese in April 1942 after the fall of Bataan, and then were forced to march approximately 70 miles to a POW (prisoner of war) camp. The Allied forces were told if they could hold the area for two months, reinforcements would arrive. At five months, no reinforcements were in sight, and General MacArthur had been told by President Roosevelt to evacuate to Australia to avoid capture. At the time of surrender, these service members were already on half or quarter rations from the five-month battle in the area; conditions quickly got even worse. The Japanese forced their prisoners to march without food, water and medical care for five days. At the beginning of the forced march, there were more than 70,000 prisoners; along the way, more than 10,000 died. Prisoners who fell during the march were shot or bayoneted – just to ensure they were dead. Some were simply run over by the Japanese tanks and vehicles. One survivor told of an American POW who tried to escape. He was caught and beheaded in front of the prisoners, to show what would happen if others tried to escape.

Then the horror of being a POW began. There were horrid conditions in the camp that included starvation, disease, forced labor, and terrible treatment. Survivors of the three-year ordeal were extremely malnourished and weak upon their liberation – some weighing around 80 pounds and needing serious rehabilitation before being returned to their families in the U.S.

The Bataan Memorial Death March has now been held 30 times in New Mexico at the White Sands Missile Range. A disproportionate number of the American



prisoners (approximately 1800, I believe) were from the New Mexico National Guard. This affected the area in a significant way. People there are passionate about honoring those who were a part of the Bataan Death March – whether they survived or were lost.

History lesson over.

One of the reasons this is a special race is because survivors from the march in 1942 attend the event. They spend time meeting and shaking hands with the participants, attend the opening ceremony, and tell their stories as they greet participants who cross the finish line. There are few. They are getting old. One survivor, Ben Skardon, is now 100 years old; he walked 8.5 miles of the course, making him the only survivor participating in the event. Others are there to keep this chapter in history alive to the new generation of U.S. military and participants, which is truly a special thing.

At the 75th Anniversary of the Bataan Death March (2017), the highest number of participants attended – more than 7,300. That was surpassed last year with a total registration of 8,400 and coupled with a new route (this factors into my experience). I understand the previous year, many family members of the Filipino survivors attended on behalf of their relatives. I noticed a large handful of Filipinos in the corrals last year, too. This event includes and honors both nations that lost service members, something that is significant, given that most of those who died on the forced march were Filipino.

BATAAN MEMORIAL DEATH MARCH

If you plan to participate in this event, you will need to do a bit of logistical planning. The nearest major airport is in El Paso, Texas. The White Sands Missile Range is about a 90-minute drive from the airport. The closest major town is Las Cruces, where there are some reasonably priced hotels, and it is only about a 20-minute drive to the base. (I also think there are IHG hotels on the base, but I'm not sure how much they cost.) I was fortunate enough to meet a wonderful person in a training group for this event, who so kindly hosted me for the weekend – driving, giving me tips and suggestions, even putting me up for a few nights at her house. I was all set on the logistics front, thanks to my new friend Robin.

Registrants can select from a variety of event options:

26.2 miles or 14.2 miles (honorary march)

Running or walking

Military or civilian

Heavy (35-pound ruck) or light

Take your pick of what level of pain...I mean ENJOYMENT you want from this experience. If you are military or retired military, you can march in full uniform (must sign up as a military division). The course closes at 8pm, so you have a very long day to complete your journey.

Packet pick up is on the base (have your ID with you to get on the base!) We went Friday to avoid the rush. In your packet, you get a shirt, dog tags (this is essentially your medal for the event), program and a certificate of participation. You are given the opportunity to have your certificate framed at the expo area for \$65, and it takes about 2 minutes.

The expo included lots of great merchandise, a map where you could place a pin to mark where in the world you are coming from, and a table where marchers could meet and talk to survivors of Bataan. You could also get a bib with a fallen soldier's name on it to wear during the event. Given that I ran for Sgt Jayme Pohovey, I had my back bib already sorted. After packet pick up, we headed back to El Paso for the night.

** If you stay close to the base, you can attend talks by the survivors, screening of a movie about Bataan and other historical talks. Being in El Paso, the drive was a little too far to go back out for anything else.

BEFORE THE RACE

Robin, Bethany and I stayed at the Super 8 in Las Cruces the night before the race, so we could get a 4am start and not have to deal with the crazy line up of vehicles getting onto the base in the morning. The hotel started breakfast at 2am due to the schedule of their weekend's clients. We drove the 20 minutes and had little issue getting a great parking spot. Then we sat. For a long time. And tried not to drift off to sleep.

We made a quick port-a-potty stop around 5am, before the lines got long and headed back to warm up in the car. The weather was cool in the morning (mid-50's) and got warmer as the day went on. The highs were in the high 70's and winds started light in the morning, reaching speeds of more than 20mph in the late morning/early afternoon. Apparently, this is typical spring weather for this area.

Around 6am, we headed for the corrals; the opening ceremony was meant to start at 6:30am. There was no corral for runners, even though the start area map showed a corral in the back of the field. So we all just hung out, hoping we were in the right spot.

At about 6:45, the opening ceremony started, complete with the national anthems for both the Philippines and the U.S. being sung beautifully, recognizing both nations that suffered in the Bataan Death March. It continued with a blessing by the chaplain, a symbolic role call of survivors (I believe that seven were actually there at the event), an F-16 flyover and then the start of the race. They allowed the Wounded Warriors to start first, followed by the runners, then continuing on with the light divisions, heavy divisions and finally the Honorary marchers (14.2 mi). Prior to crossing the start line,

there was a survivor meet and greet area, which allowed participants one other chance to meet the survivors who attended. Those poor men had to shake literally thousands of hands, and they were so awesome about it. They all looked fantastic for being in their 90's – and one being 100!

DURING THE RACE

I got a decent start, cranking out my first mile in an effortless 9:30 and getting warmed up. I knew the course ahead would be challenging, with sand and dirt paths to run (very little road running overall), higher altitude than I am used to (4300-5400 ft), hills, strong winds, and relentless sun. I wanted to get in some good miles at the start when it was cool and the clouds were blocking the sun – and the wind hadn't yet picked up. I was cruising along when all of a sudden, I saw a huge group of runners running back towards us yelling "Turn around." Another man yelled, "Congratulations on your first ultra marathon today!" Apparently, we missed the cut off, and we now had to find where that was and make it back to that spot to pick up the course.

After doing a little bit of walking through the brush (probably a stupid idea given that there may have been rattlesnakes and other desert critters waiting for us), we got back to a road and continued looking for the course. We finally found it – and all the walkers on the now narrowing road. I saw the 2-mile course marker and looked at my watch – I was at 3.7 miles just 2 miles into the event.

Of all the things I imagined going wrong (snake bites, cramping, rolling my ankle, dying), this was NOT one of them. Color me unimpressed. Because they changed the course this year, experienced participants were going along the previous course. There was little or no marking at the missed turn, and there most certainly was not a race marshal to direct people the right direction. I guess at some point they got a marshal out there, but it was clearly after I went the extra distance. (I later heard the winner of the whole race ran NINE miles extra when they found him and took him to the start again. He proceeded to then run the 26.2 miles at an average pace of 5:30/mile I believe).

