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Faster In 2012**

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It's that time of year again when everyone seems to think about resolutions and goals. In this case we "run" with the crowd. What a great time of year to take some time to think about your progress and look ahead to the future. We are excited to report that RunUtah.com and UtahRunning.com have grown exponentially in 2011 - thanks to you!

We have found that running can help you achieve incredible things - even those things which you may have thought were impossible. As we look forward to the coming year we hope this issue will carry you through the rest of the winter season and encourage you as you head into your spring training. Good luck accomplishing your goals and finding success in all that you do, especially in running!

Ken and Janae Richardson
UtahRunning.com



This interview is about Brad Anderson and his inspiring story of how he learned to run again after being in a car accident.

Interview with Brad Anderson: An inspiring story of overcoming challenges on the road back to running

To listen to the Interview with Brad, [click here](#)

UtahRunning.com: As we thought about who we would want to interview for our first interview of 2012, we knew we wanted a person who would motivate you and inspire you to work toward your new goals. Brad Anderson has overcome incredible challenges on his road back to running and we think his story will inspire you to work harder as you focus on achieving your 2012 resolutions. Brad has inspired us and we hope his story will be inspiring to you as well.

UtahRunning.com: Maybe to start out, could you give the UtahRunning.com community a bit of background about how you started with running, and maybe some of the highlights from your high school career?



Brad: My dad was a runner and really as long as I can remember I wanted to be a runner. I thought it was cool. We'd go to some of his races and I was just kind of faster than a lot of kids my age. I'm drawn to it.

My first race was either a quarter-mile or half-mile road race in Liberty, Utah. I won it and I was hooked from then on. Growing up, I was never pushed to train. I'd do some 5Ks here and there and kind of kept winning my age group. I thought that was cool.

Then when I got into high school a funny thing happened. All the other kids catch up to you but I was region champ my freshman year and placed in state. I was a 2A runner. Working through that I won some more region titles. Kind of a highlight for me was my first state title my junior year. It had been a goal for such a long time so...that was probably one of my biggest highlights because of the hard work and all my goals had paid off.

UtahRunning.com: Which event did you win the state title?

Brad: I won the half mile and the mile.

UtahRunning.com: You started out having some great experiences with running, some fun experiences in high school and won a couple of state titles it sounds like, the 800 and the mile and then you were in an accident. Would you mind sharing about that experience with us?

Brad: I was coming into my senior year. Over the summer I'd gotten faster than I'd ever been. One of my main goals was to take state in cross country. My two previous seasons I was sick at state and didn't finish very well.

About a week into school my senior year there was a football game. After it they had movies at the seminary building so I was hanging out there. Some people hit me up about going down to Ogden to a Taco Maker. I wasn't going to go but a girl - girls in general had a hold on me, if you will. She wanted me to go down and get me a taco, so I said sure. I went to get in one car but there wasn't enough room to buckle so I got into a different car.



The next thing I remember I woke up in the hospital. Going down Weber Canyon we over-corrected right by the power station. The car rolled down the driveway there at the power station. They said my head hit the road at 75 miles an hour and also hit a pole.

Things weren't that great. They didn't think I would be alive for my parents to make it to the hospital. That first night I wasn't supposed to live through the night. The next few days they didn't think I was going to live after that. Who knows if he'll come out of the coma. All the news my parents got was not good. I'd never be able to live on my own again, things like that. Then after a week or so in there things kind of turned around for me. Instead of nothing happening, things started to go in the right direction.

My injuries were traumatic brain injury, which there is no cure for a brain injury. You just deal with it and your brain will learn how to do things again. After a few weeks I woke up from the coma. All the muscle in my left side had lost its memory so I couldn't talk, couldn't eat, couldn't walk, and couldn't move my left arm at all.

At that time I was moved to the University of Utah where I had to learn to walk again. My biggest question every day to therapists was "Will I run again?" They'd say "We don't know." At the time I didn't realize how serious my injuries were. I remember first thinking, I'll be out in time for state cross country, I'll take state.

As time went on I sort of learned that maybe I wasn't going to be out in time because it was more serious. But my goal was to run again. The longer things went on the more I realized I might not run again. I was optimistic but I made up my mind that if I wasn't going to run again it was not because of anything I did, like I didn't work hard enough in physical therapy or didn't try again. I was realistic about it. I knew the injuries I had, but I decided I wanted to run again and was going to do anything I could to do it.

UtahRunning.com: You were pretty determined. At what point did the doctors start to give you a bit of hope that the road back to running again was a possibility?

Brad: It was always "We don't know." Every day I'd ask my therapist and one day she said "Probably not." That was when it kind of sunk in to me that this is pretty bad.

UtahRunning.com: Describe that road back to running and tell us about some of the challenges you had both physically being able to do it again, and some of the other challenges you had facing that huge obstacle.

Brad: When muscle loses memory, both legs don't work together like normal. I didn't



have the lift in my leg and also the muscle tone wasn't really high. My legs were tired and would shake and turn to the outside. When I got out of the hospital I went through times where I said I wasn't going to run again. That didn't last long.

After a few months of being home I was so out of shape. I remember I was in physical therapy – when I was in the hospital there were times I couldn't sit up straight. I had no energy to do that. Or I would walk my wheelchair down to physical therapy and be too exhausted to do anything. I'd go back to my room. I was so out of shape.

