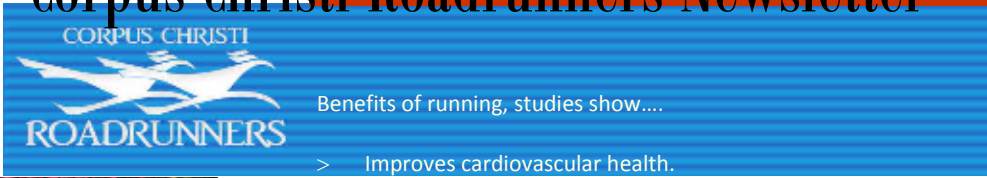


Corpus Christi Roadrunners Newsletter



Benefits of running, studies show....

- > Improves cardiovascular health.
- > Slows the aging process.
- > Runners typically report being happier and feeling less stressed than their counterparts who do not run or exercise regularly.
- > Improved coordination.
- > Running is an excellent form of exercise for losing weight.



"A cheerful heart is good medicine"

Fun Runs Are More Than Just a ROTY Point

CCRR puts on fun runs throughout the year. Many people participate for the one ROTY (Runner Of The Year) point that is awarded for signing in, but there are many other benefits to participating. Fun runs offer give a-ways such as: cash, flowers, t-shirts, pancakes with all the fixings, and just a good run with fellow club members at a fun relaxed venue. The runs usually have refreshments available and are only competitive as the individual participate wants to make them.

One of the reasons for offering fun runs is to encourage new membership and renewal. We encourage new members to come so that they can meet fellow club members and get involved in the running community in the Corpus area. These fun runs are free and are sponsored by the CCRR club.

The race directors that put them on are always looking for volunteer help. Frank Flores is the fun run coordinator but several members are involved and are directors of different runs through out the year.

The fun runs are posted on the "Races/Fun Runs" page on the CCRR website. They will be added as they are finalized and scheduled.

Here is a list of Fun Runs and a brief description of each:

- Jan Olyde Time Run**
3 distances 6mile, 3mile, & 1mile
- Feb Pancake Run**
Run and then pancakes at Eddie's house
- Mar St. Patrick's Run**
You wear green and usually 3-5 miles
- Apr Estimated Distance Run**
Pre-measured distance no GPS guess the distance.
- May Mothers Day Run**
Flowers for all the ladies
- Jun Father's Day Poker Run**
Poker run 5 cards best hand gets the cash
- Jul Summer Evening Run**
Evening run usually at Sunset Lake
- Aug Armadillo Beach Party**
Run on the beach
- Sep Hash Run**
Group run try and find your way around the course.
- Dec Winter Run and T-Shirt Xchg**
Exchange a tee shirt with fellow runners

Upcoming Races:

Check our website for times and locations:

- 2/28 Beach Dash
- 3/6 Patriot Evening Star
- 3/7 Spring Sun Run
- 3/14 Whooping Crane Strut
- 3/22 St. Patrick FUN RUN
- 3/28 Hit the Road Jack

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The Many Benefits Of Running

There are a number of different benefits which an individual can gain from running on a regular basis. There are some runners who run simply for the joy of running but there are others who run because they realize there are a great deal of benefits which can be gained from rigorous exercise such as running. Some of these benefits may include weight loss, improved cardiovascular health, improved bone health, improved mood and better coordination. This article will briefly describe how running can result in

each of these benefits.

Those who are looking to lose a few pounds often find running to be one of the most effective forms of exercise for helping them to achieve their ideal body weight. Running is an excellent form of exercise for losing weight because it requires a great deal of energy. This energy requirement means the body burns a large number of calories while running.

from www.therunnersguide.com

Continued on page 2.

One learns people through the heart, not the eyes or the intellect. - Mark Twain

The Many Benefits Of Running - from www.therunnersguide.com

Continued from page 1.

The number of calories burned while running is typically significantly more than would be burned during less taxing forms of exercise such as walking or doing yoga. The simplest formula for weight loss includes burning off more calories than the individual consumes. When this type of calorie deficit is created, the body begins to shed excess weight in the form of fat. In order to lose one pound of body weight, the body must create a calorie deficit of 3500 calories. This is equal to burning 500 calories per day. Most runners can easily burn off this many calories in less than one hour of exercise. The number of calories burned while running depends on a number of factors including the individual's weight, the intensity of the workout and the efficiency of the runner.