I was pretty annoyed by this, knowing it was sapping my energy just doing extra running, bushwhacking and then dodging in and out of people for another two miles. I eventually got ahead of most walkers and the course

opened up again. Then I thought about the irony of it; how I was there to honor those who were forced to march without food and water to an unknown fate. I mostly got over it for the rest of the run, choosing instead to have it as a funny story for this event.

Let me say that there is a HUGE difference between training at sea level in Cayman on flat surfaces, versus running through the mountains of the high desert in New Mexico. Then starting around mile 5, the course began a steady incline, which lasted until past mile 13.

So, eight miles of straight uphill (seriously, there were NO downhill in this stretch). My uninitiated legs were already feeling the burn. I chose to start a run/walk interval plan, at least until I got to the highest elevation and we started going downhill at some point.

Aid stations were plentiful – on average at every two miles or so. There was supposed to be a burger truck at mile 14, but I didn't see (or smell) it. I did run through there at about 10:30, so it may have just been too early. But people raved about it leading up to the event. (Bring cash, and they did run out last year I heard.) All aid stations had water and Gatorade; many also had bananas and oranges. The medical assistance was plentiful and obvious. In addition to the medical points at specific aid stations, trained personnel drove ATV's along the side of course helping people as needed.

The course was really beautiful. The clear, sunny day and amazing visibility made it a breathtaking experience – especially when we made the turn around the mountain and started heading back to the base on the back half. You can see for miles. And of course, what that also means is that the base looks much closer than it really is...so my advice: just enjoy the scenery and keep putting one foot in front of the other.



I got to my half way point (about 14 miles) and I still hadn't arrived to the actual half way of the course. My legs were tired from the constant uphill and trudging through stretches of sand, which I kept weaving from side to side in an effort to find the hardest pack I could – then having to do it all over again.

Once I saw the first glorious downhill section, I took off running again. I enjoyed giving my glutes a little break and letting gravity help me continue forward at a faster pace than I had been going. The downhills didn't seem to last as long as I had hoped, unfortunately.

At this point, people around me were starting to cramp up and have issues. I did take some extra salt with me, which I gave out as needed, and I think helped three people. I shared some water with a young cadet and gave some encouraging words to others. I felt pretty good overall, other than just being sore. There was one woman with whom I kept playing leapfrog; she saw me at the end and congratulated me, saying that she used me as inspiration to keep pushing as hard as she could. Funny, I said the same about her!

The stretch from miles 18-20 takes you along the same road as miles 8-10, which means we saw people still

walking up towards that half way point. I'll admit, I felt for them. The sun was pretty relentless (I did stop and put sunblock on my arms at the 20 mile point) and the winds were starting to pick up. As I headed down, the winds were somewhat at my back, which meant that those heading up had a bit of a headwind. Many were carrying flags of some sort, which meant their day was even more difficult. I offered cheers of encouragement to a few and continued on towards the dreaded sand pit just after mile 20.

The sand pit. If your legs weren't already jelly by this point, they would be afterwards. Almost a mile of 1.5 inch deep sand to run through. It was hard enough at that point, but to make it even more difficult, we faced at least 20mph sustained headwinds through this stretch. At times, I felt like I was barely making progress, it was so difficult. But I pushed through, knowing it would eventually end and I would be in that final stretch, which was mercifully pretty flat and almost all hard-packed dirt or gravel trail.

Around mile 25, I ran past my friends Robin and Bethany, who noticed me and yelled, "There she is!" I turned around, and completely in a daze waved and continued on. I probably should have stopped and



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chatted for a minute, but I was ready to be finished, especially since by my actual running that day, I had already completed a marathon. I was willing myself to run that last bit, and I was successful at it. In the final 100 meters, a guy in front of me had to stop because of a bad cramp he got in his calf. I felt for him. So close to the finish – yet so far away!

I ran through the final chute, which was lined with spectators. I crossed the line and was able to meet and have a photo taken with one of the survivors, US Air Force Chief Master Sgt Harold Bergbower.

With all things considered, I was thinking it might take me 6+ hours to complete the course. My final time was 5:39:39 (which included at least 20 minutes due to the additional 1.7 mi distance I ran at the beginning). I'm happy with the effort, the results and the experience.

AFTER THE RACE

After finishing, participants can go into the food hall for a free meal of a protein, three side dishes and a drink. There was beer as part of the drink option. I happily grabbed some chips and a Shiner (foregoing the main course as I wasn't ready to eat heavy food at that point). I went to sit and share experiences with Robin, Bethany, Anna and Rob, all of whom had completed

the honorary march. We enjoyed the chance to finally sit down, drink something other than water and share in some laughs about our time out there. We knew at some point we would have to stand up again and walk to the car; we delayed as long as possible.

They had a survivor ceremony at 3pm, but we left before then, given that we had a long drive back to El Paso. After a short nap and shower, I was ready to join the others for dinner. We went to this great place called Toro – good local beers and our server was awesome. He bought us s'mores dessert (you literally make your own s'mores at the table!) as a congratulation on our finishes.

The day after I was very sore in my hamstrings and glutes. I wore my Bataan dog tag afterwards with pride, because that event is one of the most patriotic events you can take part in. The sheer respect for those who were part of Bataan in 1942 is evident by the level of military participation – many in the heavy division. Watching wounded warriors walk over rough terrain such a long distance to honor others is a sight to behold. They know it isn't easy, but those taken prisoner so long ago didn't have it easy, either. I think that is what keeps people coming to participate in this event – showing a small level of understanding for what they experienced during their service to the U.S. and to the world.



A FEW TIPS



If you choose to march or run Bataan Memorial Death March, here are a few things to consider:

- Train on hills and trails if possible.
- Wear gaiters to keep sand and small rocks out of your shoes.
- Bring sports sunblock. Use it.
- Bring salt tabs or packets of salt, and bring some extra because you will see others who need help.
- Take pictures.
- Meet the survivors.

FINAL THOUGHTS

As I contemplate this, I wonder what these survivors think of this event. That people willingly ruck or run a significant distance over rough terrain? Why would anyone do this? Why do they want to remember such a horrible part of history? Why should the survivors relive their experiences when so many of them probably just wanted to forget? I know they appreciate the bit of celebrity they have as a result of this event, where people recognize their experience, keep the history alive so we don't forget what happened in the past – lest we have to repeat a dark chapter ever again. But I think they appreciate the opportunity to know that their surrender at Bataan was not shameful in any way (as many of them originally felt) and that the marchers in this event allow them

the chance to speak about their experiences, giving a voice to their stories and essentially their strengths. Because people didn't survive three years of being a POW in horrid conditions without serious grit and determination. May they all have many more years to return to the Bataan Memorial Death March and speak to even more marchers, providing that first-hand experience to yet another generation of our country.

ABOUT THE AUTHOR:

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

[Robyn Runs the World.](#)

BATAAN MEMORIAL DEATH MARCH 2019

**March 17, 2019
at the White Sands
Missile Range, NM**

Registration for the
2019 event is open
until March 3, 2019.

**REGISTER AT:
[ITS YOUR RACE](#)**



YOU DON'T KNOW SQUAT!



The most common mistake that people make when squatting is trying to squat on top of the knees. They fold the upper body over their lower body like an accordion (pictured top left). This usually occurs with improper foot and knee placement; squatting with your feet pointed forward at a 12 o'clock angle and the knees not pushed out. This is a huge no-no that results in a shallow depth, knee pain, and eventually surgery.