I remember the first time running on the sidewalk, it was maybe fifty meters. It was so hard to do that. It was little by little. I remember one night thinking I would go down to the track and run a mile. I went down there at 11 at night and ran a proud 100 meters just running. My leg wasn't lifting, almost tripping. I was so frustrated. I bent over every garbage can to throw up. There were several experiences like that thinking I was going to come back and it was going to be easy; all I have to do is dig in and run.

At that time I realized this is really going to be an obstacle for me. When it really turned around was when I started dating Amber, my future wife. For me it was embarrassing for me to run. Before I had a great stride. I was known as the runner. I was embarrassed about what people were thinking.

When I started dating Amber she came to physical therapy with me. It was that time when she said people aren't saying, "whoa look at him run," they're saying, "wow, look at him run!" She kind of helped me see it for what it is. That's when I had another one of those moments where I decided I love to run, and I want to run again. I don't care what other people think and I'm not going to let what they think keep me from doing what I want to do.

The other thing I learned is people don't care about you as much as you think. They're more worried about their stride and if they look dumb when they run. Once I realized that it made it easier.

UtahRunning.com: What other advice would you give aspiring runners or maybe somebody who is worried about that; they fear what other runners



may think of them, or they are afraid of setting a goal because they might not achieve it. What people are going to think most of the time is, "Wow, they're running".

Brad: One thing I've always liked about running is how it's competitive on any level. I used to run to win races. Now I run because I love to run. I'm still trying to get faster. I still do intervals. I want to be the fastest I can be. Really with anyone starting running it's the fear of what other people are going to think. What people are going to think most of the time is, "Wow, they're running".

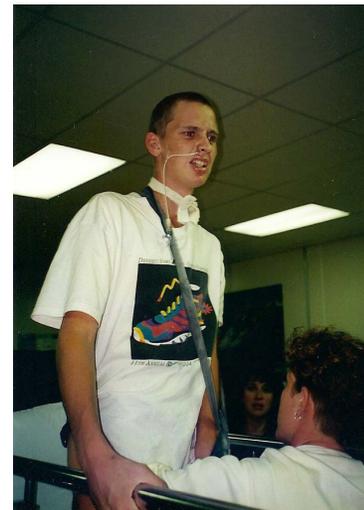
It inspires other people when they see someone running because running is not easy. It's not a game. It's hard to do. You get a lot of respect from people when you run and put your heart and time into something that's not easy. I've never regretted it. As hard as it's been to get back running again, it's the greatest thing I've ever done.

Running means more to me now because it doesn't come easy like it did. Running always came easy to me. Coming back now I'm not doing it because I'm the fastest. I'm running because I love to run. When I was younger I thought I ran because I was fast and because I won. It wasn't until I couldn't run anymore that I realized why I ran; I love to run.

UtahRunning.com: That's great. I think we can all learn a bit from your experience and I hope that it's inspiring to all of you out there who are part of the UtahRunning.com community. We hope you will share that love of running with others like Brad has. One thing Brad does to help share his love of running here in Utah is he has the Gerald Anderson Memorial Run. He mentioned his dad earlier in the interview. They do a race in his memory. Brad, do you want to mention anything about that race, or anything else you'd like to close out with?

Brad: The race is done for my dad the second weekend in June. We've done it in Morgan and it's been a lot of fun to do that.

Everyone out there, get out there running. The running community is a great community. If you see a runner on the road and don't even know him, it's another runner, you have to say hi to another runner. I encourage anyone who has been thinking of running or who has been doing a little, get into it. It's a great sport and a great community.



HOW TO GET FASTER IN 2012



During the Christmas holiday my in-laws challenged our family to set goals based on a family theme for the new year: "Climb to New Heights." They related the story of my husband, Ken, and my father-in-law summiting Mount Rainier several years ago. Talk about "Climb to New Heights"--Mount Rainier, located in Washington, is the 21st most prominent mountain in the world with an elevation rise of over 14,000 feet. From their story I sensed the difficulty of the climb and the intensity and focus it took for them to reach the top. They had to overcome fears as they climbed and relied on

each other to make it through. As I thought more about their story, I realized how perfect this theme was for setting goals. It motivates a person to be better--to strive to be more. It symbolizes focus, patience, consistency, and teamwork. I took note they didn't challenge us to "Rise to New Heights." That sounded too easy. The word "Climb" implies work, which is so true with any goal we set. There is always work involved to accomplish a goal. But isn't it the tough journey, the difficulty of the climb, that makes it worth it? Why else would we put our bodies through the pain of training and racing a half-marathon, a marathon, or a 100 mile race (I have yet to desire to race this distance, but who knows, maybe someday I will lose enough brain cells and actually consider it)? That sense of accomplishment can't be put into words.

When I think about "Climb to New Heights" in terms of running goals, in my mind this equates to the question "How do I get faster in 2012?" Running goals vary from person to person, but I think it is safe to say that most of us, if not all of us, set goals for the new year with this question in mind (I'm still waiting for the day when I'm so blazing fast that my New Years goal is to dial it down a notch). So how is it done? How do we get faster in 2012? Here are my three suggestions:

1. Consistency
2. Quality Training
3. Joining Forces

Consistency.

"Good things come slow, especially in distance running."

