



Out 'N Back

Chambersburg Road Runners Club

Notes from the President

Michael Hayduk



Now that summer is well underway I suspect that you have been taking advantage of the many local running events

that our club directly or indirectly supports. There are many opportunities to train, race, or simply enjoy the camaraderie that we runners share during a long, easy run in the great outdoors of South Central Pennsylvania. Truly, the country roads and many trails throughout our verdant forests are a gift to runners of all abilities.

I want to say how awesome it is to hear from club members who tell me of the compliments they have received from people outside of our local area about our premier annual event, the Chambersburg Half Marathon. In addition, I have received many emails from participants telling me that this is the best small town race they have ever experienced. I sincerely appreciate the contribution you have made to make this event such a success and I anticipate an even better event next year. We have identified several areas that we would like to improve which will require even more help from volunteers. When the call goes out, please step up and get involved. I can tell you from experience that many hands make the work lighter.

I hope that those of you who enjoyed the Summer Social Event at

Black's Woods will take the time to thank Johna Bolinger, Mari Over, and Amy Colli for the wonderful job they did in pulling it all together. It takes a lot of time and energy to put a social event together. When club members and friends of the club spend quality time over good food and laughter, it is well worth it.

Our club's membership rolls have grown over 300% in the last two years. We are now around 200 strong and still growing and it is encouraging to see new faces show up at our monthly meetings. As I have said, the majority of heavy lifting is done by the usual suspects. No more than 10% of our members are truly involved in helping sustain our club's progress. There are always opportunities for you to lend a hand and give whatever you can of your time and talents.

Chambersburg Mayor, Pete Lagiovane and I continue to be involved in the running program at the Chambersburg Boys and Girls Club. We recently began a new tack by letting the kids create their own club, elect officers, and develop a charter and by laws with the intention of getting them more motivated in our sport. I would ask that any of you who have experience or would like to gain experience in working with kids to consider helping the Mayor and I out. For you younger members, this is great stuff to add to your resume if you are considering a teaching or social service career. You might be the person who makes a significant difference in the life of one of these kids.

Summer Issue 2011



Here is another opportunity for our more creative members. I'd like to see each and every year's Chambersburg Half Marathon T-shirt be unique. Think of it as a

palate for the artistic among you to create a work of art that will be worn by every participant. Contact me if you think you have the right stuff to come up with a winning design.

I have also received kudos from several members on our newsletter. Please give me your input on ideas you may have to make it better. I can't guarantee that every idea will be included, but I do promise that I will consider each and every one of them.

In closing, I want to report that the club's fiscal state of health has never been better. We have essentially doubled our coffers and are seeking ways to spend the money on projects that benefit the greater Chambersburg running community. Send me your ideas and don't forget to bring leadership. Every good idea needs a champion to make it a reality. Be that champion and make your good idea come to life. The club will be there to support you.

Happy Trails.



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Chambersburg Road Runners Club

Member Profile *- by Kristen Pixler*

Rick Meyers - A Runner's Soul



Amongst the mountain laurel, pine trees and trickling springs you may see a blur pass you by on the rocky trail. Quiet as a fox and

quick as a deer, Rick Meyers, our local ultra runner, running advocate and owner of the Runner's Sole, will be logging miles and miles on the area trails and roads. How many miles? Well, 26, 50, 100 or even 200 miles; Rick has conquered distances that only a handful of runners could hold claim. This information will not come easily from Rick and certainly not the amazing times he has completed these distances. If you pop into the local run shop, the Runner's Sole, you will more likely get quality advice on gear and training and perhaps the story of his transition from an overweight smoker to athlete.

Meeting Rick, you could not imagine him in another state, but there

was a time that he lived a less than healthy lifestyle. Like so many Americans, he became wrapped up in the stresses of the day to day turning to food and nicotine for reprieve. The turning point for him was a simple moment between a father and a daughter. Rick was giving tips to one of his daughters prior to her basketball game with cigarette in hand. Realizing the hypocrisy in this, he snuck out to the restroom during the game and flushed the pack down the toilet. The next day he purchased a treadmill and running and health became his focus. "Running started out as a healthy activity, but turned into a healthy addiction."

