

Tidbits from Your 2011 Sole Runners Mentors

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## Member Spotlight: Mike Pinnow

Mike Pinnow has been a Sole Runner for a little over two years and has an inspiring success story. Over the past two years, Mike has lost 120 pounds and running with the Sole Runners was one of the activities that helped him make this life change. We've asked Mike to share his story in this issue of *A Running Dialogue*.



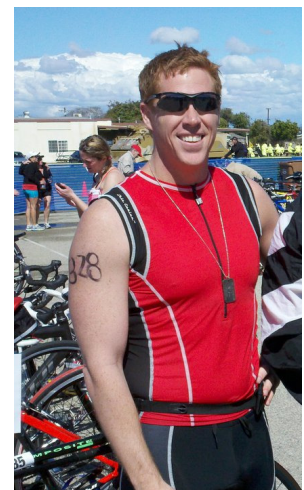
Mike ran cross country in high school to help keep in shape for the other sports. But after graduation, he did less and less exercise over the next 20 years. Mike said, "Work became busier, exercise completely disappeared from my lifestyle, and as the years went by I gained a significant amount of weight...shortly before starting with the Sole Runners, I weighed in at 308 pounds."

Around New Years of 2009, Mike committed to getting into better shape. Unfortunately when he

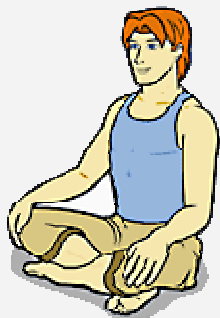
started exercising, even the shortest time running caused him serious knee pain. Mike told his good friend (and Sole Runner) Amy Kkepsa, about his problem, and Amy suggested that Mike come with her and try ChiRunning with the Sole Runners. Like many Sole Runners, Mike was initial skeptical of this "magical running style that can help reduce stress on the body and allow people run without pain, it sounded crazy. I would say it was almost as crazy I felt showing up to a marathon running club at the level of my physical conditioning back then."

On his first day with the Sole Runners, Mike participated in the ChiRunning lesson during a pre-season run. The first day he met Coach Steve, Coach Gary and several mentors including Barb, Heather, and Colbie. "The welcome that I received from everyone was fantastic. The Chi Running technique was so different than what I was used to doing when I ran, but over a few months, I realized that I could run further and faster with little to no pain afterwards. It was the lack of pain, while I was training, was what kept me coming back each Saturday in the first season. The friendship, accountability, motivation, and coaching I received over the next 2 and a half years is why I continue with the Sole Runners."

Mike has graduated from running around the neighborhood, to running marathons, to competing in triathlons. "Sole Runners has helped me accomplish so much. However, there are three events that stick out in my mind. These events are: my first half marathon, first full marathon, and first half Ironman triathlon. If anyone told me five years ago I was going to do any of those three events, I would have laughed at them. Each of these events has shown me what I can accomplish when I commit myself to a goal and take the appropriate steps to complete it. The discipline, focus, and support the Sole Runners provided me got me across the finish line in all three of events, but even better than finishing a race, I have changed my lifestyle. The change in lifestyle has helped me lose 120 pounds since I started with the Sole Runners."



*Continued on page 2.*



## Feature Yoga Pose

**Sukhasana** or Easy Pose. Sukhasana is a relaxation pose intended for meditation. It promotes inner calm and straightens the spine, opens the hips, and relieves tiredness. As the name suggests, this pose is very easy to do.

Here's how...

1. Sit on your mat with your legs extended in front of you.
2. If needed, fold a blanket and place it under your sitting bones. Your hips will be higher than your knees.
3. Cross your legs. Focus on dropping your knees as close to the floor as possible.
4. Breathing deeply, bring your back into proper alignment. Imagine your spine as a straight line ending in the crown of your head. Spread your shoulders wide and breathe into your back.
5. Hold the posture for 1 to 3 minutes. Then repeat on

the other side crossing the knees in the opposite direction.

**Caution**

- Avoid this pose if you have severe knee pain

**Benefits**

- Calms the brain
- Strengthen the back
- Stretches the knees and ankles

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

*"If you want to run, run a mile. If you want to experience another life, run a marathon."*

Emil Zatopek

## Member Spotlight (continued from page 1)

"The weight loss and lifestyle change has given me confidence to go out of my comfort zone and try things I may not have tried in the past. **Seeking Out Life Experiences** is not only the motto of the group, but a great philosophy to practice."

Mike continues to set new goals and challenges himself. His next goal is to consistently run a sub-2-hour half marathon. Once

at that level of conditioning, he is going to train to run a sub-4-hour full marathon. Also, he continues to participate in triathlons. Mike reports that the cross training from triathlon training has been a great helping him reach his running goals.

Mike lives in Laguna Niguel and works in Irvine where he is an IT Director for a global health care IT company that provides medical records software for private

practices. He manages IT professionals across the country as well as Germany and India; "the hours are weird with all the time zone changes, but I don't have any set hours that I need to be in the office, so training is pretty easy to fit in to my crazy schedule."

We're happy to have Mike as part of our Sole Runners family. Be sure to say "hi" when you see him out on the road.



## Where We're Running...

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

- **Sept 18: 41<sup>st</sup> Maui, HI** Marathon, half, Maui Tacos 5K run/walk and Run Forrest Run Front Street Mile Race
- **Oct 9: Long Beach** Marathon, half, Bike Tour,

5K Run/Walk, & Evergreen Kid's 1 Mile Fun Run

- **Nov 12: Catalina Island** ECO Marathon, 10K
- **Nov 12: Griffith Park** Trail half marathon
- **Dec 4: Sacramento** California Int'l Marathon
- **Dec 4: Rock 'n' Roll**

**Las Vegas**

Run the strip at night! Marathon, half

- **Dec 11: Honolulu, HI** Sole Runners Destination Marathon, 10K fun run/walk
- **Dec 31: Rock 'n' Roll Palm Desert** Half marathon

## Calendar

**September 2011**

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

**October 2011**

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30	31					

**November 2011**

S	M	T	W	Th	F	Sa
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