- Bill Dellinger (3 time Olympian and phenomenal coach at University of Oregon)

I have recently returned to running over the last couple of months after a short break (thanks to baby number two) and have been reminded of how discouraging and tough getting back into shape can be. Starting out you feel so sluggish, awkward, and SLOW! There have been times, especially within the first month and a half that I wanted to quit. I honestly felt like I would never get back to feeling like a runner again. About a month ago I went running with some old college running buddies. I'm not sure why I thought this would be a good idea. We went for 45 minutes and although the pace was not blistering fast, by the end of the run I was spent. I was just hanging on and most likely slowing everyone else down. I realized I still had some work to do. Since then, I've continued to get out the door on a regular basis and now my efforts are finally starting to pay off. I went running with the same girls two weeks ago, and although I haven't "arrived" yet, I felt much stronger than the previous run. Putting in the time is making a difference.

The beauty, or maybe the curse, of our endurance sport is the key to getting faster is consistent, running time. It's beautiful because it's simple. It's

a curse because progress takes time. It requires days, weeks, months, and years of training to produce results. This can be discouraging at times, but if we keep it all in perspective and stay patient (and consistent) we will eventually be rewarded for our efforts.

A final note on consistency: Consistency in running takes careful planning. May I suggest taking time at the beginning of each week to map out your game plan for fitting in a run each day? If you don't schedule it in, it won't happen. So plan it out, write it down, stick to it, and YOU WILL get faster!

Quality Training.

"Why should I practice running slow? I already know how to run slow. I want to learn to run fast. Everyone said: 'Emil you are a fool!' But when I first won the European Championship, they said: 'Emil, you are a genius!'"

--Emil Zatopek (Czech Olympic great in the 1950's), concerning his emphasis on interval training

After putting in 4-6 weeks of consistent distance runs,

the next step to getting faster is to add some quality workout sessions to your weekly training regime. What do I mean by "quality"? This means including workouts where you push the pace and push your body to new levels-intervals, threshold/tempo runs, strides, hill training, and long runs are all good examples. Get out of your comfort zone. If we continue to do the same type of workout over and over, our training will become stale and our progress will plateau. We have to always keep our bodies guessing and adapting. It's about the principle of overload. According to USATF, "The Principle of Overload states that if adaptation is desired from training, the training stimulus must be greater than that to which the body is accustomed. Increases in fitness levels must be preceded by overload." (USATF Coaching Education Curriculum pg. 41) Overloading initially breaks the body down, but as the body recovers and adapts it builds back stronger. Our bodies are amazing in their ability to change and grow in response to the running stresses we put on it.

I used to think that hard workouts were only for really serious runners, but through study and

coaching experience, I've come to realize that quality workouts are beneficial for all levels of runners. The percentage of time spent doing different types of workouts will vary based on what event you are training for, but I've listed some basics in the chart below to help you get started.

Joining Forces.

"The perfect run - The wind at your back, the sun in front of you, and your friends by your side." - Aaron Douglas Trimble

The early spring of 2009 was another period in my life where I was working to get back into running shape. The days were busy and I was lacking motivation to get out in the early dark hours of the morning to go for a run on my own. Luckily, I had two good friends who allowed me to tag along with them. One of these girls was Lindsey Anderson, an Olympian in the steeplechase, and the other was Kristi Spence, an Olympic Trials qualifier in the marathon. I met them at 4:30 a.m. a few times a week to go for a run. These two girls were in great shape and while these morning outings were casual

TYPE	PURPOSE	DESCRIPTION	RECOVERY
Strides	Improve speed & economy	Rapidly accelerating to a quick, smooth pace for 20-30 seconds. It is not a full-out sprint	Full recovery (2-3 minutes) in between each stride
Threshold Intervals	Works on ability to efficiently use glycogen/oxygen and to delay involvement of anaerobic system	Repeated runs of up to 15 min each	1/5 run time for rest

TYPE	PURPOSE	DESCRIPTION	RECOVERY
Tempo Runs	Works on ability to efficiently use glycogen/oxygen and to delay involvement of anaerobic system	A continuous run of 20-60 min; 20-30 seconds slower than your 5K race pace; also described as a “comfortably hard” pace	
Intervals	Stress aerobic power (VO2 Max)	Hard segments of exercise separated by segments of rest. 5K race pace or slightly faster	The rest is equal to or less than the duration of the interval
Speedwork/ Repetitions	Improve speed & economy	Hard segments of exercise separated by segments of rest; Pace should be close to mile race pace (faster than interval pace)	Full recoveries in between - 1.5-2 times the duration of the repetition for rest

**Adapted from Daniel's Running Formula by Jack Daniels, PhD*

runs for them, for me these were tough workouts. I'm sure they got sick of my labored breathing and my inability to add to their friendly conversations (I had to breathe rather than talk), but they were kind enough to tolerate my heavy legs pounding along beside them. Because of these friends, a couple of things happened for me. One, I was able to get out of bed at an insanely early time in the morning-something I would never be able to do on my own-to consistently fit in a run. And two, I got into the best shape I had been in since running in college. It took time, but my body quickly adapted to their pace and soon I was casually chatting along with them on the runs.

Joining forces with friends or running groups can make a tremendous difference in your pursuit to be a faster runner. Running partners can motivate and

push you to new levels. They can get you out of bed in the morning for a run and help you stay consistent with your training. They provide a support group to share your goals with and hold you accountable.

In addition to making you a faster, better runner, running with others can make running more enjoyable. According to the Journal of Human Movement Studies, “Exercising with a team, exercise class, or friends may enhance the psychological experience of exercise due to the social relationships that are formed and nurtured in addition to or in spite of the actual physical activity accomplished” (Courneya, 1995; Plante et al., 2003).