Running changed more than just his own health, but a lifestyle and career change quickly followed. Rick is originally, from York, PA and he moved to the area in 1992 as a paramedic for Medic-1. He completed his degree as an RN and became an emergency nurse for Chambersburg Hospital. As Rick began to run, he became disenchanted with the quality of advice and products that he received from e-commerce sites and local chain stores. Inspiration came to him on

a vacation when stopping into the Rehoboth Beach Running Company. "That is the moment I knew what I wanted to do." Rick said. What he wanted to do was bring quality running products to the area; The Runner's Sole was born. Starting the running store came with many struggles, leaving a full time job while providing for a family, training and keeping a brand new business a float during the recession. As with his running, he continued to move ahead and conquered obstacles as needed.

It is a difficult to maintain any level of training while juggling family, life and job responsibilities. With the mileage that Rick must complete for his training, he has become very creative in incorporating his runs into daily activities. "My new philosophy is: If I can't run there, I don't need to go. If I can't carry it, I don't need it," he said.

Rick Meyers is an athlete, medical professional, father, husband and business owner. He is an inspiration to those around him, but his goal is to inspire us to do our best in all our endeavors and of course to "Run on my friends, run on!"



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Chambersburg Road Runners Club

Running News *-By Andy Mason masonandrew@verizon.net*

Matt Elgin is Back.



More than two decades after being one of the top runners on one of the best high school cross country teams in Pennsylvania at Greencastle-Antrim, Matt Elgin again can be found near the front of the pack at local races.

So where was he all those years?

He wasn't exactly missing in action. It was more like he was missing from it.

"I ran track my senior year at Greencastle (1990), and then running was gone from my mind," said Elgin, 39, who now lives in Chambersburg. "I did zero exercise."

Instead, he smoked cigarettes, guzzled beers and ate ... and ate and ate.

"I was a physical mess, all the smoking, eating and drinking," he said. "I literally was a poster child for unhealthy behavior."

Then one day, in September of 2008, enough had become enough.

"I was just so unhappy. I just couldn't take it anymore," he said. "I just said, 'I'm going to try to go for a run.'"

"I made it about a mile. It felt horrible, and it was really hard. I couldn't believe how hard it was to run a mile. I was embarrassed to be the big fat guy running in front of my neighbors."

Elgin, who weighed 235 pounds at the time, kept running.

"I started logging my runs and set the Greencastle Turkey Trot 5K as my goal," he said.

With just two months of training, Elgin finished the Thanksgiving race in 22:47, having already shed more than 25 pounds from his 5-foot, 10-inch frame.

He hasn't looked back. The next year, he ran the Turkey Trot in 18:45. Last year, he did it in 17:40, weighing about 170.

These days, Elgin logs 40-45 miles a week. His typical week includes a long run at Michaux State Forest and a track workout with Hagerstown's Cumberland Valley Athletic Club under the guidance of Mike Spinnler, whom Elgin credits greatly for his rebirth.

"Everything's better now. I'm so happy," Elgin said. "I have 10 times more energy than I did before. I feel so good that I'll never go back."

On June 4, Elgin lowered his "adult" 5K PR to 17:20 with his third-place effort at the Chambersburg YMCA 5K. And he now has his sights on sub-17.

His other big goal is to complete a marathon. He's run five half marathons.

"I'm scared of the distance right now," he said. "But no doubt about it, I'll do one."



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Tips and Training

Building Towards a Peak – by Jamie Boward

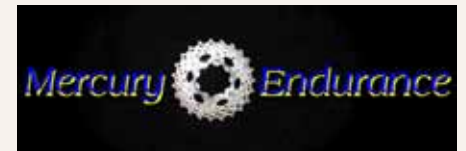
For many if not all of us, the season is in full force and you have big goals planned whether they are a race or a certain time. Regardless if it is time or race, building your season to peak at the right time is paramount. I will give a general layout on how to design a season to get you to the finish with your best race ever!

