



Out 'N Back

Chambersburg Road Runners Club

Notes from the President

Fall Issue 2011

Michael Hayduk



The chill of Autumn has coincidentally arrived this week as I compose our fall edition of the newsletter.

I must admit that I'm not sad to see the hot, dry summer pass and confess that this is the time of year that I enjoy running the most. Let me start by saying we are beginning the initial planning stages of our premier club event, the Chambersburg Half Marathon, which will be held on Saturday March 10, 2012. At our next CRRC meeting we will conceptualize the various committees we plan on establishing in order to make the next Half our most successful yet. As always I'm seeking your support to get actively involved and lend a hand. Please make a personal commitment to be more than just an observer by giving of your time and talent.

Let me recap a couple of our successes since our last newsletter. We concluded an awesome Ausherman Summer Series of races. The challenging cross country venues did not discourage runners far and wide from participating

throughout mid-summer. I'm always thrilled at how the Series has become a family event. In addition, it is particularly satisfying to see the youngest runners enjoying our sport. I believe that this experience will allow them to develop the skills to be successful competitive runners as they mature. More importantly it will nurture the love of running that will motivate them to keep running throughout their entire lifetime. All you have to do is look at our senior master runners, like Leon Bierbower and Jim Becker, to see how running can contribute to long lasting good health and quality of life. What a treasure our community has to have role models like Leon and Jim.

Speaking of local treasures, another of our successful events was the having Steve Spence speak to our club members. His modesty and humor made for a totally entertaining evening as he recounted the high points of his world class running career. He talked about everything from diet and nutrition to the mental, physical, and emotional aspects of training and racing. One of his admitted shortcomings was his

failure to seek the support of the community. I pressed him to answer with 20/20 hindsight what he would have done differently in that regard. He said perhaps he should have reached out to something like the CRRC. That being said, you'll see in this issue our profile is highlighting Steve's daughter Neely. In all of our future newsletters, we will update Neely's accomplishments as she progresses. I hope in some small way our club's support will contribute to Neely achieving her ambitious goals. Many thanks to Tim Fisler, our resident seminar director, for coordinating with Steve. I can tell you that Tim is already preparing for a super seminar in February.

I am also happy to report that our Social Committee has already donned their thinking caps and is researching options for our Holiday Social Event. This topic will be discussed at our October meeting too. Stay tuned for





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details as they emerge and I hope that we get a large turnout. It is always fun to spend time with the healthiest people around as we enjoy good food, music, and maybe even a few libations.

Pete Lagiovane, our very own mayor and I have just started the new season of running with kids of the Boys and Girls Club. We run every Tuesday at 4PM. This year we are employing a "charm" system to help motivate the kids to stay with the program the entire year. As they

accumulate miles they will be given charms to put on a necklace. Pete heard about the idea from a school in Frederick, MD. I will report on the progress in my next message. We begin the season by running with the kids around the Nitterhouse Soccer Field Complex and once the weather turns we move indoors to the track inside the Chambersburg Area High School gym. Mount Moriah Church graciously allows us to use their van to transport the kids. Just another

example of the cooperation and support we get within the community.

In closing, I hope to see many of you crunching the leaves this season. The smell of fall and the cool air is invigorating and inviting to runners of all levels. It will soon be time to put away the short sleeve shirts and pull out the long sleeved ones. Before you know it, we will have the opportunity to get out after a snowfall and make the first tracks. But let's hope that we won't have that experience anytime soon!

Happy trails.

Member Profile *- by Kristen Pixler*

Neely Spence - Born to Run



Born to run? Well, perhaps if you were the daughter of an Olympic marathoner and a 17:00 5K runner. Or perhaps there was some significance that the day of your birth the Boston Marathon was being held and your father was racing this premiere event as one of the many races of his professional running career. Or was it the environment that home-schooling provided that allowed for family time around your dad's busy coaching schedule and your own training, races and

academics. Whatever the secret recipe may be, Neely Spence was in fact born to run.

In June of 2012, Neely, a senior at Shippensburg University, will be heading to Oregon to compete in the Olympic trials. She has qualified for the 5k and hopes to qualify for the 10k as well. As you can imagine Neely's athletic resume is nothing but jaw dropping impressive and is far too extensive to cover thoroughly in this forum. But here



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Member Profile *- by Kristen Pixler*

Neely Spence - Born to Run - *continued from page 2*



are just a few accomplishments from her prestigious past. She traveled to Amman, Jordan in 2009 to compete in the World Cross Country Championships where she came in 19th overall and was the top U.S. finisher. She holds a Cross Country National Championship, an outdoor track National Championship in the 5K, and a National Championship Distance Medley Relay. When asked about these

accomplishments, she discusses the overwhelming pride of representing the USA and the experience of being able to share her first NCAA title with 3 of her closest teammates.