The proper technique is to have your feet a shoulder length apart, bare feet planted firmly on the ground at an 11 and 1 o'clock position (pictured top right). Initiate the movement with your hips, not your knees. The biggest difference between a correct squat is that you are squatting between the knees instead of on top of them.

Try it out and you'll notice the difference immediately. Before you ever throw a bar on your back, make sure your technique is flawless to ensure an efficient, injury and pain-free workout. Form is everything in fitness. You must earn the right to use weights because if you can't do it with your own body weight, you can't do with a barbell.

MEET THE TRAINER:

Ryan Hansen is a dedicated trainer who uses a variety of strength training, yoga, athleticism, and high intensity cardio, which delivers maximum results in a minimum time. Follow him on Instagram [@prymalgym](https://www.instagram.com/prymalgym).



How I Started a Running Club

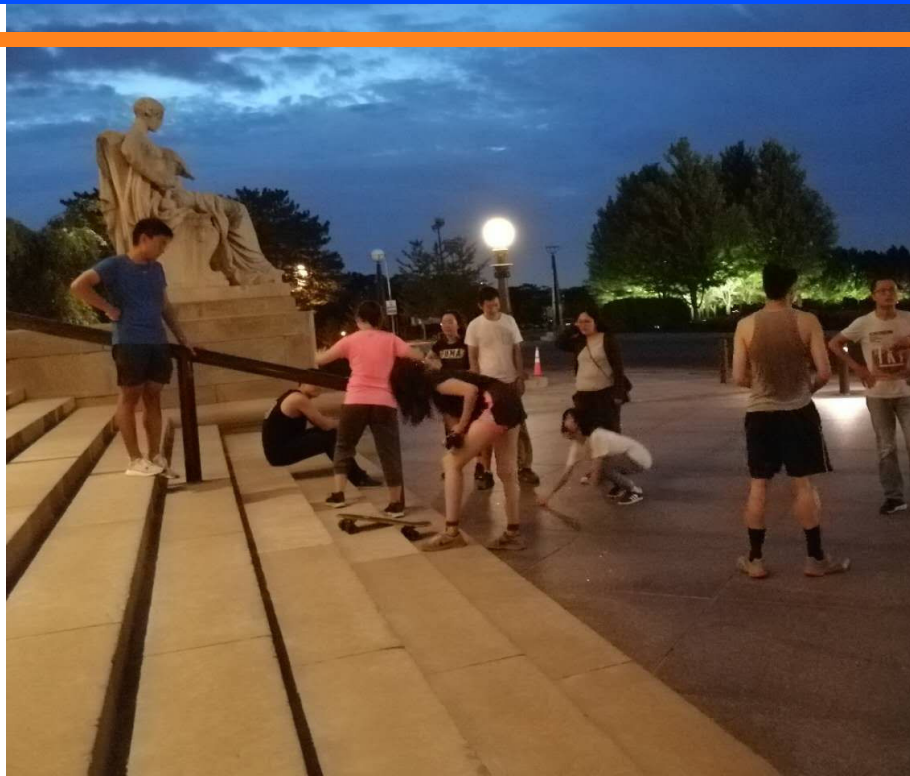
BY: JORDAN BARTHOLME



In life you sometimes have what you're sure is a good idea or venture. You spend lots of time and effort trying to figure out how to make it a success, only to constantly fight the feeling that you're swimming upstream. Sometimes you fail, and in these times hopefully learn from the failure and become stronger and wiser because of it. Other times you push on and don't give up. You dig in and keep at it because you BELIEVE in what you're doing and why you're doing it. One day, as a result of your hard work, dedication, and perseverance, you are rewarded with success. Well, this isn't one of those kinds of stories, but rather a story about how I accidentally created a running club. This weekly run with friends ended up strengthening both my body and my mind and has led to many great friendships along the way. The positive experiences of creating and being a part of a running club have really been inspirational and it's something I wanted to share with others.

Like with many endeavors, I think the simplest truth is that the greatest result is born not out of perfect planning or even perfect timing, but rather from genuinely caring for and trying to serve others. To put it simply, sometimes you have to forget what you want and start focusing on what others are looking for.

My running club actually started out as an idea for a post-bible-study hangout group. I help out with a campus ministry called Mustard Seed Group that serves international visiting students from China. We wanted to create a time for these students to get together informally after our normal meetings just to hang out and strengthen friendships. The trouble was our meetings ended late, especially for this group of college students who are typically tied down with hours of homework each night. So, when my accomplice Jimmy and I first started throwing around the idea of late-night social gatherings, we were met (unsurprisingly in hindsight) with crickets. We needed to find another option to get the group together each week.



One Sunday afternoon in late July, Jimmy and I were sitting down for lunch with two of our student friends from the ministry. Jimmy was explaining enthusiastically how he had started jogging again the past week, after not having done so since high school. The three of us listened as he described how he had started out tentatively with a short run earlier in the week, not wanting to overdo it or risk injury. Encouraging results led to slightly longer runs each day. By the time we were listening to him, he had done 4 miles that day and felt great! It was at this point he asked the question that would change everything, "So, what do you girls do for fun & exercise?" They replied with, "Oh, we jog sometimes too, when we can find the time."

Someone suggested that we meet and jog together and the following Thursday the four of us gathered in a park for what would become the inaugural meeting of the Lights After Dark Running Club." The run was short but enjoyable and we left that evening with a sense of accomplishment and camaraderie. The next week there were 9 of us, then 12, then 16... something was definitely afoot.



You spend lots of time and effort trying to figure out how to make it a success, only to constantly fight the feeling that you're swimming upstream.

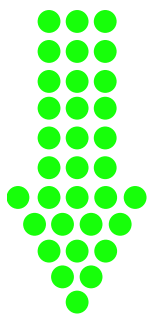


If you want to start your own club, my best advice is to put relationships first and let everything else fall into place. It's hard to fail when you focus on others first. Listen carefully to what they want and need, and let the rest work itself out.

Starting a running club is like a lot of things in life; the more you focus outwardly on the people around you, the easier it will be to hear and see their real needs and desires, and the better equipped you'll be to serve them. Provide for the needs of others and your venture will find success; in running and in life.

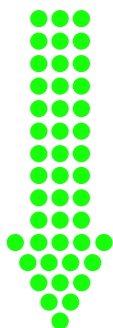


Looking back, some things started falling into place that were instrumental and perhaps necessary to our early success:



A SPARK

Someone with a drive and passion for the activity at hand. Jimmy was our spark and his excitement about his newly rekindled love of running was what set us in motion.



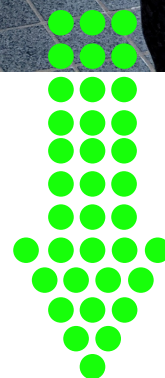
A HYPE-MAN

Someone to take the excitement of what you are doing out into the world. Ruby's gregarious personality and infectious positive spirit was primarily responsible for the rapid and surprising growth of our little friendly running club.



A SUPPORT TEAM

People you can count on to back you up with all the behind the scenes things like carpooling logistics, venue and route planning, membership and attendance, record keeping, group announcements, scheduling, and all the other unknowns that come up along the way. Without them, the group would quickly fall apart.