To get to your A race in peak condition you will want to start by planning your season from that race and work backwards. Many make the mistake of just going through their season doing intervals and running miles and then getting near the end and trying to do a make shift taper and usually end up not properly rested and under perform. The taper is going to depend on the distance of your race but in most cases will be 2 weeks. Your season is called the macrocycle and will be broke down into several micro-cycles. A microcycle is usually a month block where you will build either speed or distance or a combination for 3 weeks then have a recovery week. The last 2 micro-cycles closest to your taper phase will be devoted to your hardest

speed sessions and known as the peak or speed phase. These are going to be very hard sessions working the anaerobic zone and taxing your body which will increase your VO2 max. The next 2 microcycles working backwards are going to be known as the build phase. These are going to be a mixture of keeping the mileage up and mixing in harder speed sessions. Your base phase is going to be the 3 or 4 microcycles that are before the build phase.

During your season you will want to mix in several lower priority races of various distance to check your progress. These are going to be races where you train through without any or much of a taper but will be a gauge of fitness to see how your progress is coming along. If you have a bad race here, it isn't the end of your season, so don't let a bad result derail your training! The only tricky thing is the distance of your A race. If it is a shorter race say a 10k or a 5k, then you can race several times until you get it right. With longer races like a marathon you only have one true shot at getting them right. Even if your A

race is a marathon racing, those shorter races are not only great tempo workouts but they are working on improving your speed which is going to be necessary to improve your ability to run the longer races faster. As with everything recovery is the key! It is during the recovery and rest where you gain all the fitness improvements from your hard workouts. So make sure that you are getting enough easy days surrounding your hard days.





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Tips and Training

Gear Buzz around The Runner's Sole- Rick Meyers

This installment of Gear Buzz will be divided into two types of gear: technological running aids, and technical apparel.

First, technological running aids. When a runner wants to know their exact distance, pace, calorie burn, heart rate, etc. it's nice to be able to have instant feedback. There are many products on the market that gives a runner nearly any information he/she is looking for. Manufacturers offer products in the price range from just under \$100 up to \$1000. Polar brand has mainly heart rate monitors. Garmin is the leader in the GPS industry. The most basic model, FR60, is a fitness model that will give the wearer instant heart rate feedback with total calorie burn. These models are enjoyed by fitness enthusiast that participate in Zumba, Aerobics, resistance training, etc. With the purchase of a separate foot pod, the FR60 is now a very accurate pedometer with distance displayed on the wrist watch. The middle of the pack models provide the wearer more advanced options. Such as; pace, altimeter, accurate distance, and heart rate, virtual partners, course data/memory, etc. A recent model

Garmin has produced is the FR610 which has a touch screen and promises to be more user friendly than earlier versions with bezel operations. Even more advanced models will give the wearer specific turn-by-turn directions when running or cycling in a foreign land. Timex has similar technology as Garmin but has less accuracy at times but costs less than Garmin. Suunto is another tech aid that offers the same features as Garmin and Timex, but is slightly less accurate in distance and higher in costs. Nike offers the in-shoe pod that measures distance with it being displayed on a wrist-watch. However, if the wearer purchases a different brand of shoe, the in-shoe pod now is ineffective, unless the wearer attaches a shoe lace wallet that will house the Nike pod but has been reported as less accurate. These technical aids are intended to help a runner to improve in whatever area he/she is using it for. However, many times runners run to the aid's numbers instead of their perceived effort. In other words, the runner is ignoring their natural feedback information and relying too much on the fancy

