

RaceTimes®

MIDDLE-AGED & STRONG

How to blast
through the
aging process
stronger than
ever!

HELMET HEALTH

What you
should know!

FALL
EDITION

Quick & Easy

BIKE

Safety

Learn what happens
WHEN YOU QUIT SUGAR!

X





CLASSIC PETRA REVIVAL

PARKERSBURG,
WEST VIRGINIA

PARKERSBURG HIGH SCHOOL



OCTOBER 19TH 7:00PM TICKETS START AT \$7.50

A NIGHT OF MUSIC WITH THE WORLDS GREATEST CHRISTIAN ROCK BAND, CLASSIC PETRA REVIVAL!

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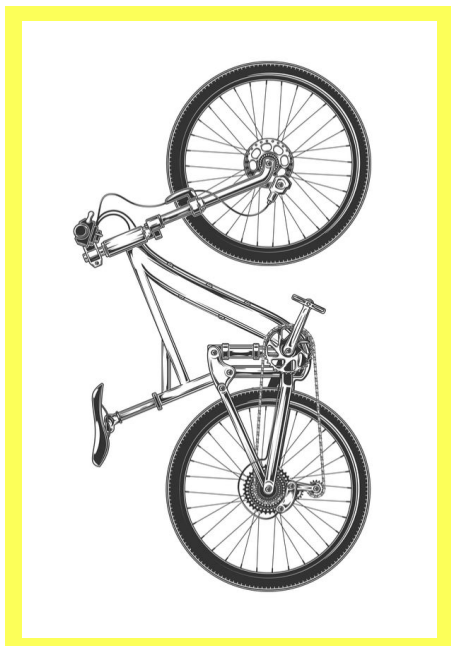
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editor's note



*If you are not
improving, then you
are falling behind!*

When you are comfortable, it is difficult to keep moving forward. There are many reasons for this: you like routine, the safety in knowing the outcome, and the satisfaction that comes without having to risk anything. It can be hard to give yourself the push you need to step out of your comfort zone. Unfortunately, when you refuse to take risks, you will likely stay in the same place.

As my grandfather used to tell me, "If you are not improving, then you are falling behind."

Look at the goals you set for yourself at the beginning of the year. Are you progressing? Have you accomplished some, if not all of your goals, or do you still have work to do?

As we enter the last few months of year, a great way to accomplish more is to wake up earlier and get tasks done before work. Not everyone is a morning person, but becoming one might be the best decision you ever make! It's going to start getting darker earlier, which means it's even harder to push yourself once you get home. Try waking up an hour earlier each day and see how much more you are able to accomplish. The more productive you are, the more risks you will be willing to take.

Follow our tips for becoming a productive morning person as we fall into the cooler weather.

Ashley Baker
Co-Editor of *RaceTimes*

You can be a morning person!

- ☀️ Go to bed early, even if you can't fall asleep. By the next night, you should be sleepy earlier.
- ☀️ Set out the clothes you are going to wear in the morning the night before.
- ☀️ Sleep with your blinds open so the sunlight is able to shine in your room.
- ☀️ Place your alarm clock in a spot where you have to get up to turn it off.
- ☀️ Immediately after you get up, turn on the t.v. or radio, whatever wakes you up and gets you pumped for the day.
- ☀️ Prepare your coffee the night before, so all you have to do is hit the start button in the morning.
- ☀️ Take a hot shower. It's a sure way to wake up and get your day started.
- ☀️ Have a breakfast plan!
- ☀️ Pack your kids' lunches the night before.

6 TIPS FOR CYCLING UPHILL



CLIMB LIKE A PRO!

BUILD STAMINA WITH HILL REPEATS

Find a hill and ride up it.
Ride to the bottom of the
hill and rest for 5 minutes.
Repeat 2 times.

GET INTO POSITION

Begin the climb seated, as
you move up the hill,
crouch down. Toward the
top of the hill, stand up
and pedal.

STAY FOCUSED

Stay in control of your
breathing. Stand when
accelerating. Picture
yourself making it to the
top of the hill.

KICK IT IN GEAR

Your cadence should be
between 75 and 85 when
biking uphill.

STAND UP AT THE RIGHT TIME

Typically save standing
up for the final leg of
the hill, because it
takes up more energy.

BUILD LEAN MUSCLE VS. BULKING UP

Aim to build lean muscle
with regular yoga or
plyometrics.

WHAT IS CADENCE?

Cadence (or pedalling rate) is the
number of revolutions of the crank
per minute; this is the rate at which
a cyclist is pedalling/turning the
pedals.



A woman with brown hair tied back, wearing a grey and black patterned long-sleeve top and black leggings with grey side panels, is sitting on a concrete ledge. She is wearing grey and white sneakers and looking directly at the camera with a slight smile.