Improved cardiovascular health is another benefit of running. Some of the benefits of running include lowering the blood pressure and helping the arteries to maintain their elastic-

ity. While runner, the arteries expand and contract approximately three times as much as they do when you are sedentary. This means you are not only working out to improve your physical appearance but also the overall function of your body. In doing this the risk of heart attack and stroke becomes diminished.

Running is also beneficial for slowing down the aging process. Those who run regularly are less likely to experience bone and muscle loss as they age at the same pace as those who do not run regularly or at all. The bones grow and become stronger by responding to physical demands. Those who lead a rather sedentary lifestyle do not put this type of demand on their bones and as a result the bones may become weaker. When this happens the individual is more likely to be susceptible to osteoporosis as they age. Conversely, those who run on a regular basis are continually taxing their muscles and their bones so the bones are stimulated to remain stronger and do not as easily weaken with age.

Running can also have many psychological benefits. Most significantly runners typically report being happier and feeling less stressed than their counterparts who do not run or exercise regularly. Running actually has the ability to alter an individual's moods because hormones called endorphins are released while running. These hormones create a sense of euphoria often referred to as a runner's high and can result in an improvement in the runner's mood. Running has also been reported to alleviate stress in most runners. There are a number of factors which may contribute to running lowering stress levels. One of the most obvious reasons is the act of running allows the individual to focus on the task at hand instead of being worried or

stressed about work, family or other stressors in his daily life. Additionally, running can be very challenging on the body which can result in the individual feeling a sense of accomplishment by completing the run which shifts the focus of his attention from negative stressors to a sense of pride and accomplishment.

Improved coordination is another worthwhile benefit which may be gained from running. This may seem surprising to many who assume it is not possible to gain these types of benefits from running simply because it is such a simple sport. However, there is some coordination involved in running. Trail running which involves running on unpaved trails especially requires a great deal of coordination. The uneven surface combined with obstacles such as rocks and tree roots can make trail running quite difficult. However, runners who regularly run on these types of services, quickly learn to maintain better control over their bodies to prevent tripping and stumbling while

running. Even running on a flat surface which is paved can also result in improved coordination because it forces the body to work together to keep the runner upright and traveling in the correct path. Those who run regularly typically move more fluidly than those who do not run or engage in any type of regular exercise.



'Running is also beneficial for slowing down the aging process'

"Running actually has the ability to alter an individual's moods because hormones called endorphins are released while running. These hormones create a sense of euphoria often referred to as a runner's high."



"A light heart lives long."
William Shakespeare

Training is better together

"Thanks to ALL members for letting me train with them on the weekends.

I finally broke 20 minutes on a 5k at the Oso Creek run. Never could have done it without their advice on training."

- Michael Huerta

"Most certainly David got as far as he did from the training and support you all shared with him. Racing is not all about a golden finishing time, the longest journeys in life all begin with the first step. Getting David motivated to toe-up to the start line speaks volumes of the support and the team that surround him. Warm regards,"

- "Uncle" Bob Robert Herskovitz, J.D.

Japanese Runner –Age 60 – runs 2:36 Marathon by Wish, 2/3/09 from RunTex web site

Believe it or not department: On Sunday, at the Beppu Mainichi Marathon in Japan, 60-year-old Yoshihisa Hosaka ran 2:36:30. His time smashed the existing age-group world record for 60+ by 1:45. Hosaka isn't a newbie to racing. Although he didn't begin running until he was 36, he's been making up for lost time. The Beppu Marathon was his 71st. In preparation for Beppu, Hosaka had been training about 18 miles a day and had his sights firmly set on the world age best. But he was suffering from a calf injury and claimed he wasn't 100 percent ready. But Hosaka said, "The cheering along the course was so incredible that I got goosebumps as I was running. It was what kept me going." His halfway split was 1:16:52, but it was run into a headwind.

After 35 kilometers, a pack of runners surrounded Hosaka and pulled him along. When he dropped behind, other runners came along and also supported him.