Neely's resume does not end with her athletics. Neely has been awarded numerous scholar athlete and sportsmanship awards including the USTFCCCA NCAA Division II Cross Country Women's Scholar Athlete of the Year and the PSAC Women's Sportsmanship Award.

Neely is gracious and humble and attributes much of her success to her support system. When asked about this support system she said, "I have many people who help; my dad obviously as my coach, mentor, source of motivation and idol; my mom with her wisdom, selflessness, and constant reminders of how being me is the most important thing; my siblings with their smiles of encouragement their cheers/notes/ and hugs; the athletic staff at Shippensburg University; my chiropractor, trainer, doctor, physical therapist, and sports psychologist; my boyfriend who is also my training partner; my teammates; and

my professors who understand my busy schedule and why I always wear running clothes to class. Clearly, I do not do this alone. Without my support crew, there is no way I could handle doing all these things on my own."

Neely is excited about graduating and starting her professional running career. She will look to her father for guidance and wisdom in this transition. Neely has accomplished so much and the future is wide open to her. She plans to follow in her father's footsteps but in so many ways she already has. Whether Neely was born to run or it was a combination of many factors that brought her to this point; it is certain her hardwork, dedication and humble optimism will take her far beyond our expectations.

A few top times by Neely

1500-4:23

mile-4:48

3k-9:10

4k-13:27

5k-15:27

6k-19:57 (hopefully lower at the end of the week!)



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

Pikes Peak



I might never again whine about the Chambersburg Half Marathon being hilly. Not after the last "half marathon" I did took me 3 hours and 20 minutes to complete -- more than a half-hour longer than it took me to run last spring's Boston Marathon.

On Aug. 20, my good friend and fellow CRRCer Tim Schuler and I competed in the Pikes Peak Ascent in the Front Range of the Rocky Mountains in Colorado. As expected, it was tough, especially for a couple of sea-level boys like us. The 13.32-mile trail race has a whopping elevation gain of 7,815 feet. The start is at 6,300 feet, the summit is at 14,115 and the trail

climbs at an average grade of 11 percent. Needless to say, it's steep ... and oxygen is at a premium.

Schuler, who boasts a marathon PR of 2:18, had run the Pikes Peak Ascent one other time, in 2006. He finished it that year in 3:18, swearing he'd never do it again. But there he was five years later, at the starting line in Manitou Springs, this time with me to join him in the suffering.

Out of 1,704 overall finishers, I was 140th in 3:20. Schuler was a few places behind me in 3:21.

Even though we really didn't run together, or have any plans to do so, we probably never were separated by more than a couple hundred yards at any time throughout the ordeal. I'd pass him, he'd pass me, I'd go by him again, and so on, until I finally held on for bragging rights at the end -- as I improved my lifetime record to about 6-131 in races against him.

Perhaps the only thing scarier than looking at the top of the mountain before the race was the bus ride

down the mountain afterward. But once at the bottom, there was beer -- and oxygen -- to be enjoyed and stories to share. We talked about how grueling the climb was and how dizzy the thin air made us those last few miles. And we talked about the incredible views from the trail. But mostly we talked about doing it all again, maybe as soon as next year.

If events like Pikes Peak were easy, everyone would do them. But they're not, which is why they offer such unique opportunities.





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Tips and Training

Recovery Between Hard Workouts – by Jamie Boward

One of the most frequently asked questions I get is how often should I go hard. The answer to this question is usually based on how the athlete recovers. The biggest mistake I see when I start working with new clients is they do not take enough recovery time between hard workouts. You will see your best results by taking at least 48 hours between hard workouts, sometimes even more depending on the intensity and duration of the workout. This will allow your muscles to restore lost glycogen and allow them to repair what damage was done during the workout.

In 2008 I attended the USA Triathlon Symposium in Portland Oregon with all the US Olympic triathletes, coaches and staff as well as Jim Ryun (former World Record holder in the mile) and Dean Karnazes. One of the main points they brought up was that Age Groupers did not give their bodies enough recovery time. They even went as far as saying 72 hours between hard workouts. Their reasoning was the stresses of daily life that we go through such as jobs, kids, bills, yard work and running errands just to name a few things

that add to the breakdown of the body and take away from the recovery process. Many Pro athletes do not have worry about these things and can devote more time to rest and recovery by taking naps or getting massages so they are ready for the next workout. Don't be afraid to move one of your hard workouts back a day if your body isn't feeling rested!