MIDDLE-AGED

&

STRONGER THAN EVER

By Kandice Swarthout

I fell in love at age 14 with lifting heavy things. My dad had been going to the gym and I noticed a change in his physique and asked to join him. As soon as I walked into the front doors of that Gold's Gym, I was in love. I remember the way it smelled: like sweat and old metal. I remember the rust at the bottom of the squat rack where the chains and metal plates were kept. He took me through different exercises and from that moment on, the foundation was laid.

The 80's turned into the 90's, the 90's into the 2000's and now here I sit as a middle-aged athlete and the strongest I have ever been. Last year, while training a friend, an unfortunate accident led to breaking my left foot. Fortunately, it had nothing to do with my training regimen. Embarrassingly, I dropped a bumper plate and it crushed my foot. The news that it was broken was devastating because I was just days away from reaching a long sought-after strength goal. Off I went, from the emergency clinic to the orthopedic doctor. After looking at my radiographs and performing a physical exam (more like a cruel exercise in torture) the physician's assistant said something that stopped me in my tracks. I sat dumbfounded, listening to his words, "What is a woman your age doing working out like this?" I felt heat rush into my face as the anger rose from the depths of all things rude and ignorant. I responded with, "I hope to be doing this when I am 65 and 75." He then said, "Well, I hope not!" Good thing for him I had a broken foot, because it was all I could do to not kick something at his misinformed head.

I tell this story because it led me to wonder what our healthcare system really believes about middle-aged and senior adults engaging in intense—but safe—strength and endurance activity. If this well-educated practitioner believes that my healthy 45-year-old body should be restricted to light walking and stretching, what do the majority of older adults believe about their physical abilities and movement in general? Are doctors really discouraging healthy adults from exercise and then dumbfounded when that patient cannot bend to tie their shoes at age 70?

As for me and my family, we want to tie our own shoes, make our own meals, get off the toilet without assistance, remain free of disease, and enjoy life well into our late years. I believe that in order to accomplish these goals, a woman my age needs to be "working out like this." Now, do not get me wrong; I'm not suggesting that you send your mom to Crossfit or sign her up for Ninja Warrior, due to the nature of their high intensity programs. I engage in safe, low volume, but relatively heavy, kettlebell training and running. The key word is safe! What can you do on a daily basis that is sustainable for a lifetime and does not leave you on the couch with ice packs and aching joints?



The 80's turned into the 90's, the 90's into the 2000's and now here I sit as a middle-aged athlete and the strongest I have ever been.

What does science say about aging and strength training and/or running? An Austin, TX study states that the risk of disease increases with age when physical activity decreases. The researchers also found that adults that continue to engage in athletic endurance competitions greatly reduce or eliminate the prevalence of age-related disease. Which came first, the chicken or egg? Based on these statements, it would make sense that ongoing activity through middle-aged years would prevent the risk of many diseases.

Brett Jones, the Director of Education at StrongFirst, states that a sedentary lifestyle reduces blood flow and increases stiffness. Jones goes on to say that this reduction in blood flow is also a contributing factor to age-related diseases such as cardiovascular disease and diabetes due to physiological changes in the arteries. So, as we age, remaining mobile through endurance and strength activity keep blood vessels healthy, which result in a reduction of related diseases.

Research shows that “so called” external physical changes in adults can be improved through appropriate intensity strength training. Between ages 20 to 30, the average person’s muscle mass is about 30% of body weight. This decreases over time and can be as reduced to as much as 15% at age 80. This loss of muscle mass greatly contributes to loss of simple daily task function. Adults become sedentary and, in turn, begin to lose strength. This loss of strength leads to further muscle depletion. A year-long study on aging women revealed that moderate exercise (2-4 sets, 8-15 reps, 3 times a week), working a variety of muscle groups, shows a significant slow down in the loss of muscle fibers. According to the study, this halt on muscle fiber deterioration leads to better quality of life.

If you are reading this, there is a good chance you are already relatively active or even a competitive athlete.

Perhaps you are beginning to feel the aches and pains brought on by being an aging athlete. In my experience as a half marathon runner and a kettlebell/barbell instructor, I believe that it is essential that we listen to our bodies and make adjustments as needed. For example, in my 20’s and 30’s, I was all about high volume. I wanted as many reps as possible and would spend over an hour on one muscle group. Today, I have reduced my training to 45 minutes per day, 3 days a week, focusing on pure strength, strength endurance, and shorter distance runs. This keeps me strong, mobile, flexible, and allows me to stay active with the kids in my life without the ice packs.