A LEADER

Someone has to stand up, rally the troops, and guide them through stretching. Truth be told, the leader's real job is just to funnel all the good ideas and enthusiasm into a coherent and consistent atmosphere. With a good team, this is the easiest job of all.



If you want to start your own running club, here are a few tips as you get started:

FINDING PEOPLE

Consider the groups you're already a part of and the people you already know. Most importantly, find a friend or a small core group who want to run regularly and are committed to showing up.

FINDING YOUR "THING"

Your group needs an identity. What makes your running club different from the hundreds of others out there? Our focus is on biblical friendships and building community. Your group may share other common interests like a love of Star Trek, board games, or beer. *What* it is isn't important, but having some common tie is. If you can co-brand your group, it will be more likely to stick together long-term.

DON'T OVER DO IT!

Distance and intensity can vary quite a bit based on where everyone is starting from and the aspirations of your group. You should aim low at first and just focus on sticking together and finishing a short course. Going too hard too fast may not only discourage people, but could also lead to strains and injuries.

CONSISTENCY

More than almost anything else, consistency is key. You should try to find a regular day and stick to it. Commit to having a run every week, regardless of how many people show up. Skipping runs here and there for whatever reason will be the beginning of the end. Stay consistent and make sure someone is committed to being there every week (even if it's just you)!



RIDING GUIDE

FOR BIKING TO WORK



Only

1%

of Americans between
the ages of 16 and 24
ride their bikes to work.

The Nitty Gritty

Why are so few Americans biking to work? Here's a few reasons.

SAFETY PRECAUTIONS

Some riders may fear getting mugged while biking through certain areas or at night. The reality is sometimes you just don't have the option of a safe bike route.

IN-ROUTE CHALLENGES

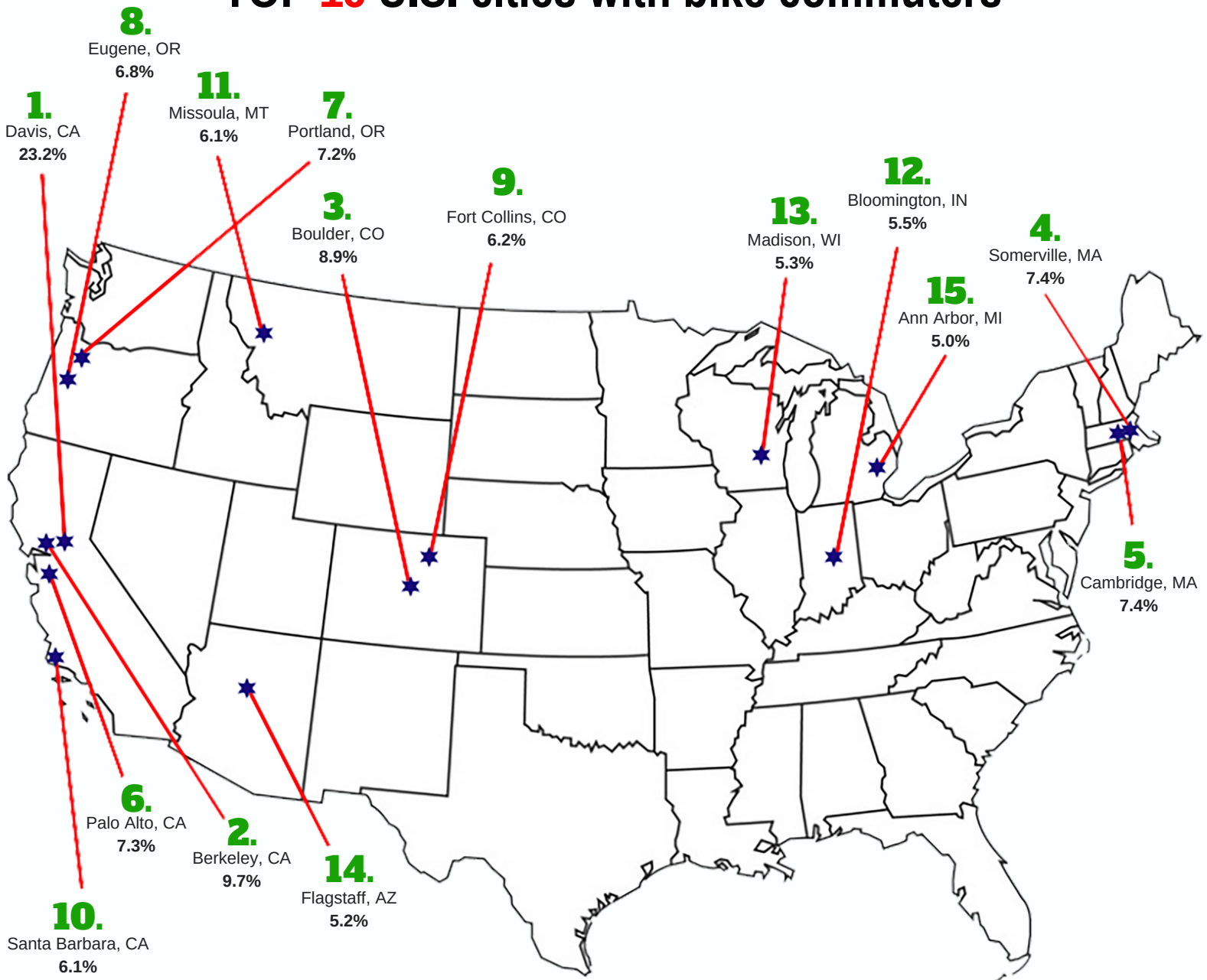
Going from bike to bus can pose as a challenge. Buses may only have space for a couple of bikes. Therefore, bikers forgo commuting to work this way.

DISTANCE TO WORK

Biking to work is a challenge for the majority of Americans because the distance from their home to work is an unrealistic biking distance. We can't help you on this one!

BIKE COMMUTERS BY STATE

TOP 15 U.S. cities with bike commuters



Always consult a doctor before starting any exercise program.

Why bike to work?

Here's some tidbits on why you should consider biking to work.



It's great for the environment and doesn't emit any fossil fuels.



Saves you money on gas.



Creates less air pollution and cuts down on traffic.



It's good for you and improves mood/effectiveness in the work place.

RIDE GUIDE

There's a few innate obstacles that come to mind when biking to work. Here's a guide to overcome these challenges, allowing you to get out and ride whenever you please.

Cooling down



If your dress code is business casual, you can probably get away with biking in your work clothes. If it's a hot day or you're required to wear business attire, we suggest changing when you get to work. Give yourself a few extra minutes to cool down before you change.

Helmet Head



Guys and girls alike can benefit from dry shampoo. It soaks up excess oil and overall freshens up hair. Additionally, stash a towel, deodorant, and anything else you may need to freshen up once you arrive at the office.



Safety



Take a class on bike safety with a bike group, they can suggest the best bike routes for you. They also offer great information on bike culture. Ensure you always have the proper safety gear and lights to make you as visible to traffic as possible.

Time

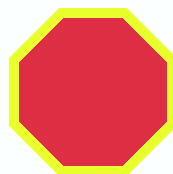


If you live in a densely populated metropolitan area, biking to work might get you there faster. If not, you have to be committed to setting more time aside in the morning to get to work. Getting to work fully energized will be worth it in the long run.

