

Tidbits from Your 2011/2012 Winter Sole Runners Mentors

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Mentor Moment: Isabelle

Hello,

I am Isabelle and I've been running with Coach Steve and the Sole Runners for five seasons and mentoring for three. I work part-time as a private tutor with kids mostly in high school; I love to teach, so mentoring has really enhanced my running.

I was born and raised in France. I ended up in California almost 20 years ago after a world adventure. I am a globe trotter at heart and a big book worm. Running has turned into the greatest adventures of all, allowing me to discover places, countries and people that otherwise would have never crossed my path. Running has also become my biggest excuse to travel -- once I figured out that I could cover a lot more ground by running and still have time to explore.

I started running in 2005. My good friend Cecilia called me one day to announce that she was going to run a marathon and that I would be running with her. My first thought was "No Thanks!" I finally agreed to walk (not run) the Pacific Shore Line Half Marathon -- which is now Surf City. I had such a great time! After that race, I was hooked, but didn't want to

walk anymore. I was inspired by the participants, including an 80 year old lady who beat me to the finish line -- I knew I could do better than that!



I did three more half marathons before I tackled a full marathon. I had joined a running group to train, and while I was enjoying the camaraderie in the group, something was missing. Even as I signed up for yet my second full marathon my training group was falling apart. I came upon an ad for the Sole Runners and joined them for a run. I was instantly sold!

I had only two Chi Running lessons before I ran the San Diego Rock 'n' Roll Marathon that year, but and it made a

huge difference on my experience and my recovery. I couldn't wait to see what a full season would do.

I have since then run over 25 half marathons, my preferred distance, three full marathons and some crazy challenges. I also started dabbling in triathlon last year and I now have my eyes set on a Half Ironman for next summer.

In addition to the teaching that mentoring offers, I love to talk about my past races, my next destination and food -- because you cannot run on an empty tank or the wrong type of fuel. (It may also be my French appreciation of a good meal or recipe.)

My dear friend Cecilia "colgó los tenis" (hung her running shoes) and passed-on but her legacy remains with me. I know that she is watching me from Heaven and cheering me on at every race. It was her dream to run the Walt Disney World Marathon in Florida so it is now on my ever-growing bucket list of destination races.

Catch me on the trails or at your next race and happy running!

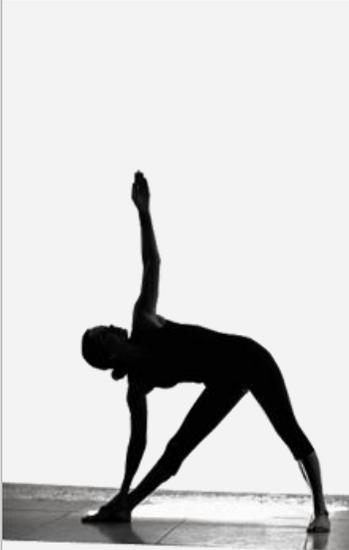
Isabelle

Remember to visit these sites:

Sole Runners Meetup Calendar:

<http://www.meetup.com/SoleRunners/calendar/>

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



“Do not let what you cannot do interfere with what you can do.”

John Wooden

Featured Yoga Pose

Triangle pose, (*Trikonasana*) is great for stretching the hamstrings, hips, back and expands your chest and shoulders. Use a prop, like a block or a hard covered book or even a chair, to help assist you in this pose.

1. To begin, stand lengthwise on your mat with your feet parallel and about four feet apart. Turn your right foot (we'll refer to it as your front foot) out so it faces the top of your mat and align your front heel with your back heel. Then turn your back foot in about 15 to 20 degrees. Next, bend your front knee until it is directly over your heel and glance down at your front thigh; it should be nearly parallel to the floor. Most beginners start with a stride that is too short, so you may need to separate your feet farther. Keeping your front knee directly over your heel, slowly inch your left foot backward. Then re-straighten your front leg and look at the distance between your feet. This is it, **your** stride for Trikonasana. If your legs and pelvis are less flexible and you can't bring your front thigh parallel to the floor without distorting your feet or straining your legs,
2. Now you're ready to move into Trikonasana. First, take the block or a hardcover book, and place it on the outside of your front foot. Start with the block/book at its highest height. Once you're in the pose, you can readjust if necessary.
3. Bring your arms to a "T" position at shoulder height. Extend strongly through both arms and legs, and reach up through the crown of the head to lengthen your torso toward the ceiling. Your arms and legs should feel as if they are expanding out of your core. Next, reground the outer edge of your back foot and lift your right hip away from the front of your thigh. Inhale deeply and gaze over your right fingertips. Then, exhale as you slowly reach forward and fold at the hip crease and bend to the right. Lengthen both sides of the torso evenly. Reach your bottom arm down until your hand is firmly onto your prop. Extend the top arm towards the sky. Take a full round of breath here.
4. It's common to lean too far forward, swinging the torso in front of the legs and