While some health professionals may believe and promote the idea that women and men of a certain age should resign themselves to low activity and succumb to the perils of aging; I believe that it is never too late to find your inner athlete, compete in a race, earn a fitness certification, or accomplish personal fitness goals. After all, a woman or man of your age may be at the peak of their fitness.

Always consult a doctor before starting any exercise routine.

ABOUT THE AUTHOR:

Kandice is a certified SFG1 kettlebell and barbell 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.



Moderate exercise for aging women should comprise of:

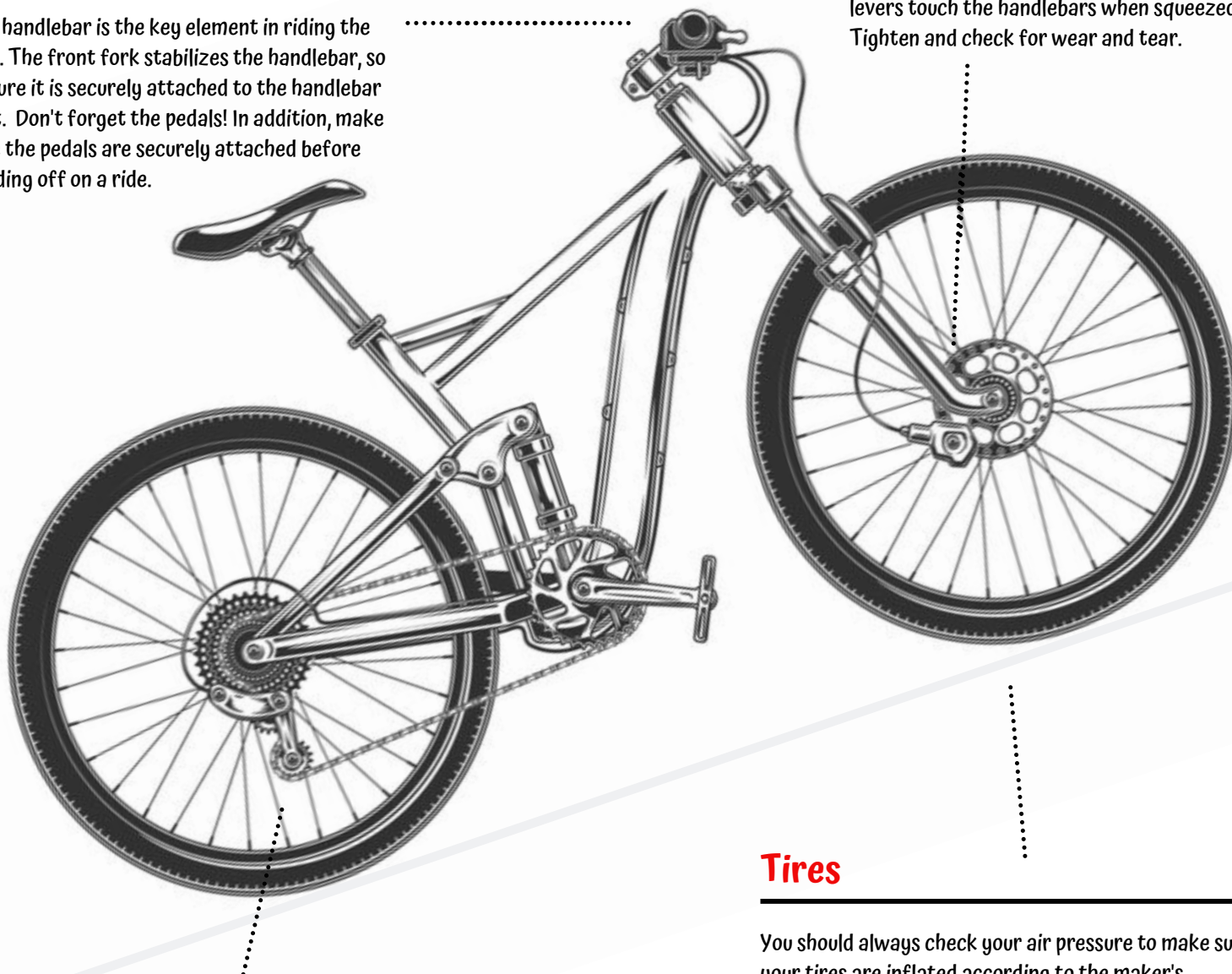
2-4 sets, 8-15 reps, 3 times a week

Basic Bike Safety

Bicycle maintenance is essential for the optimal performance of your bike and, most of all, for your safety. Without proper upkeep, your bike can quickly go from a well operating two-wheel machine to a rusty, dangerous mess. Although basic preventative upkeep can be done by you, keep in mind that more complicated issues will probably have to be taken care of at a bike repair shop.

