

Tidbits from Your 2010 Sole Runners Mentors

Special Interest Articles

Welcome	1
Mentor Moment	1

Individual Highlights

Featured Yoga Pose	2
Where We're Running	2



Welcome



Welcome to Sole Runners Full and Half Marathon Training Programs.

My name is Steve Mackel and I'm the Head Coach for the Sole Runners. I am happy you've joined our 2010 Summer program!

And welcome to the first issue of *A Running Dialogue*, the newsletter written and published by the Sole Runners Mentors.

A Running Dialogue will introduce our volunteer Mentors and the tools and

techniques they use in training for and successfully completing full and half marathons.

All of the Mentors have successfully completed full and/or half marathons with ChiRunning®. We find that most runners who become ChiRunners, or who use some of the valuable tools associated with ChiRunning®, become more efficient, safer runners who are able to continue running longer throughout their lives. We look forward to sharing our experiences with you this summer.

All the mentors have different success stories.

Some are faster and some are slower. They are of various ages and genders, and they have a wide range of interests outside of running. But, they have all been here before and they know what it takes to successfully cross the finish line. This summer they will be sharing their experiences with you as we run together and helping you find your own success story.

So welcome. Be sure to introduce yourself. We are glad you're here.

Train Focused,
Steve

Mentor Moment: Mentor Barb



Hi, Barb here. "Back of the Pack" mentor.

Welcome to Sole Runners, the most awesome group of people, I must say.

I started with the group in 2005, intending to walk a 1/2

marathon. But, with training, lo and behold, I was able to run a bit.

For the past 5 years I've been a "runner", if you call a 15-16 min mile running. I'm a half marathoner. It's a nice distance, challenging yet not too much to tackle. It takes me just over 3½ hours (except the Catalina Buffalo Run...crispes, it took 5 hours!). I've always said that if I'm going 26.2 miles...I'm gettin' in the car!!!

Anyway, after seeing many of my fellow Sole Runners complete marathons, I started to think a little bit about it. Not too much, mind you, but just little it'sy bitsy thoughts.

Then I turned 50 and adopted a 6-year old boy.

That will make you think! So, as a present to myself, I decided that it really was time to get serious, lose the weight and get in shape (even tho' "round" is a shape!).

The stars must have been aligned. As it turns out, this year is the 2500th running of the Athens marathon. So, since I've always wanted to go to Greece, too, I picked this as my **ONE** marathon. A number of other Sole Runners have signed on for the event and we're all looking forward to the trip.

As my marathon training starts, I'll see you all out there! And if I can do it, so can you!

See you in the back,
Barb



Featured Yoga Pose

Feeling tired? Have a headache? Legs feel dead and heavy? Try **Legs Up the Wall** (Viparita Karani) pose.

1. Sit sideways with your right or left side against the wall, legs are long. Exhale and, with one smooth movement, roll onto your back, pivot and swing your legs up onto the wall. Torso and head release to the mat.
2. Use your elbows to maneuver your butt as close as you can to the wall, however, if your hamstrings are tight, then slide a few inches away

3. Take you arms out to the side, palms facing up, relax and flex your feet.
4. Close your eyes. Hang out here for at least 5-10 minutes.
5. To come out of the pose, bend the knees; roll over to one side. Stay in this fetal position for a few moments, and then push yourself up to sitting.

Benefits

- Relieves tired or cramped legs and feet
- Gently stretches the

back legs, front torso, and the back of the neck

- Relieves mild backache
- Calms the mind

*Please note: Those with high blood pressure, glaucoma, **women who are or could be pregnant**, or if Aunt Flo is visiting, you should avoid this pose.*

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.

- **June 12:** 3rd Annual Wrigley River Run & Tadpole Trot 5k, 10k and Kids Run
- **July 11:** 17th Annual Keep LA Running, 5 and 10K – Dockweiler Beach, Playa del Rey. On-line registration only: \$28.50 by July 5th, otherwise \$33.50 after July 5th

- **September 5:** 5th Annual Disneyland half marathon
- **October 17:** Long Beach International City Bank Marathon, Half
- **October 31:** Athens, Greece 2500th Marathon

Marathon, Bike Tour, 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>

"In stages, the impossible becomes possible."

T. K. V. Desikachar

Calendar

May 2010

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9	10	11	12	13	14	15
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June 2010

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July 2010

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