pushing the butt out. Instead, keep your torso and pelvis over your legs and in the same plane as your feet—not an easy task if you don't have enough flexibility in your legs and hips. You might need to modify the pose by bringing the right hand to a chair.

5. After eight to ten breaths, exhale and press your back foot firmly into the ground. Reach your top arm toward the back wall, and lift your torso until you come all the way back up to standing. Bring your arms back down by your sides and turn your feet parallel. Pause briefly before moving to the second side.

Benefits

- Builds strength and steadiness in the legs and feet
- Expands the chest and shoulders
- Stretches the calf, hamstrings and hip flexors
- Strengthens and tones muscles of your thighs

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.

* Sole Runners featured races

- **Jan 29: Disneyland**
Tinker Bell half marathon
- *** Feb 5: Huntington Beach**
Surf City marathon, half
- **Feb 5: Redondo Beach**
Super Bowl 10K, 5K
- **Feb 12: Chinatown**
Firecracker 10K, 5K
- **Feb 19: Pasadena**
Rock 'n' Roll half marathon
- **Mar 10: Las Vegas, NV**
Red Rock marathon, half
- **Mar 11: San Diego**
Inaugural half marathon at Petco Park
- *** Mar 18: Los Angeles**
Los Angeles marathon
- *** Mar 25: Agoura Hills**
Great Race of Agoura Hills Half marathons, 10K, 5K
- **Apr 7: Hollywood**
Hollywood half marathon
- **Apr 7: Scaramento**
American River 50-mile endurance race



Nutritional Highlight: Fuel and Hydration

As we come to the long training runs, we need to consider fuel intake for both the marathoner and half marathoner. An easy way to estimate your fueling needs is to start at 100 calories an hour and experiment up. Bigger guys will probably need more, up to 300 calories per hour.

A Power Bar is about 200 calories, a Clif Bar is 200-300 calories, Gels and GUs are usually 100 calories. Chew (Sport Beans, Blocs, etc) are usually 100 calories per serving, but many have more than one serving per package (Blocs, in particular, have 2 servings per package). Sports drinks are usually around 50 calories per 8 ounces. Coconut Water is about 10 calories per ounce.

You want to start fueling early, about 45 minutes into your run and then at least every 45 minutes throughout the run. Many people snack all along the run, but I find it best to set my watch to remind me to fuel.

For hydration, you should be having a sip of water at least every 15 minutes – that's 4 times an hour. If you get thirsty, it's too late. You need to be hydrating before you're thirsty.

In a dry year, like this one so far, it is even more important to make sure you are drinking every mile or 15 minutes and eating every 45 minutes. Saturday mornings you should be practicing timing and learning what works for you.

On race mornings, I like oatmeal. I practice on race mornings. Eat what you think you will be eating on race morning. And probably everybody knows that I like a pork chop before a race. You need to know what

works best for you for dinner before a race. Now is the time to learn what works for you that over these coming weeks and the long training runs.

Eating while running takes the most practice. Everyone should be practicing race fueling and hydration for YOUR best marathon. Don't depend on the race to give you food or drink.

Some, but not all, races have fuel sponsors – you don't want to depend on what you find on the course. Have **YOUR** fuel with you. If it's a big race, and you want to eat the fuel on the course, find out who the fuel sponsor is and try out their product during the training runs. You can ask Mentor Mary, trying a new product right before or during a race can lead to real trouble.

If you have any questions, please ask me. Fueling is very individual and the first time you bonk you realize the importance of food. Let's make sure you're done all you can, in the way of fuel and hydration, for your very best race ever!

■ By Coach Steve Mackel



Calendar



January

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				

February

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March

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April

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29	30					

May

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27	28	29	30	31		

June

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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