Handlebar & Pedals

The handlebar is the key element in riding the bike. The front fork stabilizes the handlebar, so be sure it is securely attached to the handlebar post. Don't forget the pedals! In addition, make sure the pedals are securely attached before heading off on a ride.



Chain

To ensure smooth and speedy movement, the chain should be regularly lubricated. Once dirt begins to build up on the greased chain, use a de-greaser to remove the excess dirt. After you remove the old grease, replace it with a layer of new fresh grease. Keeping your chain clean will keep it from getting stuck.

Brakes

The brakes are the single most important part of the bike for rider safety. Check your brakes by squeezing them and pushing the bike forward. The wheels will stop rolling and the brake pads should remain directly on the rims without touching the tires. In addition, your brake cables are too loose if the brake levers touch the handlebars when squeezed. Tighten and check for wear and tear.

Tires

You should always check your air pressure to make sure your tires are inflated according to the maker's specifications. Regularly inspect the tires for any sign of tearing, ripping or overuse. If you want your bike to last, the wheels should be regularly tuned and changed. The best way to check a wheel is to spin it, if it shakes as it spins, then it will need to be tightened. Routine maintenance also includes tightening the spokes. Any damage to the spokes should be taken care of immediately since they apply pressure to the rim.

HELMET HEALTH



The role of cycling helmets is imperative: protect the brain. Our brain is suspended inside of our skulls and impacts can have severe consequences. From slight concussions to death, there is a real need to keep up with your helmet health and know when to replace it.

First, let's talk about the basic parts of most helmets.

> PLASTIC SHELL <

Plastic covers the majority of helmets. It is the first defense against any hard knocks you might have when you fall off your bike or get hit. In mountain bike helmets, the plastic is heavy duty as falling is more common when you are barreling down a steep incline. With road races, the focus is more on lightweight material that is aerodynamic, as speed is an important factor when racing.

> AIR VENTS <

The vents allow for a more comfortable wear. They keep your head cool by allowing air to flow through the helmet.



> CHIN STRAP <

The chin strap ensures your helmet is fastened and snug on your head. Leave a little wiggle room for your helmet to shift back and forth.

> FOAM LINING <

There is foam inside of the helmet that absorbs any impact that may occur. If not for this, then your head would have to take the full force of any contact that's made.



**Helmets help reduce
your risk for severe
head injury by
65-88%**

**Replace your
helmet after
3 years.**

WEAR & TEAR

Now that you understand the parts of the helmet and why they are important, it's time to talk about wear and tear. Most experts agree you should replace your helmet after three years. This is due to the foam, which is vital to the absorption of impacts. Foam breaks down over time due to sunlight, frequent use, and sweat, etc. If you look at your old helmet compared to a new one, you will probably notice a significant difference in the foam. The older one will be thinner with more grooves in it. The newer one will be plump, with the foam being mostly smooth.

There is some debate on whether a helmet should be replaced after every impact or if they should only be replaced after severe impacts that compromise the integrity of the helmet. Keep in mind that even small tumbles can hide big problems. Even if there is no outward damage there could be a severe integrity issue that's being hidden by the hard plastic shell.

Protecting your head should be your number one priority. Make sure to keep up with your helmet's health and replace when needed.

Always consult a doctor before starting any exercise routine.

A background image of a sunset or sunrise with a gradient from blue at the top to orange and yellow at the bottom.

When is the

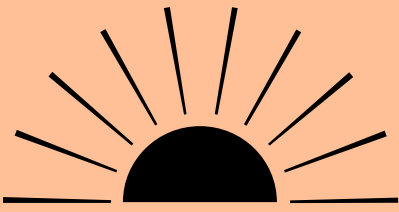
A background image of a bright blue sky filled with white, fluffy clouds.

BEST TIME

-to-

A background image of a dark night sky filled with many small, bright stars.

Workout?



Morning Workout

IT SETS THE TONE FOR THE DAY.

You will feel more motivated and active when you exercise in the morning.

EAT LESS.

A recent study from Brigham Young University found that food was less appealing to participants who worked out for at least 45 minutes in the morning.

YOU WILL SLEEP BETTER.

Working out early on can give you energy to get through the day, but once bedtime rolls around, you'll find yourself falling into a deep sleep.

BUILD MUSCLE FASTER.

Testosterone levels (especially in males) are higher in the morning, making it the best time to do strength training.