The second thing I see the most that affects recovery is going too hard on easy days. I always have athletes telling me they could barely hold X pace for so long because they were too sore or tired. The point of a recovery or easy day is just that to go easy. I don't even take a watch with me on my easy runs when I do I run a route I don't know so I am not tempted to time my miles. The thing I tell my athletes the most is if you are going to make a mistake on recovery days go too easy! If you go too hard, you are just taking away from one of your quality workouts and heading into a state of over training which could lead to injuries, poor races and burn out over time.

Lastly, make sure you are feeding your body during and after the workouts. The best recovery starts during the workout. The things you drink and in take during the workout can not only help you get through the workout better and stronger but jump start your recovery after. Infnit Nutrition is something great for during it is a custom formula based on your needs and likes. With Infnit you can choose the flavor, protein, amino acids, calories and electrolytes just to name a few things. There are many other things to take during and after like Cytomax, EFS and Accelerade for during or Ultragen, Endurox are great for post workout as they get some quick carbs, amino acids and proteins to your depleted muscles. No workout is too easy for a quick recovery drink!

To have a great and healthy race season take care of your body and listen to your body.



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Tips and Training

Gear Buzz around The Runner's Sole- Rick Meyers

Another summer has come and gone. I like the hotter weather, and I'm not a fan of the cold. This time of the year is definitely pretty as the green foliage gives way to bright reds, oranges, and yellows. But, I look past this part and start to anticipate the weather behind the bright colors. Many friends think I'm not very stable because I like the hotter weather, but that's me. So, to start the Gear Buzz around The Runner's Sole for the fall Newsletter, I will be writing about staying warm in cooler weather. This is the time of year that's hard to determine what to wear or take with you on your daily run. Do I wear gloves? Do I take a rain jacket? Do I wear layers? And the list goes on. Most of the time a runner starts out wearing too many layers causing overheating or end up carrying the extra clothing. During races, many runners wear extra clothing then toss them as they start to warm up, but the technical materials that are used today are way too expensive to throw away. During training runs it's too risky to hide the extra clothes behind a tree and expect them to still be there later.

Most apparel manufacturers rate their cold weather apparel to the lowest degree where the piece can be worn comfortably. These manufacturers use high quality technical materials and years of research to make apparel lighter in weight but able to be used in colder weather. The technology comes from the manipulation of yarn that uses moisture from the skin to produce heat. This yarn feels like a soft brushed layer against your skin. The top surface of this apparel has a blended layer with a very tight stitch count of spandex and nylon that reduces heat from escaping and colder air penetrating. If the runner begins to overheat the garment allows for excess heat to escape. It's called thermoregulation properties. However, in order for the brushed layer to function properly, it must be the layer worn against the skin. The mistakes that I see many runners make is wearing a thinner layer under this garment which prevents the thermoregulation properties to function and either causes overheating or freezing your butt off. This technology of thermoregulation isn't available in all apparel lines or even in all garments from the same manufacturer...and can be quite expensive. The upside of the higher

price tags is that the garment lasts longer than most sub-standard apparel lines. As a retailer, I see that the better the apparel line becomes, the less that apparel line sells, because it doesn't need to be replaced as frequently as warm weather apparel. A few of the brands that have high reviews of their cold weather gear and that I stock during the colder months are: CW-X, Sugoi, Zensah, Mizuno, Asics, and The North Face, to name a few. I hope this information helps you to get through the cooler fall and prepares you for the dreaded months to follow. Stay warm!!!
Rick-The Runner's Sole





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Tips and Training

Nutrition- Sports Drinks- by Elyse Cook

While picking out your favorite “sports drink” at the grocery store have you ever wondered why you always see Roy G. Biv in that aisle? If you aren’t quite sure to whom I am referring he is not one of Chambersburg’s finest runners but the acronym many of us learned in elementary school science class for the colors of the rainbow. The “sports drink” aisle of any grocery store is a menagerie of bottles filled with brightly colored liquids. Have you ever stopped and wondered what ingredients are used to create those pretty colors and why these colors need to be added to drinks that supposedly health conscious consumers are ingesting? If you only ever learn one thing from reading my nutrition section, please let it be this....read the labels of the products you are putting into your body. Know what you are putting into your body, especially when you are putting it into your body under the assumption that it is helping your running and improving your health.

Those colors in almost all of the “sports drinks” you see on the shelves of your local grocery store (which are what I refer to as “over

the counter” sports drinks) are the result of artificial dyes...Red 40, Blue 1, Yellow 5, just to name a few. I could spend the rest of this article discussing the less than desirable effects that dyes have on our bodies but I think you will get enough of an idea from this one piece of information—the dye named “Blue 1” is able to cross the blood brain barrier and what this means is that not only does it turn your tongue blue but your brain as well. Get the picture?