By the time he returned to the stadium for the race's final 400 meters, Hosaka was visibly unsteady on his feet. After finishing, the other runners surrounded him in disbelief, cheering and calling out their congratulations. His time of 2:36:30 bettered the previous world best by Italy's Luciana Aquarone of 2:38:15, set in 1991. The oldest runner to break 2:40 remains the late New Zealander--Derek Turnbull of Invercargill--who ran 2:38:46 in 1987 at the age of 63. According to age-grade tables, Hosaka's time is an age-graded equivalent to 2:07:35.



My first marathon was a great weekend, a phenomenal experience shared with my wife, a chance to meet some very cool new friends and an awesome run despite not coming anywhere near my goal time. Even though I did not make my goal, I would not change my race given the chance at a mulligan. I had my pacing right on the money . . . for

a FLAT marathon like Houston. While I crashed and burned as you will see below, I had a burning need to rev the engine and see what my limits were (I did that and then some). The race was filled with beautiful scenery, the course was very challenging, the spectators were great, the bands great, it was well organized and it was an overall top notch experience. I also learned to respect that course's hills and that distance. BTW, huge congrats to everyone that finished the race. Anne Clemons more than conquered the hills and came in at 3:47! Waaaaaay to go Anne!

Anyway, I am approaching the half way mark at this point, so I figured I would shorten my stride and get it back together. I still had plenty of race left and even slowing down to a 10:30 pace for the next mile would get me in below 1:55 at the 13.1 mark so I slowed it down to try to regain my legs for the downhill portion of the race (YEAH RIGHT!). After the half way mark, I got myself back together and really started attacking the down hills and holding an average pace in the 8:35 to 8:40 range. I was feeling GREAT again. Then I hit a few deceptively long and hard hills in the 16 mile range. I wasn't going to back down yet so I put my head down and charged the hill knowing that there was a nice mostly flat straight stretch just ahead. The only problem: as I crested the hill a 15 mph headwind hit me in the face. That was mentally tough but I dug deep to make it to the turn a couple of miles ahead. Unfortunately, I started cramping again right after the hill so I started walking every other water stop to try to regain my form and shake out those pesky cramps. After all, I was still running under 3:50 time and the hard part was behind me (YEAH RIGHT!).

After making the turn, getting out of the wind and being passed by the 3:50 group, things started coming back together and I got back down into the 8:30 pace range and felt GREAT again! Finally, I could get into an uninterrupted rhythm (just what I needed to get back on track). It is amazing how after the West Austin Hills I just could not get back into a rhythm. It seemed that as soon as I would, I would hit a series of terrain changes that would take me out of the zone. The flats only lasted a few miles, but I thought I had pulled it back together enough to finish strong. As before, I begin attacking the down hills and the up hills. At this point, I began to think that I might have chance to pass up the 3:50 pace group that just passed me. Heck, I was feeling so good I thought I might be able to go after the 3:45 pace group! I started passing people again at a furious pace, but those darn hills got bigger again! Geeze, the second half is supposed to be all down hill right? NOOOOOOT!

I pass the 20 mile mark and was still feeling good, but then the wheels started coming off in a big way (MAJOR QUAD CRAMPS and my foot) at about the 21.5 mile

mark, and I started walking again. My legs simply would not bend at the knees. Other than the cramps I felt great. Talk about frustrating! Anyway, the 3:50 group goes back by and then 3:55 group. Despite being in major pain (cramps and now something doesn't feel quite right with the cuboid area in my right foot) I started running again. Unfortunately, I simply cannot make my legs work right and I let the 3:55 group go. At this point, I am walking those darn hills now, but I am about to hit a long down hill section through Duval to UT where I will have to attack the Dean Keaton HILL! I got to the crest of the hill at Duval and readied myself for the down hill and the home stretch confident that I can still hit 3:55 which is just ahead. I took off with determination and did fine for a while. I was going great AGAIN and was holding an 8:46 pace even through a few small rolling hills. Then at

"My quad muscles must have known they were at a sporting event because they decided to do the wave for all the runners going by me. Either that, or several baby aliens were making their way throughout my legs."