Mid-Day Workout

AFTERNOON PICK-ME-UP

You can start to feel a little sluggish when lunchtime rolls around. Exercise will give you an extra boost, even if it's just a few squats on your lunch break

MORE TIME AFTER WORK

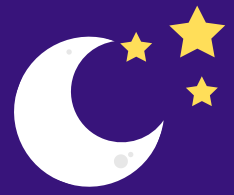
If you can manage to squeeze in exercise during lunch hours, then your workout is complete for the day. This leaves you with more free time in the evenings.

NOT A MORNING PERSON

If you don't work a regular 9-5 work week, a mid-afternoon workout is ideal. After you exercise, you'll arrive to work later in the day feeling refreshed and ready for the night.

LESS PEOPLE

If you are self conscious at the gym, then mid-afternoon is the perfect time to go. There are less people taking up machines, making it a perfect way to breeze through a routine without waiting for your turn.



Night-Time Workout

HELPS YOU RELAX

Late night workouts are a great way to let go of the stressors of the day. Endorphins are released whenever you exercise, resulting in calm and relaxation, which can help with getting a good nights rest.

MORE TIME

Working out during the day is great, but it often puts a time limit on things because you may be on a tight schedule. Exercising at night, however, may allow you some extra time for a longer sweat session.

LOWERS BLOOD PRESSURE

As mentioned above, you can be fairly stressed out at the end of the day. Your cortisol levels (the hormone that's responsible for stress) are high after a full day of work and hitting the gym can be the cure.

Always consult a doctor before starting any exercise routine.

What happens when you cut out *Sugar?*



Quitting sugar is harder than it may seem. There is more to it than skipping a frappe each morning or cutting back on desserts. The majority of processed foods contain some form of sugar. Overall, it is a huge commitment if you want to decrease sugar intake in your life. A great way to get started is to check all food labels for hidden sugars and prepare the majority of your meals at home. Cutting back on sugar intake has huge benefits for your health. Consuming too much sugar can cause weight gain, blood sugar problems and an increased risk of heart disease, among other harmful conditions. Understand the week-by-week highs and lows of quitting sugar for 30 days below.

Week 1

One of the hardest weeks to get past. Your body is going through similar stages as a drug withdrawal. You may experience headaches, trouble focusing, gastrointestinal problems, and low energy levels. Sugar contributes to dopamine production, the hormone that makes you happy. When you cut out sugar, your dopamine levels lower, while your pain receptors go into overdrive. Try to eat fruits low in sugar to take off the edge.

Week 2

You start having some serious cravings, but you must stay strong! You may notice that your energy levels are rising and you begin feeling a return of mental clarity. This will only increase as time goes on. Your body will also start burning off fat for energy instead of stored glucose. Make sure your diet includes plenty of healthy fats, proteins, and fiber to help with the transition.

Week 3

The cravings are finally gone! You will feel a huge difference in your energy level and you may start to lose weight. You should also see improvements in your skin; less oil on your forehead, nose, and chin. At this point there shouldn't be any adverse symptoms affecting you. You will now find that you are oversensitive to most sweets, which makes it even easier to resist them.

Week 4

You are now in the clear! Sugar is more of a special treat instead of a daily intense craving. You have proven to yourself that you can live without it, and now have the skills to do so. Remember to check all nutritional labels for hidden sugars and to buy fresh fruit when a craving strikes. It's okay to indulge once in a while, but don't fall back in the habit of letting sugar sneak back into your daily life.

7 LIES YOU'VE BEEN TOLD ABOUT WEIGHT LOSS



[LIE] IF YOU'RE OVERWEIGHT YOU HAVE NO SELF CONTROL

There are a lot of factors that go into weight gain, not just overeating. People with thyroid issues or other hormone imbalances have a difficult time losing weight, even when they have healthy eating habits and work out.

[LIE] WEIGHT LOSS = FAT LOSS

Water weight is a real issue. If you weigh yourself before and after a workout session, you probably will have gone down in weight. This happens because you are sweating a massive amount of water out of your system. It's important to account for water weight whenever you weigh in, because you can sometimes get a "false positive" of long-term weight loss, which brings us to our next point.

[LIE] YOU'LL STEADILY LOSE WEIGHT

Once you start on a journey to become more fit, you might notice that your weight fluctuates. That is perfectly normal! You might even gain a few pounds as you build up your muscles. It could take up to a few months before you start to notice a difference in your body's shape, and even then, there is no guarantee that you will steadily lose weight.

[LIE] DIETS PROMOTE LONG-TERM WEIGHT LOSS

Going on a diet will help you lose weight short term. Unfortunately, about 80% of people that go on a diet will gain back the weight they lost within a year of going off the diet. If you truly want to lose weight, then you have to create long-term lifestyle changes. This includes eating a balanced diet of fresh fruits and vegetables, carbs, proteins, and fats, along with some portion control. For anything more specific, contact your doctor or a local dietician to see how they can help you create a plan for your lifestyle.