What bikers are doing before and after a ride:

Before: Apply moisturizer on your face.
Apply sunscreen to exposed skin.

After: Towel off once you get to the office.
Use a toner to freshen up.
Re-apply moisturizer to your face.



Biking to work may not be ideal in every situation, but if you can make it to work by bike, the pros out way the cons.

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YOU.**

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BY: TERRI REJIMBAL



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coach supporting
you?*



Remember how your mother would scold you for not standing up straight and encouraged you to walk around the house with a book on your head? Well she wasn't wrong. Perfect posture makes you look taller, slimmer, more confident, and gives your diaphragm and rib cage more room to expand when performing daily activities such as standing, walking, sitting...and running!

I recently returned from Africa where I had an opportunity to see and experience first hand the method of "head carry". Carrying on the head is common in many parts of the developing world when vehicles are not available to transport goods. In Africa, the women carry sticks, produce, basket of grains, and even 5-gallon buckets of water on their head! Every component of their form is in synch to keep their load from

spilling. It's a real test for body alignment. You cannot have poor posture or the bucket will not stay on your head, precious water will spill.

A similar situation can occur while running. Our bodies function as a collection of "moving parts" that if not in synch, the fatigue accumulated during a run can result in your body adopting a sloppy form, leading to compensation, poor performance, and putting you at risk for injury.

Run Tall simply means being upright and balanced. An upright position promotes ideal lung capacity and stride length. As you begin to run, your head is up and eyes looking ahead 8-15 feet in front of you. Shoulders are low and loose, and your back is comfortably straight. Think of someone pulling a string up

from your head lengthening your neck and pulling your chest forward. With your back straight, hips should be tucked forward and abdominals tightened as if punched in the stomach. While running, picture your pelvis as a bowl filled with water, and try not to spill the water by tilting the bowl. Arms should be down by your side, elbows bent at 90-degrees, and hands loosely cupped.

Be mindful that as you tire, the tendency is for your shoulders to creep up toward your ears, to slouch, or to lean too far forward putting pressure on your lower back and throwing the rest of your lower body out of alignment.

Here's an exercise that I like to do to keep my form in check: Keeping the head up, ears in line with shoulders, imagine you have something balanced on your head, maybe an egg or a 5-gallon bucket of water. Now try to keep the position steady with no exaggerated movement from your foot strike or shoulders. I like to use my pony-tail as my guide, aiming for less "tail" swing and bounce. Running in a shadow is a good way to double-check if my "pony" swings too much side to side or up and down.

Arm Swing/Elbows Back. Your arms should swing in a back and forth motion from your shoulders and not your elbows propelling you forward. Driving your arms forward and back cues the torso upward/forward, feet to land under your center, and legs push backward to drive you forward.

Elbows should be bent at about 90-degree angle and point backward, not outward. Hands should be kept about waist level almost grazing your hips. Be aware that crossing



your arms too far across your body's centerline causes your torso to twist side to side and your feet will follow in a side to side pattern. This is counter-productive for a forward direction.

An exercise I like to do is take 1-5 lb hand weights and swing arms forward and back mimicking the running motion. You will immediately know if you are crossing your arms in front of your body - the weights will smack you at the hip bones! An alternative is to take 2 golf balls, one in each hand, and carry them while running. If you're swinging your arms correctly, the golf balls should not strike either hip bone.

Silent Foot Strike Has anyone in your running group ever told you they can "hear" you coming? If so, it's time to stop working so hard, reduce impact, and develop a more efficient stride that's quick, soft and light.

Recently, I heard someone tell another runner pretend you are running on eggshells. Visualizing this image as

you run will help you stay light on your feet.

Running silently and softly reduces the amount of reverberation of foot impact on muscles and bones from landing strike. Studies have shown that by making less noise (foot strike), runners were able to run more smoothly. Many runners expend too much energy trying to push up off the ground with excessive toe and knee lift, thus over striding. When you over stride, your feet land in front of your center causing you to brake each step, spending more ground contact time rather than a smooth transition to the next step. By keeping your feet lower to the ground, and using quick, light steps, you'll reduce foot and leg fatigue, and increase your turnover rate, while using less energy.

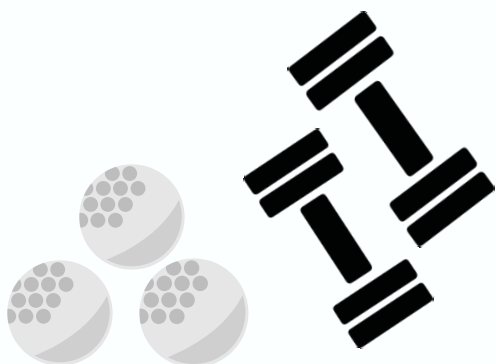
Maintaining good form takes practice. However, if you are persistent, your body will reward you by working as efficiently as possible, while helping you prevent injury.

So on your next run; envision yourself running on eggshells, a dictionary on your head and golf balls in each hand.

ABOUT THE AUTHOR:



Terri Rejimbál 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 tarejimbál@gmail.com.





**ADDITIONAL
TIPS TO
IMPROVE
YOUR FORM.**

JUST RUN

**It's cost
effective,
time
efficient
& down-
right good
for you!**

**HOLD YOUR
HEAD HIGH.**

**KEEP YOUR
CHEST UP.**

**MOVE THE
OPPOSITE LEG
WITH THE
OPPOSITE ARM.**

**KEEP ARMS AT
A 90-DEGREE
ANGLE**

**TIGHTEN MID-
SECTION/CORE**

**POSITION YOUR
FEET STRAIGHT
AHEAD,
PARALLEL TO
EACH OTHER.**

Always consult a
doctor before starting
any exercise program.

Common Fitness Hurdles & How to Overcome Them

Tiredness

Busyness

Boredom

Pain

The
Expense

Tiredness

HURDLE #1

It may be that you wake up in the morning, and feel too tired to lift your body out of bed. Or you may have been at work all day, and the last thing you want to do when you get home is exercise.

Whatever the case, there is just too much effort in getting your mind and body motivated, and your natural inclination is to go to sleep or continue to hit the snooze button!

TIP: There could be an issue with your sleeping pattern, as you need to be getting a regular 7-8 hours a night to give yourself a fighting chance of exercise in the morning. Then, as you are going about your day, ensure you eat well and drink plenty of water. A good diet can boost your energy levels, meaning you will be more inclined to exercise at the end of the day if you didn't in the morning. No matter the reason, form good habits. The more sleep you get, the healthier your lifestyle, and the more energy you will have to keep fit.



Busyness

HURDLE #2

It's that common excuse. "I just don't have the time." Hmmm... we're not buying it. You don't have time to care for your body? You might be busy, but that shouldn't be a giant hurdle to a fitness regime.

TIP: For starters, it might be time to reevaluate your schedule. What are you busy with? If you don't have time to exercise because your Netflix watchlist "isn't going to watch itself," or some other such excuse, then you need to prioritize your life. Exercise is important, so don't replace fitness with something that can be put off for some other time. You can also keep fit as part of your daily routine: walk or cycle to work instead of driving. When you're on your lunch break, go for a walk around the block.