features of the watch. Learn to use the aid as a secondary training tool but to use your own body's feedback and perceived effort first. With the two being used in that respect, the runner will have gains on each run. Hot weather is upon us and this is the time of year apparel becomes even more important. Natural materials are definitely a runner's enemy during high humidity days. Synthetic fibers such as polyester, nylon, and spandex, are better choices. Chafing is a runner's worse nightmare. Chafing shouldn't occur at any distance, but it really amazes me when I see or hear of runners chafing during a 5k race. This leads me to believe that the runner may be wearing less quality technical apparel. Chafed nipples on men can occur in a half-mile jog regardless of the apparel being used, so that level of chafing has been excused from my earlier comment. Starter, Champion, Reebok, Nike, Adidas, Under-Armour, New Balance, etc offers many levels of running gear. Nike has purchased the Starter line a number of years ago because of big box discount stores such as Wal-Mart refused to allow the Nike brand into their stores. Adidas



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Gear Buzz around The Runner's Sole- Rick Meyers

purchased the struggling Reebok brand right after Nike acquired Starter to be competitive in the discounted store market. Target owns the Champion brand and is found in a number of box stores, jeez, so confusing. Moreover, many of the brands offer lower level apparel that is basically cotton with a coating of the "technical" material over it to give the feel of quality technical apparel. After a few washes, the coating melts off and the wearer is left with a cotton garment. Technical materials don't only offer protection from chafing,

features such as thermal regulation is important to the wearer during running in the summer months. The tech materials pull the heat from the skin for convection into the air. The higher quality level tech materials also dry very quickly for lightness for the runner. Lower quality and/or natural fiber apparel becomes saturated with sweat, rain, or any other water source and doesn't dry and becomes heavy. The weight and wetness may cause the runner to over-heat as well as softens the contacted skin with the potential for blisters to arise. Another benefit of high level technical apparel is the

compression properties. If the runner wears compression apparel this aids in prevention of lactic acid build up in working muscles, lessens the shock to the soft tissue with impact on the running surface, and aids in recovery. High level technical apparel is higher in costs however the trade off is that the apparel lasts for years longer than the lower level tech apparel and over time that is a cost savings. Enjoy the summer!

Tips and Training

Nutrition- Hydration- Sweat Rate by Elyse Cook

In today's world of sports we hear all too often how athletes have illegally enhanced their performance by using steroids, but did you know that a century ago the most abused illegal substances during distance running was water? It was not until after the mid twentieth century that drinking during a race was looked upon

favorably. Prior to the acceptance of hydrating during races, consuming water during a race was viewed as unsportsmanlike and a sign of weakness. Today, proper hydration is paramount for properly training or running a race. Proper hydration is also paramount for the optimal functioning of your body in your "everyday life."

If you ask most individuals how much water they should drink in a 24 hour period they will typically respond that consuming eight 8-ounce glasses of water is adequate. Required daily fluid intake varies greatly based upon many factors including amount and level of training, gender, your own individual sweat rate, and



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Nutrition- Hydration- Sweat Rate by Elyse Cook

external temperature and weather conditions to name a few. In 2004 the Food and Nutrition Board of the Institute of Medicine released Dietary Reference Intakes (DRI) for water. They recommended adequate intake (AI) levels of 130 ounces for men (16 cups) and 95 ounces for women (12 cups). These amounts increase with the amount, duration, and type of activity one participates in. Especially during these hot summertime months, calculating and knowing your individual sweat rate will allow you to estimate how much more fluid you will need to take in beyond the adequate intake (AI) levels that are suggested above.

You can calculate your individual sweat rate by utilizing the following formula:

$$\frac{(\text{body weight pre-training} - \text{body weight post-training}) + (\text{fluid ingestion} - \text{urine volume})}{\text{exercise time}}$$

In order to keep the numerator in pounds, urine volume and fluid ingestion that occurred between weigh-ins can be measured in pounds using this conversion factor: 15 ounces of fluid equals about 1 pound. You can also utilize this conversion factor to convert your answer from pounds back to ounces of fluid.