Check out the UtahRunning.com [Forum](#) or post a comment on our [Facebook page](#) to find a running

group/partner in your area.

So there you have it-Consistency, Quality Workouts, and Joining Forces are the key to “Climb to New Heights” and the key to running faster in 2012.



Janae Richardson is currently a runner and coach. She graduated from Weber State University with a bachelor's Degree in History Teaching and PE/Coaching. Janae uses her expertise as a Level 1 certified USATF Coach in her role as a cross country and track coach at Davis High School (Kaysville, UT) and offers personalized coaching to many other runners. She is currently working toward a Master's degree in Exercise Science.

For more information about personalized coaching contact Janae at janae@utahrunning.com or visit www.utahrunning.com

CALORIE OR CALORY?

Calorie. It's an interesting word – I think it should probably end in “y”. No, actually, I think it should probably end in “why”, as in “why do I care?”

I used to think I didn't care, but a few months ago I decided I wanted to be a little more knowledgeable about what I ate and how I could improve my diet to help my training. So, I started doing a little research, and this article is about why I care and why you should too. Now, before we get going, let me clarify that I am no doctor and definitely not a dietician. So, for all of you calorie wizards out there, this is your warning that you may consider this article a little elementary.

The Basics

A calorie is really just a measure of the energy a food or beverage provides from the macronutrients in the food. The main macronutrients are carbohydrates, fats, and proteins. The elements that make up food are relatively weak and provide little energy when

broken down. However, when the energy in molecular bonds of food is chemically released within our cells it can be stored in the form of adenosine triphosphate (ATP), a high-energy compound that fuels the work and recovery of cells. And that, ladies and gentlemen, is why you should care about your calories because all that food you eat turns into the energy you need to run fast.

Carbohydrates and fats provide the majority of the body's needed ATP. Protein is the body's building blocks and usually provides little energy for cellular function.

Carbohydrates are ultimately converted to glucose, transported via the blood to all body tissues, and then stored in muscle cells and the liver where it is converted into glycogen, a more complex sugar molecule, until your cells use it to form ATP. Fats yield large amounts of energy, but they take more time to break down to the basic components-glycerol and free fatty acids. Only free fatty acids are used to form ATP.¹

Obviously there is a lot more scientific mumbo jumbo that we could go into here, but as I said, we'll keep it simple. You eat food, it's broken down and that's how you get energy for all those miles you are running. Seems pretty simple, but I still had a few questions, so I kept digging. Here

Nutrition Facts

Serving Size 4 oz. (113g)

Servings Per Container 4

Amount Per Serving

Calories 280 **Calories from Fat 130**

% Daily Value*

Total Fat 14g **22%**

 Saturated Fat 3.5g **18%**

 Trans Fat 2.5g

Cholesterol 120mg **40%**

Sodium 640mg **27%**

Total Carbohydrate 13g **4%**

 Dietary Fiber 1g **4%**

 Sugars 0g

Protein 24g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

are a few of my questions and the answers I found:

How do they figure the amount of calories when all the labels tell you how many grams?

After a few hours of combing through information on the internet and old textbooks, I realized the easiest answer to this was right on every label and it is pretty easy to remember - just remember 4-9-4. Four calories per gram of carbohydrate, nine calories per gram of fat, and four calories per gram of protein. If you ever forget, most nutrition labels have it listed near the bottom (see sample nutrition label above).

So, let's suppose I eat a food that has 13 grams of carbohydrate, 14 grams of fat, and 24 grams of protein. The total calories would be 274 calories.

$$(13 \text{ g carbs} \times 4) + (14 \text{ g fat} \times 9) + (24 \text{ g protein} \times 4) = 274$$

It all seemed pretty simple until I started tracking everything and analyzing a bunch of food labels. Then, I had to find the answer to my next question...

Why don't the numbers add up when I calculate everything using food labels?

This was a little confusing to me, but I found

that "for multi-ingredient foods which are listed by brand name, calorie values generally reflect industry practices of calculating calories from 4-9-4 kcal/g for protein, fat, and carbohydrate, respectively, or from 4-9-4 minus insoluble fiber. The latter method is frequently used for high-fiber foods because insoluble fiber is considered to provide no physiological energy." Basically, manufacturers can exclude the calories from insoluble fiber. Also, the 4-9-4 method is subject to some rounding errors.

This calorie tracking thing is a pain. Is there an easier way to track my calorie intake?

I started the calorie tracking process by writing down everything I ate and doing all the calculations at least once a day. I lasted for about one day and then I decided it was too much hassle. The only way it was going to work for me was to find an app which helped me to track my calories. I was primarily concerned about tracking total calorie consumption and macronutrients. After a week or so of testing different free apps, I found the FatSecret Calorie Counter to best suit my needs. Leave a comment on our [forum](#) and let everyone know what you do to track your nutrition or your running progress.

I hope this was helpful in addressing some

questions you may have had about calories. I know some of this basic knowledge has helped me to adjust my caloric intake to better meet my training needs. Also, remember that any time you want to start a diet or any weight loss program, it is always a good idea to seek the advice of a physician or dietician. Let us know what other nutrition questions you may have by posting a question on our [forum](#).

¹ Wilmore and Costill. Physiology of Sport and Exercise pg. 117

² "Frequently Asked Questions - USDA Nutrient Database", U.S. Department of Agriculture - Agricultural Research Service, <http://www.ars.usda.gov>, 22 Dec 2011.



