

Tidbits from Your 2010 Sole Runners Mentors

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## Mentor Moment: Heather

Hi. I'm Heather Kepley. I've been running with Sole Runners for about three years. Mentoring for me – really all the running– is providing Friendship, Love and Caring for others. I became a mentor to give back all I have received from other runners.

I started running half marathons almost 4 years ago. Three friends decided to run the Long Beach Half Marathon and I said I'd train for the bike race. (Having had ACL surgery, I assumed running was "too dangerous.")

The night before the race, at the Expo, I decided to run the half marathon with the others. I bought running clothes, ate 'WAY too much spaghetti, and slept badly.

The next morning, I arrived at the race all pumped up. I knew in my head I needed to "pace" myself, but as a first time racer I got all caught up in the emotions. Before I knew it, I was at mile 9 and I had been running 9-minute miles. I stopped for the bathroom (darn carbs!) and cramped up.

For the next two miles, I was in a crouch with locked hamstrings. At the finish, I was crying my eyes out from emotion and pain. I could barely walk the next

day but vowed to return.

Less than a year later, a neighbor convinced me to try the Long Beach half marathon again. Me, being a little type A, was angry at the race that had whooped up on me. So, I said yes, and joined the Beach Runners (now Sole Runners). Seven half marathons and 2 Ragnar races later, here I am, a mentor.



When a runner is hurting mentally, physically or emotionally I do my best to run with them, listen and be

a friend. I love helping others cross the finish line. I receive joy and happiness seeing others accomplish "unreachable" goals. There is nothing in the world like helping a person across the finish line during a tough race.

When I'm not running, I teach yoga and I am an avid gardener. My altar is the garden. Gardening is like running and yoga melted into one... every garden and each run has a season and different plants grow in each season, like different races are run each season.

Plants and runners need extra attention to ensure a strong base. With a strong base, plants and runners both thrive with a little maintenance and repetition (for runners, anyway). The longer the garden is maintained, the more mature the soil. The longer the runner trains, the less pain and more pleasure the runner has. Whether it is Yoga, Running, or gardening, life has seasons.

If the foundation is rich and strong the race, practice, and garden flourish, bloom, and provide love and peace for all to see.

Namaste and see you on the road,

*Heather*

Remember to visit these sites:

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

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



“You are better  
than you think  
you are.”

You can do more  
than you think  
you can.”

Ken Clubber

**Made by**  
The Gatorade Company

#### Ingredients

Water, High Fructose Corn Syrup (Glucose Syrup, Citric Acid, Salt, Sodium Citrate, Natural Flavors, Potassium Sorbate, Potassium Phosphate, Ascorbic Acid (Vitamin C), Sucralose, Calcium Disodium Phosphate, Calcium Pantothenate (Vitamin B5), Acesulfame Potassium, Pyridoxine Hydrochloride (Vitamin B6), Blue 1.



## Featured Yoga Pose

**Baddha Konasana**, Bound-angle or Cobbler’s pose is an intense stretch for the adductors (inner thigh muscles), groin and knees. This simple posture only involves sitting on a mat. It also provides relief to those that are suffering from sciatica.

1. From **Dandasana** (staff pose, which is sitting with your legs straight out in front of you), exhale, bend your knees, pull your heels toward your pelvis, then drop your knees out to the sides and press the soles of your feet together.
2. Bring your heels as close to your pelvis as you comfortably can. With the first and second finger and thumb, grasp the big toe of each foot. Always keep the outer edges of the feet

firmly on the floor. If it isn’t possible to hold the toes, clasp each hand around the same-side ankle or shin.

3. Sit and keep your spine long and tall.
4. Never force your knees down. Instead release the heads of the thigh bones toward the floor. When this action leads, the knees follow minutes, and then continue with the left side.
5. Stay in this pose anywhere from 1 to 5 minutes. Then inhale, lift your knees away from the floor, and extend the legs back to Dandasana.
6. For a counter stretch, with your hands behind you, bend your knees and place the bottoms of your feet flat on the floor. Walk the feet out to as wide as your

mat. Exhale, and lower the left knee to the right ankle. Inhale, and raise the left knee up and lower the right knee towards your left foot. Repeat, alternating sides, like “windshield wipers.”

#### Precautions

- This pose is not for you if you are experiencing any hip or back injury!
- If your knees are higher than your hips or if your back rounds, sit on a blanket. You can also place a block under the knee for support if necessary.

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

## High Fructose Corn Syrup – The Hype

### High Fructose Corn Syrup – Behind the Advertising

By Dr. Lisa Fillis

A new marketing campaign started this year focusing on high fructose corn syrup (HFCS), with some commercials playing down it’s negative effects. The ad campaign states that the nutritional value of HFCS is the same as that of table sugar. This is true. Neither have any nutritional value. They are **empty** calories.

Our brain runs solely on glucose, it can’t use protein or fat or any other sugar, strictly glucose. The primary sugar in fruits, vegetables, grains and table sugar is

glucose, in the form of sucrose or starch.

Fructose, a sugar also found in fruits and vegetables, but to a much smaller degree, can’t be utilized by the brain for energy. This means that when we consume products with fructose, we get the sweet flavor but it doesn’t satiate our brain. So, after drinking a soft drink or eating a donut or really anything sweetened with HFCS, we’re still hungry.

Fructose is converted by the liver into fatty acids and stored as excess fat. So when we eat HFCS, the body becomes overwhelmed and starts to store it. Thus the more

we eat HFCS, the more our brain starves and we gain weight.

If all we did was switch to eating foods and drinks that were sweetened with real sugar vs HFCS, it would make a significant difference in our weight and energy level.

If you want more information on this, you can contact me or you can read the article at: <http://www.westonaprice.org/modern-foods/1604-agave-nectar-worse-than-we-thought.html>

Lisa Fillis, ND, is the co-founder of Restoration Health in Long Beach located at 2201 N. Lakewood Blvd., #E, Long Beach, 90815. 562-533-1909

## Where We’re Running

- October 17:** Long Beach International City Bank Marathon, Half Marathon, 5K Run/Walk  
**October 31:** Athens, Greece 2500<sup>th</sup> Marathon

**SOLE RUNNERS**