If you are interested in calculating your sweat rate and have additional questions please feel free to contact Elyse at puzzlepiece7@yahoo.com

Questions for Dr. Pete

by Dr. Peter Holdaway

One of the toughest tendon injuries to treat is Achilles tendinitis. It accounts for approximately 11 % of all running injuries. It is the large tendon on the back of the ankle that inserts into the heel bone (calcaneus). It provides the "push off" power in running and walking. The injury is also referred to as Achilles tendinopathy. What

is the difference between the two ? Tendonitis is considered to be an inflammation of the tendon while tendinopathy is actually small tears (micro-tears) in and around the tendon. More recent literature is leaning towards tendinopathy as the actual cause of pain in most Achilles tendon injuries. This can either be a chronic or acute condition.

Acute symptoms include sudden onset of pain and/or swelling at the back of the heel or within the tendon itself, pain at the start of a run (or exercise) that decreases as the run goes on, pain that decreases with rest and pain with manual pressure on the tendon (palpation). If this is left untreated it can lead to



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chronic Achilles problems. Symptoms of this are pain that can last throughout the activity or run, increased pain when running hills, morning stiffness or pain, thickening of the tendon and tenderness with palpation. If either of these are left untreated they can lead to a partial or complete rupture of the tendon. This is especially true of Masters runners as once we reach the age of 40 the blood supply to the tendon decreases which increases the chance of rupture.

Achilles tendinopathy is primarily an overuse injury that may be the result of: an increase in mileage, distance, speed or hill workouts. This is especially true of running uphill which puts a greater strain on the Achilles. Decreased recovery between runs, tight calf muscles, excessive pronation, plyometrics that involve a lot of jumping can also contribute to the injury. Women who work in or constantly wear high heeled shoes and then run in a flat sneaker are more prone to this as well. With the increased popularity of minimalist sneakers and sneakers such as the Newton which force you to run more on the ball of the foot,

there has been an increase in Achilles tendinopathy. Most running shoes are built with a higher heel and taper down towards the front of the foot which decreases the length of the tendon. When a runner tries to transition suddenly to a flat running sneaker, the flat or minimalist sneaker causes the tendon to function in a longer position and puts more of a strain on it leading to injury. Running in sneakers that are too stiff or have been run in past their allotted miles, lack of stretching and properly warming up can also contribute to this condition.

Achilles tendinopathy is diagnosed primarily by the symptoms and clinical examination of the affected area. If a partial rupture is suspected then a diagnostic ultrasound or MRI may be needed.

Treatment varies with the severity of the symptoms. It is of utmost importance that treatment begin as soon as symptoms begin. If an acute onset is let go and it transitions to a chronic condition, the length of time for healing increases tremendously. Initial treatment that can be tried on your own should

include rest, ice, stretching, anti-inflammatory medication such as ibuprofen or Aleve and possibly a heel lift (remember to do this for both feet so you do not create a difference in leg length). Topical medications such as Biofreeze are also helpful. Sleeping with a splint on at night to stretch the tendon is also an option. Treatment should be done as soon as symptoms are experienced. You should make sure you are running in the proper sneaker and that your sneakers are not worn out. If this self-treatment does not decrease your symptoms within a week, then it is time to seek professional help. If you have acute pain, loss of strength and/or feel a gap in the tendon or can not walk without limping, then seek professional help immediately. Evaluation by a podiatrist, orthopedist or experienced sports medicine physical therapist is recommended. They can discuss further treatment which can include physical therapy, prescription strength anti-inflammatories, night splints, custom orthotics, sports massage and gait evaluation. If the injury is severe enough a walking cast may be recommended for a number of



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weeks. Extra-corporeal shock wave therapy is an option. This is like ultra sound but at a much higher intensity. A new treatment that also shows promise is a class IV laser. Patients receiving this treatment have experienced good results. If all of these conservative treatments fail, then there is a less invasive surgical procedure called the Topaz procedure that has shown some success. Injection of your own reconstituted plasma into the injured area has also shown some promise as a non-surgical treatment option. If all of these treatments fails, surgical repair of the micro-tears would be the option of last resort. Some physicians will recommend steroid injections, however these have a high risk of rupturing the tendon and are not generally recommended for this condition. If there is a complete tear of the tendon then in most cases surgical correction will be needed.