Ken Richardson -
Runner | UtahRunning.com's
biggest fan

Ken Richardson is a runner, Daddy, coach, and co-founder of UtahRunning.com. He is

currently working to achieve new PRs in all areas of his life. He graduated from Weber State University where he competed in cross country and track. Ken is also a Level 1 Certified USA Track and Field Coach.



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What is the pain in the back of my heel?

No, the pain is not your rival right behind you!

Ever wondered what the pain is in the back of your heel or perhaps a friend's or running partner's heel? Have you or someone you know had Achilles tendon problems?

Achilles tendon problems are a common running injury. It is more frequent with increasing age. It is more common with people who run on their toes or have a forefoot strike such as barefoot runners. I also see it more commonly in ultra endurance runners. Another risk factor includes improper fitting of shoes such that the rear of the shoe rubs on the tendon or heel.

Achilles tendon problems range from tendonitis (now called tendinopathy as it is not really an inflammatory condition), tenosynovitis which is inflammation and swelling in the sheath of the tendon, partial tears, and tendon ruptures. Some people have what's referred to as a "pump bump" which is a bump on the back of the heel that predisposes the heel to Achilles problems.

Tendinopathy can be located at the insertion of the tendon, where the Achilles tendon attaches to the heel bone which is referred to as insertional tendinopathy. If it is at the middle portion of the



tendon, it is termed midsubstance tendinopathy. It can be graded mild, moderate, or severe based on micro features in the tendon. It is best seen with ultrasound imaging but MRI can be helpful. Ultrasound imaging is superior to MRI in that it is less expensive and performed in the doctor's office. Also, ultrasound shows the microstructure of the tendon better than MRI. With ultrasound imaging, mild tendinopathy shows thickening of the tendon with disorganized tendon fibers instead of the fibers being straight like the copper coils in an electrical cord. With moderate grade

the tendon is more thickened with blood flow into the thickened areas and thick protein like material in between the tendon fibers. There may be a visible lump on the tendon. It is like the bad toaster cord wire with the copper coils sticking out of the plastic insulation. With severe disease, there is usually a noticeable lump, severe thickening, calcifications in the tendon or where the tendon attaches to the calcaneus (heel bone), disorganized tendon fibers, and partial tears.

Usually rest from running, ice, and anti-inflammatory medication is enough for treatment of mild grade tendinopathy. If not, then I recommend specific exercises called eccentric strengthening. These are performed by standing on the floor, raising up the heel until you are standing on the toes, then lowering the heel to the ground as slowly as possible. It can be done with both feet at the same time and then eventually progress to doing it on one foot. Next, it is done on a step or stair with one foot with the heel being lowered slowly as far as it will go below the stair. For moderate and severe tendinopathy, eccentric strengthening has been shown in many studies to work the best of any treatments. However, healing takes time. For moderate grade, it may take 6-12 weeks and for severe, months.

Other treatments include physical therapy with ASTYM or Graston where a tool is used to massage the tendon. It is thought that it brings blood flow to the tendon and organizes the tendon fibers. Nitro patch also helps reduce pain and decrease healing time. More invasive treatments include needle the tendon in the area of tendinosis. It is done with ultrasound imaging where the

needle can be guided to the exact area of the tendon. A hot topic now is platelet rich plasma injections or PRP. PRP injections are where blood is removed from a patient's vein, put in a centrifuge then the platelet portion is removed and injected into the tendon. It is still being studied and is controversial at this time. Most health insurances don't cover it and it is painful. However, it may have promising results. When Achilles tendonopathy is severe, lasting several months, and nothing else has helped, then surgery is an option. I do not recommend steroid injections in or around the Achilles tendon as it weakens the tendon, causes degeneration, and will lead to tendon rupture!

Achilles tendon tears usually occur with a forced stretch of the tendon when the calf muscle is contracted. An example is slipping on the ice when a runner is pushing off the ground. Many times the person feels a pop when it tears. There is immediate, severe pain. A defect is seen in the tendon. Later there is swelling and many times bruising. Surgery is required for a complete tear (rupture) or large partial tear.



By Jason Blackham,

MD, Internal Medicine Sports Medicine specialist. Currently works at Intermountain Sports Medicine at McKay Dee Hospital and is a team physician for area high schools, marathon and other race events, Snowbasin Clinic, and Weber State teams.



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UTAHNS LEADING THE PACK

Age: 27

Current residence: Lehi, Utah

Running background: I started track and field in the 5th grade and was a sprinter all the way through to my senior year in High School. The open 100 and 200 meter is what I did the best in. I remember when I had to run a mile and a half in Fit for Life class my freshman year in college and it was so hard for me. After that I tried to push myself to 2-3 miles and left it at that. It was after gaining 65 lbs. with my first child that I knew I needed to do something and get serious. That is when I would run about 5 miles as often as I could fit it in. I stuck with it on and off throughout my next 2 pregnancies and it made such a difference in how I felt. My deliveries went so much better, and I recuperated so much quicker.

Running has become my “Me” time where I am able to clear my head. My most creative ideas come when I am running, along with joy and motivation in other aspects of my life. It wasn't until we had lived in Utah for about a year, which was fall of 2009 that I started running a little further. I saw the successes of neighbors and friends with running and wanted to challenge myself. So when I saw that there was a half marathon being held at Thanksgiving Point, (a little more than ½ mile away from my home) I decided I had no more excuses, so I signed up!