about the 22.5-23 mile mark as I was coming down a serious down hill, my quads absolutely locked up. I massaged the inside of my right quad for a few moments and was able to bend it at the knee again. So I started hobbling along like a ghostly pirate (at this point was also probably as white as a ghost), which seems mildly appropriate considering my name. I must have looked really funny because numerous people came up to me to see if I was ok. I told them I was fine, and just experiencing some slight cramps (yeah right, that must have sounded hilarious as bad as I looked). At about this time, the 4 hour pace group comes by and I decide that I am not going to finish above four hours. Some how, I get up to speed and again start to feel fine. Unfortunately, we come up to another down hill at about the 23.5 mile mark and my quads decide that they are not going any further and lock up again! WOW that was really painful! My quad muscles must have known they were at a sporting event because they decided to do the wave for all the runners going by me. Either that, or several baby aliens were making their way throughout my legs. This time, I can't move my legs so I start hobbling on both legs that will not bend. It must have been hilarious. I only wish I had a video.

Then, at just the right time, Uncle Bob (Robert Herskovitz) of Runners World Mag fame (Robert was featured in the Human Race section of the Feb. Runner's World) stopped and taught me how to unlock my quads. We had met earlier in the chutes and had an awesome talk. He is friends with the people that organized Team 413 (Philippians 4:13, I can do all things through Christ who strengthens me.). I just so happened to be wearing a Team 413 shirt and had heard about him from one of the Team 413 guys the day be-

fore. Uncle Bob had wanted to run a 3:45, so he just happened to be at the 3:45 pace group as well. He had not run the new course, so I assume that once he started into the hills he decided to put it into cruise control and enjoy the day (fyi: Robert runs to work 20 miles every Friday morning). Thank God he put it in cruise control, because I probably would not have finished with out his help.

So Uncle Bob spent the next five minutes or so (or at least it felt like 5 minutes) helping me hobble to a post sign where he showed me how to do assisted squats. Amazingly enough, IT WORKED GREAT! He then showed me how to run with short strides landing on the heels of my feet and rolling onto the balls of my feet. I was purely in survival mode at this time. I could not believe that I was up and moving, just moments prior, my legs simply would not bend at the knee joint and I was done for the day. Cardio-wise I was fine and ready to go, but the hills hit me in a way that my legs were not ready for. I used leg muscles that simply were not properly trained for those kinds of hills. Not at that pace anyway.

Uncle Bob helps to get me going and we walk through the water stops. However, we run the hills so we could say that we conquered the hills. At each crest we would take a 30 second walk break and get it going again. So we get to the sadistic hill at Dean Keaton and I make it with no cramps. We walk the crest for 30 seconds, I do some more assisted squats and we take back off again. So I hobble my way through the drag and we even pass a few people. After a few more hills in the last 1.2 miles, we crest the second to the last hill, walk a few seconds and then we both take off and finish strong!

In the end I finished with a 4:09, much much slower than I had wanted. However, I wouldn't have changed a single thing about that race. I knew I was going to be redlining it through the hills, but if I had made it I thought I was home free from then on out. I laid everything on the line and ran with more heart than I thought that I had. Right now, I would not give that feeling and confidence up for a 3:55 safe time. That was by far one of the most gratifying and educational experiences I have ever had. I learned much more about my self having gone for it all and failed miserably, than if I had played it safe. And most important of all, I would not have gotten to know Uncle Bob. But most important of all was sharing the experience with my wife and seeing her lovely face at the finish line (it was a surprisingly emotional experience). Driving home with Jaime and laughing at my trials and tribulations (most of which were self inflicted due to ignoring the advice of was a blast and something I will always remember. I truly am a lucky man to have had the opportunity to enjoy such a wonderful experience!

Thanks to everyone for your support. I really appreciate it and have enjoyed it immensely.

Meet our members: Rachel Rivera

Age: 35

Occupation: Surgical Registered Nurse

Family: Michael and our 2 girls (occasionally referred to as our dogs)

Native of: Born in Germany (Army), but got to Texas as fast as I could!

Years running: 12



Michael and Rachel Rivera will be married 6 years this March.

I began running because: Michael did - as most of you know we do just about everything together.

Current weekly mileage: Two miles - walking. Recovering from a hamstring injury.

Favorite place(s) to run: Ocean Drive at sunrise!