One of the big questions I get is can I run through the pain and still heal. In some mild cases, that may just be a simple irritation of the tendon this is possible. My general

rule is if you can run without acute pain, without altering your gait, and you are able to finish your run without experiencing true pain after, and the pain is not worse the next day, then it is possible to run through this. However, the longer Achilles tendinopathy/tendinitis sticks around, the harder it is to treat and the greater the risk of further damaging the tendon. This is one of the few injuries where I will have my patients rest and alter their activities. The risk of creating a chronic condition and/or rupture make this injury one that should not be run through without consulting a professional. If it is caught early and treated aggressively, it can be cured fairly quickly. If it is let go, it can truly become a chronic nagging frustrating condition that can make running miserable for a long time. In many cases it can take 6 months to a year to relieve the pain and run without discomfort.

Prevention includes a good stretching routine, the proper shoes, proper rest, gradual changes in activity level, gradual progression to speed work and hills and no sudden changes in sneaker type. Orthotics or custom inserts may be needed as well. Following these

tips can be helpful after recovery from this injury as well. It is important to understand that this is a challenging condition that can be debilitating and can take months to heal if not treated quickly. It is one of the few injuries where I will actually recommend a break from running and being a runner myself I know how traumatic that can be ! If you suffer from this injury, it is best to seek treatment early so that you may hopefully avoid having pain for months or worse yet ending up in the operating room.





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Date	Day	Time	Event	Location	Venue	Sponsor	POC	Contact
7/9/11	Sat	8:00	Tim Cook Mile	Chambersburg, PA	Middle School/ YMCA	CRRC	Monheim	496-5654 monheim4@comcast.net
7/12/11	Tue	19:00	Ausherman SS	Mercersburg, PA	High School	CRRC	Monheim Beirbower	496-5654 263-8220 monheim4@comcast.net
7/21/11	Thu	19:00	Club Trail Run	Fayetteville, PA	Caledonia St Park	CRRC	Schuler	263-2863 tschul@embarqmail.com
7/26/11	Tue	19:00	Ausherman SS	Shippensburg, PA	University	CRRC	Monheim Beirbower	496-5654 263-8220 monheim4@comcast.net
7/30/11	Sat	8:30	Ship Fair 5K	Shippensburg, PA	Fairgrounds	CRRC	Kessler	264-3775 blkess@innernet.net
8/4/11	Thu	19:00	Club Trail Run	Fayetteville, PA	Caledonia St Park	CRRC	Schuler	263-2863 tschul@embarqmail.com
8/6/11	Sat	8:00	Fred Kaley 5K	Greencastle, PA	High School	CRRC	Secret	360-7557 richsecret@hotmail.com
8/9/11	Tue	19:00	Ausherman SS	Chambersburg, PA	Fallingspring	CRRC	Monheim Beirbower	496-5654 263-8220 monheim4@comcast.net
8/13/11	Sat	8:30	Ausherman 5M	Chambersburg, PA	Marine Corps League	Ausherman	Ausherman	264-1848 jausher@pa.net
10/8/11	Sat	9:00	Harmon 5K	Chambersburg, PA	Library	CRRC	Fleury	kpfleury67@comcast.net
11/12/11	Sat	9:30	Dash for Drew 2M	Greencastle, PA	High School	CRRC	Taylor	360-4945 rtmt@pa.net
11/26/11	Sat	9:00	Turkey Trot 5K	Greencastle, PA	High School	CRRC	Secret	360-7557 richsecret@hotmail.com





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Group Runs

What: Later Daily Morning Run
Where: YMCA, McKinley Street, Chambersburg, PA
Day/Time: Monday thru Friday at 7:45AM
Comment: Meet in lobby; easy run from 4-8 miles depending; call day before to confirm
Contact: Pete Fleury (631) 897-3849