From the Ogden Marathon to Boston: When I ran my first



Chandi Schwab

half marathon it was just about finishing, but when I saw that I averaged an 8:45 pace I was actually pleased, and knew that with a little more practice I could push myself harder and get faster. We moved to Vancouver, WA the summer of 2010 and running at that elevation gave me so much confidence. My pace was always around 6:30, and I couldn't believe it! When we moved back it was a hard adjustment for me, I knew it would be harder, but was discouraged when my pace was right back to 8:45. I decided to sign up for the Wasatch Women's love your body 10K for motivation to get my speed back. I worked hard and in a month and a half was able to shave off a minute per mile. I took 12th place overall and found the competition fun and personally fulfilling. It was shortly after that that I signed up for the Ogden Marathon. I heard that it was a great one to start with and that it is well coordinated.

A friend of mine, who also runs, recommended a couple books to me. Before I started training I read *Born to Run* by Christopher McDougall and *Advanced Marathoning* by Pete Pfitzinger and Scott Douglas. *Born to run* taught me how our bodies are built to run and the foundation of running while *Advanced Marathoning* taught me the Science behind becoming a stronger and faster runner.

As a freshman in college we wrote a bucket list of the top 50 things we wanted to accomplish in our lifetime, and running Boston was on mine, which is kind of strange because I didn't even run much at that point. Even though I hadn't ever done a marathon before, I thought why not go for the big bang! At first I didn't tell anyone I just kept it to myself, but then the word got out to family and friends that I was trying to qualify for Boston and the pressure was on! The training went really well up until about 6 weeks before the race. My Achilles tendon started bothering me more and more. I had switched to racing flats and wore them too far too soon. I decided that I had to stay off of it to let it heal. I did more cycling and swimming to stay active but it wasn't the same, so when I tried to jump back into training a couple weeks later it was hard. My leg felt a lot better but I felt like I had lost so much of what I had worked on. This brought me a lot of stress! I had told so many people that I was shooting to qualify for Boston, and couldn't stand the thought of not following through. That is when I read the book *Running With Joy* by Ryan Hall. I could relate to so many things that he shared. He expressed the importance of remembering why we started running in the first place, being grateful for our bodies and attributing all our successes to God. I decided to run for joy again and to

just do the best that I could. My goal was to average under an 8 minute mile and the Boston qualifying pace for my division was an 8:23 pace so I had a little room to spare.

I was able to hold a good pace the first half and slowly lost it as I got further. I saw my husband just when I needed him most which was around mile 22 or 23. He ran a little ways with me and I had new found motivation. I pushed myself like never before. That last mile was the longest mile of my life. I looked down at my Garmin in the last stretch and noticed my pace was at 7:59. I gave it one last push and finished! According to my Garmin it was a 7:58 pace but the official pace they had for me was 8:02 and my official time was 3:30:28. Either way I was happy. I had done it! I didn't know at first if I was actually going to sign up for Boston but I decided to do it! April 16th 2012, and official training starts next week! I have my Goal time up on my Bathroom mirror and am excited for the journey.

Other races since then:

Surprisingly, I have only done 2 other races. I did the Thanksgiving Point Half again this year and the Freedom run half in SLC. I was going to do the Wasatch Women's love your body again but life was too crazy. The races went well though. After the half I really

didn't pay much attention to my times. I still ran and focused my attention on enjoying my daily runs to Josh Groban while watching the sunrise. It hasn't been until the last couple months that I have gotten back into building up my speed and preparing for Boston training.

PR's:

Ogden is the only full marathon I have done so: 3:30:28 Half: 1:38

Training Schedule:

I have just been trying to maintain 40 -50 miles a week and have been working on speed. I usually wake up @ 5:30 or 6 to run; lately I have been a chicken and wait till later in the day or at the gym because it is so cold! But I did it through the winter last year so I know I can do it again. When I start training for Boston I will be running 55-70 miles per week. Luckily Scott has a pretty flexible schedule as an entrepreneur, and is very supportive. When I run I am a happier person and a better mom.

Favorite place to run:

I really like the area I live in. There is the perfect amount of different terrain and great views. When we go to the mountains I LOVE my mountain runs! And when we go to the beach, I love LOVE that as well! Anywhere and everywhere! But by my home is most

convenient. (By Thanksgiving Point.)

Pre- Race Meal and Post Race Drink:

I have found that a cup of plain oatmeal with very hot water and a banana 2 hours before the race works great! And I always drink Acai Boost with Chia Seeds and Beta Alanine 30-45 minutes before the gun goes off. After I run, I don't feel like eating or drinking anything but water. However, I know the importance of fueling my body for recovery. Conveniently, we own Mixers Nutrition on the side, and I have tried many different products. Post-race supplements include Branched chain amino acids, glutamine, protein, and plenty of fresh fruit.

Favorite Race distance:

I actually think I would be best at a 10 K because I love speed, but I have enjoyed the challenge of the distance of the marathon.

Why Run:

I don't always wake up happy and ready to get out and run. But when I get home from running I am gleaming. The days I run are so much more productive and enjoyable than the days that I don't.

Best Advice given as a runner:

To always remember that with every low, there is great success that will follow shortly after. So always stick with it!

Advice I would give to other runners:

There will always be someone out there that can run further or faster, so our best competition is ourselves. We can always get better through setting small goals at a time that will eventually turn into huge achievements. There is so much joy and satisfaction in seeing what we can accomplish, it creates more confidence in ALL aspects of our lives.