Boredom

HURDLE #3

You want to exercise, but it's just so boring! Rather than filling your time with ways to boost your fitness levels, you prefer to fill your time with fun! In short, exercise has become a chore to you, and your motivation level is zero whenever you think about getting into your gym gear or running shorts.

Tip: Our first question is this: Why is exercise boring? Is it because you're following the same routine? Are you exercising alone? Think about it, and then do something that will alter your mindset. For starters, you might want to mix up the way you exercise. Think about finding ways to have more fun during exercise. Try a class at the gym or join a running or cycling group. It's also fun to have a workout partner, so you have someone to talk to during your exercise, and it helps with accountability too!

Pain

HURDLE #4

No pain, no gain, right? Well, not really. Sure, a little pain is expected occasionally, especially when you are first starting out on a fitness journey. However, if aches and pains persist, then you need to cut back and determine the cause. You could be overworking yourself, and are in danger of causing injury if you try to push through it.

TIP: Don't carry on with your workout if you are in serious or persistent pain. This is one hurdle that you don't need to overcome if your body is telling you to call it quits for the day. Healing is required, either through rest or with medical attention, such as seeing a physical therapist. To ensure you don't put off exercise in the future because you are scared of the pain factor, remember to take it easy. Fitness is about taking small steps, limbering yourself up before going at a pace that you and your body are comfortable with. In short, don't do a marathon until you have conquered those shorter distances first.



HURDLE #5

This can be an easy obstacle to overcome! I always say all you need are a pair of sneakers and a comfortable outfit and you can exercise anywhere. Walking or running are great forms of exercise and are virtually free! However, if you like to do fitness classes or lift weights you may want to join a gym. Membership fees can be high, and while new members can benefit from discounts used as incentives to join, existing members are often hit with rising prices.

Tip: Our first tip is to shop around when looking for a gym. You may be able to find cheaper prices elsewhere, so don't stick with your current gym if prices keep rising. Also, you may be able to benefit from those incentive discounts mentioned above. On the other hand, don't rule out setting up a home gym.

*Always consult your doctor before starting any exercise program.



**What are some of
your fitness hurdles?**

**How do you
overcome them?**

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, inspirations and motivation, and some of her favorite recipes. Follow her blog: [Marathons and Motivation.](#)

What's up with... **Winter Weight Gain?**

You hear it all the time: you gain weight in the winter and lose it in the summer. Is there any truth to this? And if there is, why does it happen? Let's break down the exact reason why winter weight isn't just an old wives' tale.

Q: Is winter weight a thing?

A: Yes, and no. Humans have a set weight range that is determined by their genetics. While activity levels and food intake can affect these, your DNA usually dictates how much fat your body retains; unless you are doing something excessive to either gain or lose weight. There is, however, some truth to being exposed to extreme cold that causes a temporary rise in body fat called "brown fat". This is easier for your body to burn and is used to make sure that you maintain body heat. This fat burns quickly and is unlikely to be the reason for weight gain. However, with the holidays and the low temperature, people tend to eat too much and exercise too little. This is the main reason for the extra pounds gained during the cold season.



Q: Is there anything that can be done to prevent it?

A: Keeping up with your regular exercise year around will help circumvent this. The Center for Disease Control recommends that the average adult participates in at least 2 hours and 30 minutes of moderate activity or 75 minutes of high intensity activity every week. Keeping tabs on what you eat will also help. It's tempting to binge during the winter months with all the parties and holidays, but some things should be enjoyed in moderation. There is no shame in indulging every now and then, but eating over 4,000 calories a day will catch up to you if you're not doing the extra work to burn it off. If your area experiences extreme cold, try taking an indoor exercise class during the winter months. Variation in your routine can help you from plateauing in your fitness goals.

*Always consult your doctor before starting any exercise program.



Spice Up Your Exercise Routine

Having trouble sticking with your New Year's workout plan? A major factor in quitting your routine is boredom. Mix it up with a "not your average" exercise class that will blast calories while also keeping you mentally engaged. Try incorporating one or two of these classes with your regular fitness routine to ensure you don't get bored, which could result in you giving up on your goals all together.

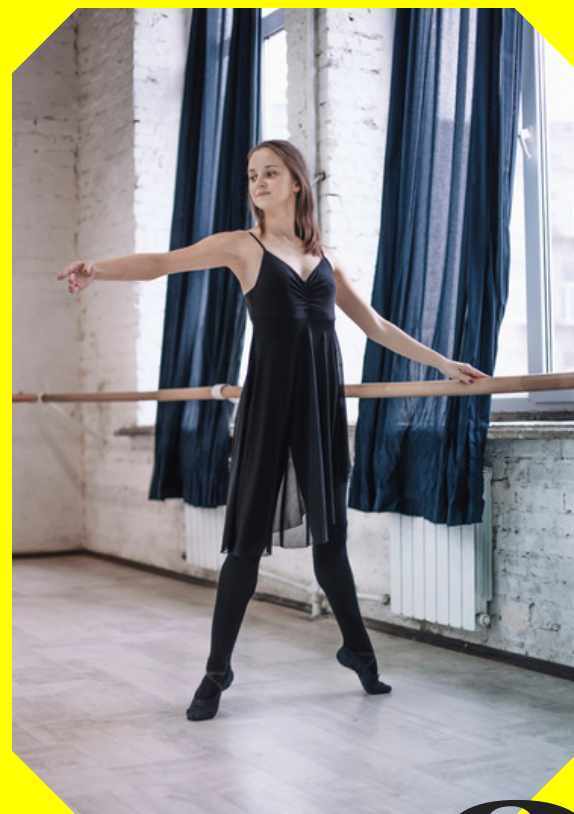


1



Hula Hooping

That's right! This childhood toy is a great workout. Start off by engaging your core muscles in the traditional hula-hoop fashion and work up to getting your whole body involved. You can begin with the basics in your own home. Want something more advanced? Pick up a class or even view some tutorials on YouTube. You'll be knocking out tricks in no time!



Barre Class

Learn how to slim down your muscles in this ballet inspired class that incorporates yoga, Pilates, and cardio. You will definitely feel the burn after just one class. Not only is this a full body workout, it also helps with your balance and posture. Ideal for those with mobility issues; you often don't have to move more than an inch at a time. This class is considered to be a low impact exercise for your joints. All shapes and sizes are welcome!

2



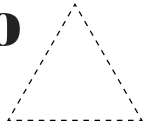
3



Ecstatic Dance

Let loose with this freeform dance class! No talking is allowed so you can fully immerse yourself in the music. There are no instructions beyond keep moving. Let all of your inhibitions go as you dance to a catchy beat, while freeing your mind and increasing your heart rate. You will feel transcendent as you leave the session, wondering if you may have found the perfect exercise for your body and soul.

Kangaroo Jumps



Bounce around on these inventive shoes to get an intense cardio workout. Reducing up to 80% of pressure on your joints, this is a class that is fun for all ages and athletic abilities. Classes usually have shoes to rent, but you can buy your own pair if you want to work out at home. The shoes' unique design creates a lightweight feeling and straightens the spine, therefore helping to improve bad posture.

4



5

Aerial Yoga



Hang out in this fun take on traditional yoga. Originating in California, this class combines Pilates and dancing while suspended in the air! The suspension helps relieve tension on your bones and muscles, making you more flexible. Hanging freely during this exercise also helps elongate the spine and ease up the pressure on your hip joints. Check out your local gyms to see if they offer a class near you!