What: Easy Sunday Morning Run
Where: St. Paul's United Methodist Church, Norland Avenue, Chambersburg, PA
Day/Time: Sunday at 9:30AM
Comment: Easy run from 5-8 miles depending; call day before to confirm
Contact: Pete Fleury (631) 897-3849

What: Speed Work
Where: Chambersburg YMCA, Chambersburg, PA
Day/Time: Thursday warm up at 5:45AM for session at 6:15AM
Comment: Open to all levels; meet in Chambersburg YMCA parking lot
Contact: Tim Fisler (717) 496-7431

What: Cumberland Valley Athletic Club Speed Work
Where: Hagerstown Community College, Hagerstown, MD
Day/Time: Wednesday at 8:30AM
Comment: Open to all levels; led by Mike Spinnler
Contact: Tim Fisler (717) 496-7431

What: Challenging Sunday Morning Run
Where: Williamsport High School, Williamsport, MD
Day/Time: Sunday 7:00AM
Comment: 1-3 hours 8 minute per mile or faster pace
Contact: Tim Fisler (717) 496-7431

What: Early Morning Daily Run
Where: YMCA, McKinley Street, Chambersburg, PA
When: Tuesday and Thursday, 5:00-6:00AM and Saturday 6:00-7:00AM
Comment: FaceBook page called YRATS
Contact: Brenda Miller (717) 552-9771 or email at jjtfmiller@yahoo.com
or email Ralph Pisle at ralph@springrise.com
or email Chuck Stone at chuckstone1955@yahoo.com



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Contributors



Kristen Pixler

Kristen is the current newsletter editor for the CRRC. She has her Masters of Fine Arts in

Photography from Virginia Commonwealth University and is continuing her education at Harrisburg Area Community College in Web Design. She is currently freelancing as a fine and commercial artist. Kristen is an avid athlete with varying interest from soccer to yoga and rock climbing. Running has been the constant throughout her life and has raced distances from 5k to marathon.



Dr. Peter Holdaway

Pete is a podiatrist with special interest in sports medicine. Board certified by the American Board

of Podiatric Surgery and American Board of Podiatric Orthopedics and Primary Care. Member American Diabetes Association. Graduated from the Ohio College of Podiatric Medicine. Podiatric Surgical residency: Sheehan Memorial Hospital, Buffalo, NY. Private practice Chambersburg PA for the past 20 years.



Rick Meyers

Rick is an ultrarunner, owner of The Runner's Sole. He was formerly a Trauma ICU RN. Rick has turned his passion of running into

his business. With over 20 years of medical experience and over 100 running events of various distances, he provides injury prevention and running tips to his customers. Rick also coaches runners to achieve their own running goals and offers an adult and youth Biggest Loser challenge for nutritional education, weight loss and management. Despite his busy day, he still finds time to run over 100 miles per week and has 10 ultramarathons scheduled for this year. To contact Rick email therunnerssole@embarqmail.com or to visit the store www.therunnerssole.com.



Andy Mason

Andy is a longtime running enthusiast and a racer of all distances, from 1 to 100 miles. He's run 2:44 at the Boston

Marathon, 6:34 at the JFK 50 Mile and even once ran a 2:50 marathon on a 200-meter indoor track. Andy is Assistant Sports Editor at The Herald-Mail newspaper in Hagerstown.



Elyse Cook

Elyse, who recently completed her first half marathon, is pursuing a Doctor of Science degree in Holistic Nutrition

from Hawthorn University. She is a director of patient services at Chambersburg Hospital and a spinning instructor at Gold's Gym. Fitness and nutrition are her passions.



Jamie Boward

Jamie is the Owner/Head Coach of Mercury Endurance. He is a USA Triathlon Level 1 certified

coach. He ran track for the All Marine Track Team as 5000 meter specialist with a PR of 15:12. Jamie opened Mercury Endurance in 2006 and has coached over 75 athletes world wide.