“ Goals: To train hard for Boston, and to help motivate others to get out and start running or to be more active. We have a fitness blog called mixersnutrition.blogspot.com, where we write posts to help others develop a healthy lifestyle. I just want others to see that anything is possible if you put your mind to it and act! I will always be a runner!”

UTAHNS LEADING THE PACK

Age: 34

Current residence: Taylorsville, UT

Running background:

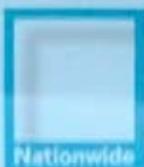
I started running track & field in the 7th grade at Eisenhower Jr. High. The summer after 7th grade I joined the county recreation team, West Side Flyers, and competed in TAC/USATF meets. I competed in these meets through junior high and high school. I started competing in cross country in the 9th grade. I competed for Taylorsville high school. Highlights from high school competition include:

- 3rd place in the 1,500 meters at the Great Southwest Classic
- 2nd place in the 1600 m and 6th place in the 800 meters at the Utah High School State Track and Field Championships in '95
- 16th place at the Utah High School State Cross Country Championships in '94
- Competed in 1500 m at U.S. Junior. Nationals Championships '95

After high school I competed for the University of Utah. Highlights from collegiate competition include:

- As a freshman I finished 6th place in the Western Conference Indoor championships.
- 6th place in mile at Indoor WAC Conference Championships 1996

Teren Jameson



- 8th place in 1500 meters in Outdoor WAC Conference Championships 1996
- 7th place in 1500 meters at the U.S. Junior National Championships 1996
- 1st place 1 mile indoor MWC championships 2000
- 2nd place 5000 meters outdoor MWC championships 2000
- Cross country All American 2000
- 1st place 3000 meters indoor MWC championship 2001
- 1st place 5000 meters outdoor MWC championship 2001
- Mountain West Conference Cross Country Champion 2001
- MWC Cross Country MVP 2001
- Cross country All American 2001
- 1st Place 5000 meters outdoor MWC championship 2002
- 12th place 10000 meters outdoor NCAA championship 2002
- NCAA All Academic team member of the year 2002

After college I competed on the USATF national road race circuit. I was sponsored by New Balance. Some highlights include:

- 36th Place U.S. Olympic Marathon Trials 2007
- 4th Place AT&T Austin Marathon, 2:19:32 2007
- Columbus Marathon Champion, 2:18:37 2005

- 1st Place Deseret News 10 km 2004-05
- 6th Place Twin Cities Marathon, 2:16:28 2004
- 18th Place 10 km U.S. Olympic Trials 2004
- 2nd Place U.S. ½ Marathon Championship 2004
- 2nd Place U.S. 10 km Championship, 28:42 2003
- World ½ Marathon U.S.A. Team Member 2003
- Chiba Ekiden U.S.A. Team Member 2002-03

It was a great experience competing in the 2004 U.S track & field Olympic trials and the 2008 U.S marathon Olympic trials. Just as great as these experiences was representing the U.S.A. in the international competitions: Chiba Ekiden 2002 and 2003 and World ½ marathon championships.

The Chiba Ekiden consisted of about 15 teams from all around the world. It was a 5 team member marathon relay race. In 2003 I ran on the anchor leg, 12.4 km. I ran the 6th fastest leg split. I finished 50th place in the World half marathon championships. These were held in Villamora, Portugal.

[Tell us about your involvement over the years with the Utah LDR Circuit and how things turned out this year:](#)

I started competing in the USATF road circuit when I finished my collegiate eligibility in 2002. From 2002 to 2007 my focus was on competing in national races. I would run enough races to qualify for the road circuit and finish in the top 5. In 2008, I stopped competing in national races and focused on local races. I have won the road race circuit in 2008, 2009, 2010, and 2011.

[Tell us about some of the recent races you've competed in and how they went:](#)

The last races I have competed in were Deseret News 10 km, Minuteman 5 km, Run for the Children 10 km, and Alta 8 km. I ran well in all the races. In the Alta 8 km race I ran my fastest time on that course.

[PR's:](#)

ROAD PERSONAL RECORDS

10 km, 28:42, Senior Bowl	10 km	2003
15 km, 46:21, Jacksonville	15 km	2006
10 Miles, 47:35, Papa John's 10 Miler	10 Miler	2004
20 km, 1:00:16, New Haven	20 km	2004
½ Marathon, 1:04:46,		
Houston ½ Marathon		2006
Marathon, 2:16:28,		
Twin Cities Marathon		2004

TRACK & FIELD PERSONAL RECORDS

800m 1:52.68 Weber Invitational	800m	2000
1500m 3:50.52 Weber Invitational	1500m	2001
1 Mile 4:08.11 Mountain State Games	1 Mile	2001
3000m 8:24.87 Snake River Open	3000m	2001

5000m 13:57.63 Cardinal Invite 2001
 10000m 28:43.01 Cardinal Invite 2004

Training regimen/schedule (weekly mileage, types of workouts, when you fit it in):

Currently, I average about 40 to 55 miles a week. During the winter I will run during lunch time at work. I will try to run about 8 miles a day during the week. I will do a fartlek workout 2 to 3 times during the week. On Saturday I will try and get in a 12 to 15 mile run. During the spring, summer, and fall I will run before going to work. I will try and do track workouts twice a week and a tempo workout once a week. One will be longer intervals. For example, 6 x 800 meters 2:20 with 400 meter jog recovery of 3 minutes or 4 x 1 mile 4:48 with 4 minutes recovery. The other will be short intervals. For example, 10 to 20 by 400 meters 67 to 70 seconds with 1 minute recovery or a 200 meter jog recovery. The tempo runs will be 2 x 3 miles. I do these between 5 minutes/ mile to 5:15 minutes/mile with a 3 minute recovery. On Saturdays I will either run a race or do a long run of 12 to 15 miles.