Favorite racing distance(s): 5k - short and sweet

Pre-race preparation: A decent meal and more than 7 hours of sleep.

My running/training philosophy is: Have fun! It's always better with friends. They keep you entertained and help improve your running if they are faster.

My racing philosophy is: Although I'm not very competitive, I like to challenge myself to do better.

PRs: 29 minute 5k..... years ago in Houston.

Other than running, my interests are: Triathlon, spending time with Michael and friends, traveling

One other thing that CCRR members would like to know about me:
For the past three years Michael & I have organized the Starr Trek Triathlon which introduces the sport to kids and beginners.



**From David Jones' Race Report
Uncle Bob's Quad Unlocking Technique**

Find the nearest sign post or other stabilizing object and hold on for dear life while you lower yourself into a squatting position for 10 seconds. To trick yourself count to 5 really slow and count for like 4 1/4, 4 1/2, 4 3/4, 5. Do that a couple of times and you will be amazed at how you can move your legs again.

Age: 40

Occupation: Auditor

Family: Wife-Rachel Rivera, 2-labs Aquinnah & Sophie

Native of: Born in California, raised in Texas.

Years running: 12 or so. Tennis player prior to running.

I began running because: I have always been active. I use to run to stay in shape. Then a long- time friend and long-time CC Roadrunner Averill Walters encouraged me to join group runs & races. Thanks Averill!!! Then it kinda snowballed from there.

Current weekly mileage: Right now-20 to 25.

Favorite place(s) to run: Ocean Drive, Town lake-when in Austin, Big Bend National Park. Rachel & have been fortunate to run in some really neat places, San Francisco, Big Sur, Colorado. However, early morning ocean drive runs along the bay are great.

Favorite racing distance(s): All distances are fun, from 5ks to marathons.

Pre-race preparation: A good meal, & a movie.

My running/training philosophy is: Make it a lifestyle.

My racing philosophy is: Speed work & hills work. Most importantly have fun!!

PRs: 3:34 Motorola Austin Marathon-2000.
13:59 Ironman Arizona-2006

“Every heart that has beat strong and cheerfully has left a hopeful impulse behind it in the world, and bettered the tradition of mankind.”
Robert Louis Stevenson

Other than running, my interests are: Triathlon, water sports, hiking, reading.

One other thing that CCRR members would like to know about me: See Rachel's profile.



Here is a little (very little) cultural experience in photographic impressionism for your enjoyment.

Titled:
“Garmins® Synching Up on Garbage Can”

As captured by Roswitha Goossens-Winter



2008 A Year of Running: as told by three of our members

My year started in a great way with a BQ at Houston as our good friend, Alex, ran by my side. I followed that up with training at West Guth and a Half PR on March 1st in San Marcus of 1:36:06. I ran a 5k PR in January and my B to B masters team placed. I averaged 55 mpw from June thru October and set a 15k PR of 64:11 at Bayfest and a Half PR at the Harbor Half of 1:33. Unfortunately, I suffered a tibial stress fracture the next week and was unable to run San Antonio. I have two major goals in the spring of 2009. I will participate with my good friends from the CCRR in the TX Independence Relay in March and I will run the Boston Marathon in April.

Clay Brieger

As usual the year 2008 began with my 48 hr run at the Across the Years in Phoenix, Arizona. Because of a hamstring pull I walked 124 miles with only about 1 hr off the track. Average 2.6 miles/hr, now isn't that a great result!

My usual spring European marathon trip included Paris marathon 6:37 almost last actually 28810 out of 28818 finishers. On to Rotterdam marathon with a 6 hr time limit and I was requested rather strongly to leave the course at the half marathon point. My European vacation included my first visits to Amsterdam and Brussels.

Returned from Paris - my favorite city of all - to New York to compete in the 10 day race in NYC. This is a Sri Chinmoy race that is my second home, second only to Transe Gaule. Sadly Sri Chinmoy died in 2008 as did Ted Corbit both influenced me on my ultra running adventures. Walked 342 miles in 10 days spending much time talking of the old days when some of us were once young or at least younger and actually could run.

