

Tidbits from Your 2010 Sole Runners Mentors

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Mentor Moment: Janet

Hi everyone and welcome to the Sole Runners family!

I'm Janet, aka the Goofy mentor. No, I'm not really a goofy person, though some would argue that point, but it's because I run the Goofy's race and a half challenge in Orlando, Florida.

With my blazing speed, and I do mean blazing, you'll usually find me somewhere in the middle of pack. Gotcha, I'm not that fast, wished I was.

I'll be sharing with you some questions I get about the Goofy challenge.

Q: What's the Goofy challenge?

The Goofy challenge is running a half marathon on Saturday, followed by a full marathon on Sunday. Sounds fun doesn't it?

Q: Whatever possessed you to sign up for the 5K and Goofy? Are you nuts? Why?

I really don't know how to answer that. When I first

thought about race, I haven't even run a full marathon yet. But I knew I wanted to do it. To this day, I'm still not sure what possessed me to do it.

Maybe it was the allure of running at Walt Disney World. Or, maybe it was something else. I think, deep down, it was the something else. I wanted a challenge and probably a little deranged at the time. I was new to running and I really enjoyed every minute and every mile I ran. So, with 3 fun filled days of running, I couldn't pass it up.

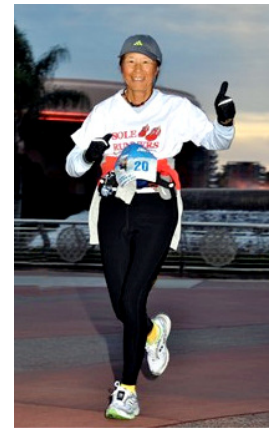
Q: How do you even train for the 3-day event?

Well, first and foremost, you have to want to do it. You're going to be out there on your feet for a long time, 3 days worth.

Next, you have to be willing to sacrifice a good portion of your life dedicated to running back-to-back days; usually it's your Saturdays and

Sundays. It's not easy, especially on Sundays, when your body just wants to stay in bed.

The most important thing is to **believe** in yourself. Once you do that, you **can** do anything you put your mind into.



Okay, I've used up all my space. If you want hear more about Goofy stuff, and I've have lots of them, find me and we'll run and chat.

See you on the road,

Janet

Running Wild

Wild Salmon is one of the earth's super foods for runners. Dean Karnitzes, the ultramarathoner who routinely runs 100 miles at a time, eats wild salmon four (4!) times week.

Wild salmon contains omega-3 fat, another super food in its own right. Omega-3 fats have been proven to reduce the risk of sudden-death heart attacks and inflammation; eating

wild salmon can help muscles, tendons, ligaments, and the cardiovascular system recover faster from intense workouts – like running.

Salmon is considered a "brain food" since the brain is 60% fat. So the brain needs good fats in the diet. Studies have shown that eating wild salmon can reduce the chance of stroke and improve brain functioning.

These days, unless a menu specifically says "wild", salmon served in restaurants is almost always from farms. You can buy wild salmon in any supermarket and in almost any preparation – fresh, frozen, cooked, and canned.

-- Coach Gary Smith will be sharing his nutritional tips with us this summer.



Featured Yoga Pose

Stressed out? Allergies kicking up from all the wind we've had lately? Your co-worker is really getting to you? Try **Alternate Nostril Breathing** (Nadi Suddhi).

To start, come into easy sitting or you can sit in a chair, as long as the soles of your feet are firmly connected to the ground. Keep your spine straight with your shoulders away from your ears.

Your hand is going to play an important role in this. With your right hand, fold your thumb, pinky and ring finger in towards the palm.

Place your index and middle finger between your eyebrows, which is your 3rd eye.

1. Close your right nostril with your right thumb.
2. Inhale through the left nostril. Then close the left nostril with the ring finger.
3. Release your thumb and exhale. Inhale through the right nostril. Close the right nostril with the thumb.
4. Release ring finger and exhale through the left nostril.

Steps 1-4 are considered one cycle. Repeat at least 5-10 times. The more cycles, and the longer you count each inhale and exhale, the more effective this will be. You will feel better afterwards. Have tissues on hand, you may need it!

Benefits

- Cleanses and tone the entire nervous system
- Relieves symptoms of disorders of the respiratory tract
- Relieves stress
- Enhances a feeling of calm

Please note: If you are extremely blocked up with a cold or hay fever, it will be difficult to practice this effectively. Nadi Suddhi needs to be done with clear nostrils.

Always seek the advice of your doctor before practicing Yoga or engaging in any type of exercise.



Where We're Running...

Look for us at these following races. Better yet sign up and run with us.

- **July 11:** 17th Annual Keep LA Running, 5 and 10K – Dockweiler Beach, Playa del Rey.
- **September 5:** 5th Annual Disneyland half marathon
- **October 17:** Long Beach International City Bank Marathon, Half Marathon, Bike Tour,
- **October 31:** Athens, Greece 2500th Marathon
- 5K Run/Walk, & Evergreen Kid's 1 Mile Fun Run

Remember to visit these sites:

Sole Runners Meetup Calendar:
<http://www.meetup.com/SoleRunners/calendar/>

Sole Runners Training information:
<http://www.solerunners.net>

"The will to win is not nearly as important as the will to prepare to win."

Coach John Wooden

Calendar

June 2010

S	M	T	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July 2010

S	M	T	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2010

S	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				