[LIE] EXERCISE IS THE ONLY WAY TO SLIM DOWN

Exercising is great! Everyone should incorporate some form of exercise into their lifestyle, but it isn't enough to lose weight. Again, we come back to diet. If you aren't eating healthy once you're done at the gym, then it isn't going to help much with your waist line. Keep exercising, but adjust your diet as well.

[LIE] STAY AWAY FROM FATS

Did you know that salmon is full of fat? That's right, the food everyone holds up as one of the healthiest forms of protein is full of fat (*healthy fat*). What does that mean? Healthy fats are good for your heart, your cholesterol, and your overall health. Other healthy fats can be found in avocados and nut butters. Skip foods filled with saturated or trans fats and you'll be fine.

[LIE] WHAT WORKS FOR YOU WORKS FOR EVERYONE

Bodies come in all shapes and sizes. Just because someone looks overweight doesn't mean they are unhealthy, in the same way that not everyone who is thin is healthy. Fitness journeys are unique for every person. If you are working out with your best friend or significant other, don't be disappointed if you seem to be on different levels. It is possible that your partner's body responds better to a paleo diet, whereas yours might do better on a high-fat, low carb diet. There is no one shoe fits all approach to weight loss. Take your time. If you are plateauing or not seeing results, talk to your doctor, hire a personal trainer, or consult a dietician.

SHREDDED CHICKEN TACOS



Ingredients



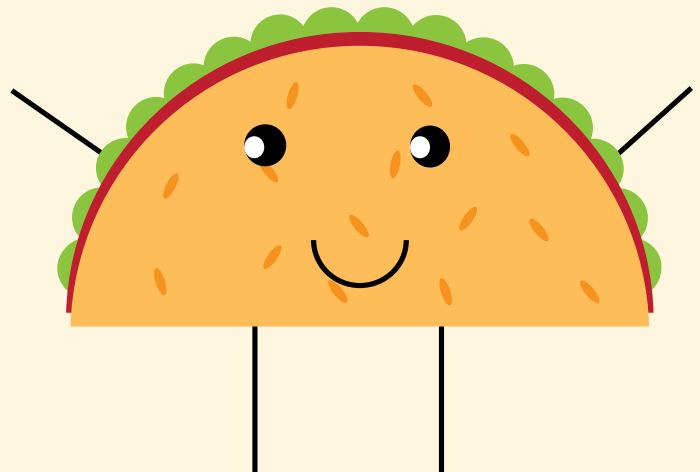
2 chicken breasts
2 Tbsp Sriracha
6 corn tortillas
1 cup chopped red cabbage
1/2 cup chopped peppers
1/4 cup cheese of your choice
1 lime
Fresh cilantro



Directions



1. Preheat oven to 375 degrees.
2. Place the chicken breasts on a baking sheet and top with Sriracha. Bake for 30 minutes (or until they're fully cooked).
3. Chop red cabbage and peppers.
4. Shred the cooked chicken.
5. Heat the tortillas up (optional).
6. Top each taco with cheese, cilantro, red cabbage, peppers, and a drizzle of lime.
7. Enjoy!



RUNNER'S KNEE

HOW TO PREVENT AND TREAT IT



The bane of every runner's existence: runner's knee. If you've escaped it so far, you are one of the lucky few. Most runners will experience it during their running career.

What is runner's knee?

Runner's knee is actually an umbrella term that can cover a lot of different types of ailments that affect the kneecap area, also known as the patella. If you are experiencing irritation, pain, or strained tendons, then it's likely you may have runner's knee, although a doctor would have to confirm the diagnosis and rule out any other issues.

PREVENTION

There is no way to absolutely guarantee that you *won't* be injured from running. After all, overuse is one of the main causes of runner's knee. So if you run every day, chances are you will get it at some point. There are, however, some precautions you can take to decrease your chances of getting it or reduce the severity of the injury.

1

You should be hitting around 170 to 190 strides a minute. Make sure you are not over extending your legs and that your steps are short and quick. Essentially, when you overstride, you are forcing your body to bounce up and down, causing more wear and tear on the knee.

2

The right type of shoe is everything. You want something that will absorb the impact when you run, otherwise your joints will be the ones paying the price. Make sure you talk to a foot specialist about the type of shoes that your feet require and remember to change them out once their shoe life is up.

3

If you are trying to go from a 5K to a half marathon overnight, you're going to have some issues. Gradually increase your training, allowing your body to adjust to its new routine.

4

Running on concrete increases the amount of impact your knees are absorbing every time you put a foot down. Try to run on smoother, softer surfaces that can help absorb some of the impact.