While we are discussing less than desirable additives found in “sports drinks,” Brominated Vegetable Oil (BVO) is another additive found in some “over the counter” sports drinks (and is also found in many citrus flavored sodas). This is an emulsifier that helps citrus flavoring stay suspended in the drink to produce a cloudy appearance. BVO is an additive that has been banned in approximately 100 other countries. In the United States, BVO has been termed an interim food additive by the FDA and its use is regulated by the FDA. Currently BVO is only permitted in food or in contact with food on an interim

basis pending additional study. Some of the side effects of BVO include memory loss, loss of muscle coordination, tremors, fatigue and headache. None of these side effects sound like something you are looking for from your supposedly healthy “sports drink.”

So what’s an athlete to do? My first suggestion is start reading the labels of your sports drink and educate yourself about the ingredients it contains. My second suggestion would be to consider using one of the sports drinks that are dye free and do not contain additives like BVO. Some suggestions of brands to check out include Cytomax, Ultragen, and Heed. Cytomax and Heed are available at The Runner-Sole and Ultragen is available through many internet stores.

Happy label reading!



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Questions for Dr. Pete

by Dr. Peter Holdaway – *Minimalist Sneakers*

One of the more recent hot topics in running is the trend toward minimalist (less supportive sneakers or those mimicking barefoot running) sneakers and barefoot running. Both Runner's World and Running Times have recently run articles on this subject. The debate between supportive running sneakers and minimalist or less supportive sneakers has been around for many years but has been more popular recently with the book "Born to Run" and the change in the use of the Vibram Five Finger deck shoes into running "sneakers". The proponents of running barefoot or in minimalist sneakers believe that this is the way nature intended us to run. It is believed that this will force you to run with a mid foot strike instead of a heel strike and this should increase the natural shock absorption of the body up the kinetic chain. That is our muscles (hamstrings, quadriceps, Achilles etc.) will take the brunt of the forces of running instead of our bones. They further promote the idea that our present running shoes are the source of many injuries as they tend to promote heel striking which in turn cause improper running form and increased trauma

to our muscles and bones. However, were we truly born to run barefoot? We now live in concrete jungles where trails are limited and most of our working conditions involve walking on hard floors. Most jobs require us to wear shoes and have for the past 200 plus years. The goal of the remainder of this article is to give some general guidelines for those who wish to transition to a minimalist shoe and to give some examples of people who may not benefit from this transition.

Caution should be used when converting from maximally supportive sneaker into a minimalist sneaker. There is an increased risk of stress fracture, Achilles tendonitis, plantar fasciitis, shin splints and various other injuries if this transition is not done properly. You will use different muscles and will also be depending on the intrinsic or small muscles of the feet more. Therefore some simple exercises such as rolling up a towel with your toes or picking up marbles with them can strengthen these muscles and are an important part of the transition to a minimalist type

sneaker. Doing balance activities in bare feet will also help with this. The next step is to work on flexibility. Minimalist sneakers increase the demand on the muscles from the hips down. These simple steps are a good start to prevention of injury. Next, if you are running in a motion control sneaker, you may want to drop down to a stability sneaker and then a cushioning sneaker before trying the minimalist style sneaker or Vibram Five Fingers. The basic step down in support level would be the same depending on what you are running in now. Once you are comfortable running in the least supportive "normal" running sneaker, then you are ready to try a minimalist sneaker. Start by walking around at work or in the house with these. Once this is comfortable then try a short run on grass. Do this for several runs with a gradual increase in distance before trying to run on the streets. Once on the streets the same caution should be exercised. Start with a ¼ mile run and increase the distance gradually with each run. Listen to your body and if something hurts then stop and go backwards in the transition. This transition will take time so be patient and do not



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by Dr. Peter Holdaway – Minimalist Sneakers

push to do this quickly or the risk of injury increases. The time involved will be different for everyone with some people able to do this in several weeks and others taking 6 months or more.

If you have a high arch, an abnormal or deformed foot, unequal length of your legs, a history of multiple injuries or a running gait that is not so typical you may want to stick with traditional running shoes. This does not mean that someone with these conditions can not make the transition but it may be more difficult. If you are going to try to transition to a minimalist style sneaker, then consult a professional such as a podiatrist, sports medicine physical therapist or other professional with experience in this field. Be patient with the transition as it is better to err on the side of caution than get an injury that stops you from running. Remember that, although we come out of the womb barefoot we start wearing shoes as early as 6 months of age so give your body time to adapt.





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Date	Day	Time	Event	Location	Venue	Sponsor	POC	Contact
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
11/24/11	Th	9:00	Turkey Trot 5K	Greencastle, PA	High School	CRRC	Secrest	360-7557 richsecrest@hotmail.com

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 an adjunct professor of design at Harrisburg Area Community College in the Web Design and Development Department. 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.