

Tidbits from Your 2010 Sole Runners Mentors

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## Mentor Moment: Vern

Hi, I'm Vern and this is my running story.

While working at Earnhardt Ford in Arizona the owner, Tex Earnhardt, became a marathon runner. I must say I was greatly influenced by him. I quit smoking, changed my diet and began running.

For years I ran 2 or 3 times a week usually 2 to 5 miles at a time. Occasionally I would run a 10K race and always, in the back of my mind, I would be thinking how great it would be if I could run a marathon! For years I would think to myself, if I could run a marathon then I would be so very happy.

In 2001, I began running with a couple of friends and the group grew to around 7 or 8 runners. The next thing I knew, we were all registering for "The 2002 LA Marathon". We began a marathon training program in September of 2001. I remember crossing the finish line in March of 2002 shoulder-to-shoulder with one of my training partners. My finishing time was 4:45, a personal record that I may never see again. It was awesome! I have bragging rights for years to come!

One of the things I did not realize was that crossing the finish line for some of us was just the beginning of something much larger!

A few years later, I got the long distant running bug and hooked up with the Sole Runners running group. I found their holistic approach to running a

perfect fit for me. I am now running two or three marathons a year with the number one rule being "Have Fun!" After running with the Sole Runners for a couple of years I began looking at their mentoring program.



I have been a mentor for the past two years and I really enjoy sharing what I have learned about ChiRunning® with other runners.

What attracted me most to the Mentor Program was the generosity and support the mentors showed to all the runners. Just as importantly, I noticed that most of mentors are involved in neighborhood based projects and/or volunteer their time in ways which support their communities. In a nut shell I am surrounded by generous and caring people who do not shy away from getting involved.

An added benefit is, mentoring enables me to improve my own running style and techniques.

I think, as a mentor I'm good at couple of things. One is identifying what a runner is doing well and genuinely acknowledging their running efforts. Another is sharing with them some of the basic ChiRunning® practices that will reinforce and/or enhance their running capabilities. I believe I do this in a way that is supportive and encouraging.

Running keeps me grounded, healthy and most importantly, puts me in an arena which supports the inner growth and the life style that is important to me.

I appreciate the camaraderie, the friendships and the reinforcement that is available for me and for every single runner out there.

I have found that learning the ChiRunning® methods is on-going and like most training programs, when you learn one technique, there's another to learn.

I have noticed that I am slowing down a little. But, I have also noticed my ChiRunning® skills are improving! The good news is that I am okay with this process and very happy with the improvements I am making.

Whether you are a half or a full marathoner, there are two things for certain. You are in the right running community and I will see you at the finish line!

*Vern*



## Featured Yoga Pose

**Kapotasana** or Pigeon Pose is an intense stretch and the classic hip-opener.

Pigeon has multiple of variations. With the "One-legged King Pigeon" (**Eka Pada Rajakapotasana**), it can help you improve your balance while opening up hip flexors. Pigeon can be also be a restorative and relaxing like in "Eye of the Needle" or "Figure 4" pose (**Sucirandhrasana**), which will be this issue's featured yoga pose.

This pose is also a helpful introduction to performing the classic version if you are a beginning yogi or have exceptionally tight hips, thighs or knee problems.

So let's begin...

1. Lie on your back with your knees bent.
2. Place the outside of your right ankle onto your left thigh, just below your left

knee. Then left your left leg off the mat, at a 90-degree angle. Make sure to flex both feet completely to engage all the muscles in your leg — and flexing your feet keeps your knees protected too.

3. To deepen this stretch, reach around with your left hand to grab the outside of your left leg while the right hand reaches through the hole to grab the inside of your left leg. Or, if you can, interlace your fingers and hold the back of the left leg with both hands. The right shin should be parallel to the floor.
4. On an exhale, gently draw your left thigh towards your chest. Go as far as you feel comfortable. You should feel the stretch in your right hip, not your knee.

5. You can intensify this stretch by pushing your right elbow into right thigh, moving the right knee away from you.
6. Hold the pose for five to ten breaths. Be sure to keep your neck and shoulders relaxed.
7. Release and repeat on the other side.

### Benefits

- Increases flexibility in the hips
- Lengthens the spine
- Tones the abdominal organs
- Relieves mild backache
- Strengthens the low back
- Relieves sciatica
- Calms the mind
- Relieves stress

**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.

- **September 5:** 5<sup>th</sup> Annual Disneyland half marathon
- **October 17:** Long Beach International City Bank Marathon, Half Marathon, Bike Tour, 5K Run/Walk, & Evergreen Kid's 1 Mile Fun Run
- **October 31:** Athens, Greece 2500<sup>th</sup> Marathon



"Most people run a race to see who is fastest.

I run a race to see who has the most guts."

Steve Prefontaine

Remember to visit these sites:

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

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

## Calendar

### August 2010

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| 29 | 30 | 31 |    |    |    |    |

### September 2010

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### October 2010

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