*Always consult your doctor before starting any exercise program.

5 Tricks to Quit Your Night time Snacking Habit



With the winter holidays done you're bound to have a couple of extra pounds sticking around. Don't fall into the continuous cycle of mindless snacking, which could lead to more weight gain. Night time snacking is one of the biggest struggles most of my clients face, so here are some tips I give them to help stop snacking before it starts.

1 OUT OF SIGHT, OUT OF MIND

For most people, visual triggers are HUGE. "If I see it, I'll eat it." The phrase "out of sight, out of mind" really does apply here. We've all been in a situation where we've seen something sitting out and gone, "Hmmm, that looks delicious." Spare yourself the temptation and don't leave treats on the counter. Tuck tempting foods in the back of your fridge so they're not the first thing you see every time you open the door. Trust me, you won't forget they're there and let them go bad.

2 FIND A HOBBY

Watching TV is wonderful, but it also creates a problematic situation in that many of us associate it with: snacking. What's worse is that this snacking is often mindless and leads to overconsumption. Find something non-food related that occupies you to prevent heading to the pantry. This could be doing a craft, coloring in an adult coloring book, playing with a desk toy, or even exercising.



3 BRUSH YOUR TEETH

This is by far my most recommended tip, and it's two-fold. 1) Mint does not compliment a lot of flavors. If you have a strong, minty flavor in your mouth, you're unlikely to reach for some salty potato chips. The strength of the minty flavor also helps curb cravings. 2) Let's just admit it, brushing your teeth kind of sucks and it isn't that fun. Does anyone really want to have to do it twice in one night? Use this behavioral trick to keep yourself out of the pantry.



4

KEEP THE SERVING SEPARATE FROM THE CONTAINER

When all else fails, if you *must* have a late night snack, absolutely under no circumstances should you bring the entire container of whatever you're eating into the room or area you'll be eating in. For example, if you're having ice cream or chips, get a bowl, give yourself a serving, and then GET OUT OF THERE! Forcing yourself to return back to the source container for a second serving creates a conscious awareness of how much you're actually eating. So much mindless binge snacking can be prevented by just separating yourself from the larger source.

ON A
SNACK
STRIKE!



5

GET YOUR FAMILY OR ROOMMATES ON BOARD

Nothing is worse than feeling like you're fighting a losing battle alone. Explain to your family (or your roommate) why your weight loss goals are so important to you. Tell them you're struggling to quit late night snacking. Having someone hold you accountable to maintaining good habits will help you stick to them.

Keep in mind that most of these tricks are preventative measures; they're less likely to work if you try to enact them in the moment. Have a plan and get started on it now! Hide your tempting foods while it's still daytime, find an activity to do prior to watching TV, and let your friends and family know what you're doing.



ABOUT THE AUTHOR

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

Easy, Crispy Brussels Sprouts



One cup of brussels sprouts is a mere 40 calories, but provides 3.5 grams of fiber and 3 grams of protein. They're also a solid source of Vitamin C, Vitamin K, Vitamin A, and folate. Plus they're extremely filling! Adding brussels sprouts to your meal will help keep your calories down and your nutrients up.

Ingredients

- 1 lb brussels sprouts
- 2 Tbsp olive oil
- 1 Tbsp minced garlic (more or less to taste)
- ½ tsp black pepper
- ½ tsp salt

Directions:

1. Preheat oven to 400° F.
2. Cut stems off of brussels sprouts, then slice into halves (or fourths for especially large sprouts).
3. In a medium bowl, toss together brussel sprout halves, oil, garlic, pepper, and salt.
4. Spray a baking pan with nonstick cooking oil.
5. Spread coated brussels sprouts evenly among the pan, allowing plenty of space between them to prevent steaming.
6. Bake for 20 minutes or until browned. Shake pan occasionally to ensure even browning.

Check out [studio-element](#) for more healthy recipes!

***The secret to crispy brussels sprouts?**

Spread them out! They create steam when placed close together, which results in a soggy texture.

8

Reasons Why You Should Try Tracking Your Food

Increases mindfulness. Can you remember what you ate for dinner last night? Often times we forget everything we put in our mouths. Tracking helps you remain mindful of what you eat because you have to log it.

Provides you a better understanding of your current eating habits. In order to reach your nutrition goals, you need to know what your starting point is so you can then devise an attainable plan with steps to reach your goal. For instance, you need to know how many calories you're currently consuming and from what sources, and what ratio of macronutrients, before you can tweak anything to make progress towards your goal.



Did you know that 88% of people who track their food intake lose weight in as little as 7 days?

That statistic alone should be enough to convince you that if you're not reaching your nutrition goals, you may want to start keeping track of what you put in your mouth. Regardless of whether you want to lose weight, tone up, or just get healthy, tracking your food provides priceless insight into your starting point, areas for improvement, and ensuring progress over time.

Inform you how nutrient dense your food is. Tracking your food helps you determine what foods are “worth it” for you to meet your goals/nutritional needs. Likewise, it helps you realize what foods are inhibiting you from meeting those goals/needs (and therefore helps you reduce the amount of consumption or even eliminate it). For example, a latte with whole milk and syrups can add an extra 500 calories to your day. If you consume that latte everyday, that’s an extra 3500 calories each week...that’s equal to 1lb of fat...every week.

Helps you balance your total calories and macronutrients. By logging each meal, you can see how balanced your meals are and this can help you make better choices in the future and ensure you continue to make balanced choices for sustained energy.



Helps you reach your goals. Once you know the caloric density of your food, you can’t help but use that information in the future to help you reach your goals. For example, while eating out at a restaurant, you are debating what appetizer you want to order. Before making a decision, you check to see how many calories are in the grilled chicken wraps and discover that they contain a whopping 1,000 calories. You also notice that would put you way over your calorie limit for the day and decide to go with a different appetizer. (Side note: this is different than a restrictive, boring diet. Tracking simply allows you to make informed decisions of foods you enjoy).



Things to Remember When You Start Tracking

1. The more often you track, the more likely you are to reach your goals. Tracking keeps you informed about your intake over time. Tracking gets easier the more you do it, so stick with it.

2. Lifestyle habits will form by logging each meal one at a time. As you get more organized with doing this, logging your day ahead of time will force you to have a plan.

3. Log ahead of time to see if that food aligns with your goals. If it does not, delete it and choose something else.

Holds you accountable. By logging, you are alert when you near your daily calorie limit. For example, if you know that you can only consume another 100 calories for that day, you will probably pass on that chocolate glazed donut.

Allows you to plan ahead. Decide what you're going to get at the grocery store while you're still at home or pre-read the menu and log those foods in advance. If you aren't able to do this, learn after you make a choice why it was good or bad (moving you towards or away from your goal) and how to improve your choices in the future.

Gives you options. You can feel empowered that you have control over incorporating a variety of your favorite foods, in moderation, into your diet.