TREATMENT

Being injured is never fun, but if you do not take the necessary steps to rest and heal, you could be looking at a long-term injury that will require extreme methods, like surgery or a cessation of running activity all together.

Self-treatment for runner's knee will follow the RICE method: Rest, Ice, Compress, and Elevate.

REST

It is vital that you don't strain yourself during this period. As frustrating as it is to take some time off from running, it will help you in the long run. You'll want to avoid running, lunging, squatting, and standing or walking for long periods of time. How long you need to rest will be up to how severe the injury is and what your physician says.

ICE

Ice your knee for 10-20 minutes every 4-5 hours for as long as there is pain. The ice will help soothe the inflamed muscles and speed up the healing process.

COMPRESS

Wrap your knee with elastic bandages, runner's tape, patellar straps, or sleeves. These help stabilize the muscle while also allowing more blood to flow, thereby enabling a quicker recovery. You should do this for about a week unless your physician says otherwise.

ELEVATE

When laying down, prop your leg up on a pillow or two. You want it to be about 6-12 inches above the heart. This allows for better blood flow and less strain on your leg. Ideally, you want to elevate your leg for 2-3 hours. If that isn't possible, shoot for a minimum of 15-20 minutes.



RESISTANCE BANDS FOR RUNNERS

Pro Tip: Use a lighter resistance band to get a full range of motion, but don't go too light! You still want to feel your muscles burn.



To be a successful endurance runner, you need to do more than just cardio. Strength exercises are vital to increasing speed. A lot of athletes forgo the gym due to expenses and lack of desire to stay inside. However, there is a way to get in strength training without a lot of equipment or a gym membership. Meet the resistance band! Not only is it inexpensive, but it's also a flexible piece of equipment that can be used for multiple exercises, as well as stretching.

The basic science behind resistance bands is they add resistance to your muscles when you're working out. When you are using a resistance band during exercises, your muscles have to be engaged against the tension. It works in a similar fashion to dumbbells and kettlebells, but the biggest difference is that resistance bands don't rely on gravity, instead you work against the resistance of the band.

How can you incorporate resistance bands in your workouts?

There are a lot of ways! You can use them as a warm up before a run or as a strength exercise to help work out muscles that you normally neglect. They are great for stretching your hip muscles and can help improve stability and balance; all of which are vital for a decent run.

So, if you are in the market for a cheap and easy way to work out that doesn't take up a lot of room, stock up on some of these handy little bands.

Check out the next page on some suggested exercises, but don't be afraid to branch out! Resistance bands are versatile and there are hundreds of moves you can do with them.

UP YOUR RESISTANCE!

Glute Bridges

This is a great exercise to incorporate some resistance. Lie flat on your back, with your arms at your side. Have a fit loop resistance band around the middle of your thighs. Place your feet shoulder length apart. Slowly lift your lower body off of the ground, making sure to squeeze your glutes at the top of the bridge. Lower back down to the ground. Repeat 10 times.



Lateral Side Walk

Place a fit looped band around your middle thighs. Hinge at your waist, with your knees slightly bent. Start out with your legs shoulder width apart. Slowly take your right leg and step to the right, with your left leg staying where it is. Then bring your left foot to your right foot. Hold for a moment before repeating. Do as many reps as you like of this.

Leg Clams

Place the fit loop resistance band around your mid-thighs. Lying on your side with hips and knees bent and knees together, raise your top knee toward the ceiling, keeping your feet together. Hold, then slowly lower your knee. Repeat several times on both sides.



Featured Events

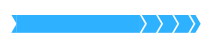
FOR RACETIMES READERS

Featured Event: [Pace for Peace](#)

October 5, 2019

[Bellwood, NE](#)

Details: Get ready to start out fall on the right foot. This race is great for the whole family, with an easy 5K walk/run and a 10K run. All finishers will receive a medal. There will be a post-race raffle and refreshments for all who wish to hang out afterwards. All proceeds will go to help provide life-saving services for survivors of domestic violence, sexual assault, homelessness, and hunger.

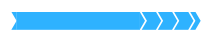


Featured Event: [Enterprise Pumpkin "Beer" Run](#)

October 5, 2019

[Enterprise, FL](#)

Details: Come run on this certified 5K course! Two free beer vouchers for the 21 and older runners, a finisher medal for all who participate, a light breakfast provided, and lots of fun! Those who participated in the Leprechaun 5K Beer Run in March will also receive a series medal. All proceeds will go to help keep the Enterprise Preservation Society's museum open.