Hip pain gradually subsided mid year but regaining actual running fitness was slow or nonexistent. Got a chance to test my ability to finish Trans Gaule with a warm-up race across Tennessee called The Last Annual Vol-State Road race. This is a 314 mile - go as you please - road race from Hickman, Kt to Castle Rock Georgia. For Vol-State I had a really great handler who provided perfect support. I ran actually waddled (not a real walk and defiantly not a jog) about 42 miles/day. This is the exact average distance I needed to run in order to finish Transe Gaule.

Back to France for my 7th Transe Gaule race. This 714 mile race across France Atlantic to Mediterranean has become my signature race having finished all 6 of the previous editions. I had two girls as handlers one French and the other from the US. They alternated running beside me as I waddled down the rural country roads of France. I got a chance to continue the oral history of my running life. Attempting to remember names of runners from days of old, exercising my poor memory as the race exercised my poor legs. I finished 44th or 44 finishers. The average distance was 42 miles/day and I ran (waddled) 4 miles/hr. The winner ran 7.5 miles/hr or 8 min/mile for 42 miles each and every day for 18 days. He was 35 yrs old but 3rd place was 50 yrs old.

Returned with my Transe Gaule 7 star shirt and trophy to my hosting duties reference the Thursday night runs from my house. During October thru December I ran a variety of races 5k to a 48 hr race in Dallas where I could have froze to death but chose to retire early to a hotel room after about 24 hrs. My second marathon finish of the year was early Dec. Fiesta marathon in 4:55.

Well that's a wrap. Raced (ran?) a total of 1672 miles with a number pined on my shorts for 58 of the 365 days last year. Averaged 4.6 racing miles each day during the year and averaged 28.8 miles/day when I had a number pined on my shorts. You might say I ran 58 marathons last year. Some day I will retell the year I almost ran 5000 race miles in one year. I know you won't hold your breath!

Don Winkley (UltraDon)

2008 started out bit slow but gained some head way towards the end... a negative split as it were. John and I, along with Angela Rivas, Lupita and Leroy Briggs ran the Orlando Disney Marathon in January. Two week prior , I developed a shin splint. After an MRI and an "OK, I know you will anyway" from Dr Schlimmer, I ran the marathon. (I wasn't about to let 18 weeks of training in the heat go to waste, besides, they gave out an awesome finisher's medal!) I "ran" the marathon, not so much running as hobbled, in 6:34. Thinking the whole time that it took less time to deliver my babies than this, and it was a lot less painful. I met some great people there in the back of the marathon (I had lots of time to talk) and hear some very humbling stories, which made my situation much more tolerable. I beat the cut off by 26 minutes...yea.

After a 6 weeks recovery period (and 1 minor surgery), I was back to running. I began cross training in the pool and the gym and the usual Monday am, Thursday pm runs. Starting with the Casa 5k and Buc Days runs I began to train a bit harder and somewhat smarter. I was not going to get another shin split . With each race after this, my 5K times started to drop: 30:06, 28:36, 28:24, 25:42, to 25:17.

In May I started training for the Hartford Marathon held in October. Hartford was beautiful and cool. I ran my PR at 4:32..... Yeah. My final race for the year was the American Bank Half Marathon. My goal was to PR this race that I had run for the past 4 years. I set my Garmin for 9:17 pace and hoped for the best. I crossed the finish line at 2:01... YEAH. I hope to keep healthy and gain more ground this year.

Julie McAllister



In memory of
Maureen Russenes Greenway

A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles.

Washington Irving



Those of you who have been part of the Corpus Christi running community for a while will remember Maureen Russenes Greenway, the nurse from Canada who moved back to her home country a few years ago to be closer to her family, especially her grandchildren. We all regretted to see her leave because she was not only a great runner who regularly placed in races around town, but also a wonderful person. Warm, kind, friendly, and funny, she had a unique way of making everybody feel welcome in our running circle. She was a constant source of encouragement for her runner friends and always very gracious about her own athletic achievements. I am sad to tell you that Maureen passed away on January 19, at the age of 63, of complications from cancer surgery. She leaves behind a son, Brad, daughter, Nancy, 3 grandchildren, Erik, Camryn, and Skyler, and her mother, Marian. Maureen will be sadly missed by all who had the good fortune of knowing her.

Roswitha Goossens-Winter