About the Author:

What you put in your body is the most important piece to achieving your goals. That's why trainer, nutrition coach, and chef Jillian Tedesco started fit-flavors - to help others succeed. See how they can help you at fit-flavors.com

Featured Events

FOR RACETIMES READERS

Featured Event: **King of Pain**

February 3, 2019

Glastonbury, CT

Details: This race lives up to its name. The course offers breathtaking South Glastonbury orchard scenery, along with hill, after hill, after hill. As a bonus, it is scheduled smack-dab in the middle of a frigid New England winter. No extra charge! You'll be pretty sore after you finish, but you'll walk away with bragging rights that will last all year long. Can you conquer the King of Pain course?

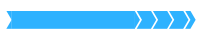


Featured Event: **Scorpion Relay**

February 9, 2019

San Dimas, CA

Details: This historic event challenges relay teams comprised of 6 runners to complete a 5-mile course head-to-head at the scenic Frank G. Bonelli Regional Park. The course offers beautiful views and challenging terrain. The setting for the event is family friendly with numerous playgrounds within walking distance from the start/finish. Awards go to top 3 in each category.

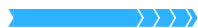


Featured Event: **Run With Your Hun 5K**

February 10, 2019

Vestal, NY

Details: Get in the Valentine's Day spirit, and encourage your other half to the finish! This 5K is open to teams of two and individuals. If you register as a team of two, you must cross the finish line with your partner. Your partner can be your significant other, family member, or friend; anyone who is willing to endure 3.1 miles with you. Walk or run, as long as you are next to your "hun". Awards will go to the overall team winners, best husband and wife, best friends, and other categories.



Featured Event: **Grit OCR**

February 16, 2019

Santa Clarita, CA

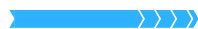
Details: Prepare to experience a new obstacle course race (OCR) that digs deep and challenges you to push yourself to new levels of physical endurance and strength fitness. Features amazing trails, punishing obstacles, killer hills, and epic panoramic views. Join the all-day festival which will include an obstacle course for the kids (ages 3-13). Grab your friends and family, bring the kids, and get ready for the ultimate race experience!

Featured Event: Freeze Your Buns Off

February 17, 2019

Littleton, CO

Details: Freeze your buns off then warm them back up at Saint Patrick's Brewing Company. Race includes a nice flat 5K course, insane fun for all involved, a free pint (for the 21+ crowd), kids 13 & under free, indoor warm up & after party with food. Awards will go to the top 3 male and female, top 3 male and female under 13, and top male and female in master and grandmasters age group.



Featured Event: Thin Mint Sprint

February 23, 2019

Jacksonville, FL

Details: Do you love Girl Scout Cookies and running? When the two combine you get the best 5K in town with the Thin Mint Sprint. Join this race for Girl Scout cookie samples, cookie booths to get all your cookies for the season, music, free smoothies provided by Smoothie King, food, and much more! All proceeds from the event support building the next generation of female leaders in the local community. Top 3 male and female winners will receive a Girl Scout cookie basket and the top male and female masters winners will receive a year supply (52 boxes) of Girl Scout cookies.

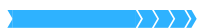


Featured Event: Leprechaun Chase 5K & Family Fun Run

March 9, 2019

Chattanooga, TN

Details: Help those fighting chronic conditions find the pot of gold at the end of the rainbow! This race is great for the whole family, with children under five receiving FREE registration. Costumes are encouraged for this 5K and 1 mile fun run. May the luck of the Irish be with you!



Featured Event: Pie Day Pi K

March 10, 2019

Durham, NC

Details: Get ready for Pi day the right way! Run this 3.14K through downtown Durham. All finishers will receive a personal pie. Yum! Awards go to the top male and female overall and top male and female in each age group.

Find a list of all of our events by visiting itsyourrace.com

Featured Event: **Clover Dash**

March 16, 2019

Crosslake, MN

Details: Join the 6th Annual Clover Dash 5K. This easy 3.1 mile north woods loop begins and ends in the beautiful Crosslake Town Square. Participants are encouraged to wear green to show their Irish pride! The 21 and over crowd will receive a voucher for one free green beer! Awards will go to overall male and female and the top three in each age group.

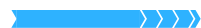


Featured Event: **Color Your Heart 5K Glow Run/Walk**

March 16, 2019

Mount Airy, NC

Details: Color Your Heart Glow Walk/Run 5K is a night time event for people of all ages and abilities to "get their GLOW on" and have fun supporting Surry Medical Ministries. Enjoy an evening of black lights, glow sticks, neon, and a DJ playing the latest hits to keep you rocking all night long! The race features glow-in-the-dark long-sleeve t-shirts, custom awards for the overall and age group winners, door prizes, Glow Fun photo ops and props for you and your friends, great food, music and a fun party atmosphere!



Featured Event: **Bataan Memorial Death March**

March 17, 2019

White Sands Missile Range, NM

Details: The Bataan Memorial Death March is an annual commemoration of the Bataan Death March. Held annually since 1990, this is a full marathon, with a 15 mi (24 km) run for those who do not wish to run the full course, covering paved road and sandy trails. It is regarded by Marathon Guide as one of the top 30 marathons in the U.S.



Featured Event: **Move it For Millie 5K and 1 Mile Fun Run**

March 23, 2019

Thibodaux, LA

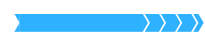
Details: Join this race for the 2nd year! Move it For Millie will feature a 5K and fun run as well as a dance-a-thon! The event will take place at 7:30 AM at Peltier Park. All proceeds will be donated to the National Turner Syndrome Foundation on behalf of Millie Raelynn Benoit, whom lost her battle to Turner Syndrome at 27-weeks gestation.

Featured Event: **Okefenokee 10K Swamp Run**

March 23, 2019

Waycross, GA

Details: This run is one of Georgia's oldest continuous races. You will run/walk a unique all-dirt course on wooded trails; a real cross-country swamp adventure! Pre-register to get an awesome t-shirt and a pancake and sausage breakfast after the race. There is a 1 mile fun run for those that don't want to participate in the 10K. Awards will be presented to the top male and female overall, masters, grand masters and senior grand masters, the top five in all age groups, and top five overall.



Featured Event: **Terrier Tough Adventure Race**

March 30, 2019

Rocky Hill, CT

Details: Terrier Tough is a 5K obstacle course run by teams of 4 designed to test all-around strength, stamina, team-work, and mental grit. Proceeds go to help the students of Rocky Hill High School's annual trip to New Orleans. Awards go to the top finishing team in each category.



Featured Event: **Mushing for Meals 5K/10K**

March 30, 2019

Beloit, WI

Details: Mushing for Meals is a 10K run and 5K run/walk to benefit Beloit Meals On Wheels. This scenic course is very flat and fast. Participants in the 5K can compete as a "Mushing Team". To compete as a team you must have three participants physically attached, SINGLE FILE throughout the entire race. You may be creative as to what materials you use to physically attach yourselves to one another. Awards will go to the top male and female in each age group, top male and female overall, and best mushing team costume.



Featured Event: **Run for the Lakes 2019**

April 26-27, 2019

Nisswa, MN

Details: The Brainerd Jaycees Run for the Lakes has grown tremendously since the first event in 2008. Despite the unforgettable first year blizzard, the event now draws more than 1,000 runners who wind their way through the remarkable north woods scenery. The all-volunteer race is organized from start to finish by the Jaycees and carried out with the support of over 100 members of the community and several local businesses. All proceeds from Run for the Lakes are donated to various non-profits.



NEXT ISSUE

April/May

COMING SOON

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