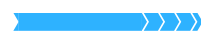


Featured Event: [Under the Oaks Run](#)

October 12, 2019

[Jekyll Island, GA](#)

Details: This event includes a race for all levels of runners: a Half Marathon, a 10K, and a 5K. The Half Marathon and 10K courses offer beautiful views of the beach, marshes, and Atlantic Ocean. The 5K offers glimpses of the ocean while you run under canopied trees; perfect for all ages! All runners will receive a t-shirt, a finishers medal, a goody bag, and post-race food.



Featured Event: [Happy Haunts 5K](#)

October 12, 2019

[Cedar Falls, IA](#)

Details: Get ready to be spooked on this haunted run! Run, walk, or crawl your way through this 5K course that begins and ends in Downtown Cedar Falls. Bring the little ones to participate in the kids 1-mile fun run. The course will feature Halloween decor, music and some special surprises. Do you have a group of Ghouls? Sign up as a team! Costumes are encouraged and there will be prizes for best individual costumes, best group costume and best family costume! Awards will go to the top 3 male and females, and the top overall in each age group.

Featured Event: **Nitty Gritty 5K**

October 19, 2019

Prattville, AL

Details: Get a taste of some Southern hospitality with this Grit run. Meander your way through a suburban, fast course to the Gipson's Tires Great Grits Cook-off, where you can indulge in the all-you-can-eat grits. T-shirts will be given to those that sign up before October 9th.

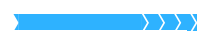


Featured Event: **Saguaro Sunrise Skate and Run**

October 20, 2019

Oro Valley, AZ

Details: Choose the skate distances of: Marathon (2.5 laps), the 10 Mile (1 Lap) or 5K Skate (3.1 Miles, 7 laps) or run a 5K! This course is not for the faint of heart as there will be a lot of hills! Post-race refreshments will be provided. An award ceremony for the top overall and top in each age group will follow after all races conclude.



Featured Event: **Riverside Trick or Trot 5K**

October 20, 2019

Kankakee, IL

Details: Get in the Halloween spirit with this race. The 5K walk/run is an easy course that people of all abilities can participate in. There will be a Kid's Dash immediately following the end of the 5K. Stick around to enjoy some treats from the vendors or have your face painted by one of the artists that will be there. Are you ready to have a scary good time?



Featured Event: **2GHG Iron Horse 5K/10K**

October 26, 2019

Newtown, CT

Details: This race was so popular they are doing it again! Get ready for the 2nd annual trail run! These rolling trail races have some elevation pitch to add excitement as well as beautiful picturesque meadows and wooded forest. Bring the whole family to meet the calvary guard and their horses! Need encouragement while out on the trail? Teams are encouraged for both races! There are finisher medals for both races. Post-race refreshments will be provided.

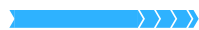
Find a list of all of our events by visiting itsyourrace.com

Featured Event: [Halloween Hustle](#)

November 2, 2019

[St. Mary Of The Woods, IN](#)

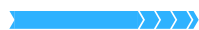
Details: Keep the Halloween spirit alive and help support this inaugural 5K. This event will include a beautiful course, a cool t-shirt, a pumpkin carving contest, a costume contest, and spooky games for the runners and their supporters to enjoy! Awards will go to the best overall and the overall in each age group.

**Featured Event: [Got Chocolate 5K, 10K, and Fun Run](#)**

November 2, 2019

[Xenia, OH](#)

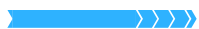
Details: Chocolate and helping a good cause? What a great way to spend a Saturday! Run in one of these three races to help fundraise for IHN/Schneider House of Hope, an organization that helps homeless families. Stick around after the race for chocolate prizes, donuts, and hot cocoa!

**Featured Event: [Brainerd Turkey Run](#)**

November 28, 2019

[Brainerd, MN](#)

Details: This 10th annual run is a great Thanksgiving tradition. You will start and finish at the Brainerd Amory but will get to run through the County Fair Grounds and through parts of industrial Brainerd that many people do not normally experience. This is a great first time 5k course or a fast course for a seasoned runner. For those who don't want to run but still want to participate; a 1-mile walk will also be held.

**Featured Event: [Hopedale Fire and Police 5K Gobble Wobble](#)**

November 28, 2019

[Hopedale, MA](#)

Details: Join this third annual on road off road race to help support the local fire and police department. Don't forget to bring a new unwrapped toy for the Toys for Tots campaign. Awards will go to the top 3 male and female and the top 3 male and female in each age group.

**Featured Event: [Border Battle 5K](#)**

November 29, 2019

[Ann Arbor, MI](#)

Details: Can you chose a side? Declare your allegiance in this battle of the border. Choose Michigan Blue, Ohio State Scarlett, or Party Crasher Gold! All finishers will receive a-one-of-a-kind Border Battle finishers' medal.



NEXT ISSUE

December/January

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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