Favorite place to run:

For general runs I enjoy running on the Jordan River trail. For fartlek workouts I enjoy running in Valley Park in Taylorsville. For tempo runs I like running in Liberty Park.

Favorite pre-race meal and post-race drink:

My favorite pre-race meal is spaghetti. My

favorite post-race drink is Gatorade.

Favorite race distance:

My favorite race distance is 10 km.

Why run (motivation, inspiration):

I enjoy the individual challenge that running presents. In running, the real race is with yourself. It is always a challenge to do your best. As I get older I don't run as fast as I used to, but the challenge to do my best remains.

Favorite quote or best advice you've been given as a runner:

THE CHAMPION

The average runner sprints
 Until the breath in him is gone;
 But the champion has the iron will;
 That makes him carry on.

For rest, the average runner begs,
 When limp his muscles grow;
 But the champion runs on leaden legs
 His spirit makes him go.

The average man's complacent
 When he does his best to score;
 But the champion does his best
 And then he does a little more.

-Author Unknown-

Advice you would give to other aspiring runners:

Be patient and stay consistent. Progress in running is measured in years. Believe in your self. Try to improve a little bit every day and over time you will get better.

Goals:

1. Enjoy running.
2. Maintain current fitness level.
3. Try and win USATF LDR circuit in 2012.

A Proud Moment for Utah High School Distance Running

American Fork and Davis High School Finish in Top 6 at Nationals



Davis and American Fork at the Utah State Cross Country Championships

2011 was a historic year for two Utah boys cross country teams. The American Fork and Davis high school cross country teams came into the 2011 season with high hopes. Both teams had finished well at the 2010 Nike National Championships (American Fork 8th and Davis 11th), and 2011 looked to be an even stronger year. The two teams faced each other four times over the season—but were constantly motivated and pushed by one another to be their very best.

The first meeting was slightly disappointing for the Darts. Davis went to American Fork

High School for the Grass Relays hoping to redeem themselves from being beaten in every race by the Cavemen the year before. In the Grass Relays, the format is slightly different than most cross country races. Each team runs five 2 mile legs in a relay style. On the third leg, American Fork began to pull away and ended up beating the Darts by a wide margin. Both teams ran fast times for the course, but it looked to be American Fork's year once again. The two teams would not meet again until the Utah state championships.

At the state cross country championships on October 19th at Sugarhouse Park, the American Fork boys ran a phenomenal race to earn their third straight state title, but it didn't come without a strong fight from Davis. Both teams placed all five of their scorers in the top 12 of the 5A division, and AF edged out Davis by a score of 25 to 33; Bingham High finished 3rd with 122. American Fork was led by a first place finish from Mackenzie Morrison whose time of 15:22.4 is a 5A record for the course. The Cavemen had three other runners finish in the top 10 to earn all-state: Clayton Young (3rd), Brayden McClelland (4th), and Connor McMillan (7th). Davis also finished with four runners in the top 10: Brad Nye (2nd), Brayden Cromar (5th), Preston Johnson (8th), and Logan Wood (10th). It was a dominating performance by the two teams.

The American Fork-Davis rivalry continued at the Nike Southwest Regionals in Mesa, AZ on November 19th. Both teams were running for a top two finish in order to qualify for the Nike Nationals which is held two weeks later in Portland. All of the best teams from Utah, Nevada, Arizona, New Mexico, and Colorado were racing for those two qualifying spots. The regional race has been held since 2007. Prior to this year, Utah has



Davis on the podium at Nike Cross Nationals

had five teams qualify for the Nike Nationals through the regional race: Davis girls in 2007, Alta boys in 2008, American Fork boys in 2009, and American Fork and Davis boys in 2010. With the race a full month after the Utah state championships, it is a challenge to keep teams trained and focused in order to peak again at the regionals. But the American Fork and Davis boys looked very strong as they finished first and second once again. American Fork led the way, scoring only 45 points in the 30 team race. This time the Cavemen were led by senior, Clayton Young

who finished 3rd. Brayden McClelland was 4th and MacKenzie Morrison finished 7th. The Darts scored 76 points and finished 101 points ahead of 3rd place Fort Collins, CO. Davis was led by Brad Nye (6th), Preston Johnson (12th), and Brayden Cromar (16th). Both teams were extremely excited to earn their way back to the Nike Nationals to compete against the best in the country.

The Nike Nationals have been held since 2004. In order to qualify for the nationals, teams are required to finish in the top two at

one of the nine different regional races. For the first three years of the race, teams were selected by a committee, but since 2007, the teams have competed in the regional race for the opportunity to attend the Nationals. Nike also selects four at-large teams each year from the teams who finish 3rd or 4th in their regional, creating a total field of 22 boys teams and 22 girls teams. Nike has promoted the race as the “only true high school national championship” for any sport. Since 2008, Nike has also invited individuals from each of the regions to compete. Utah has proved to be a consistently competitive state at the Nike Nationals. In 2004 Fremont girls finished 5th and the Mountain View boys were also 5th. In 2005 Fremont girls finished 10th, and the Mountain View boys were 5th again. In 2007 the Davis girls finished 9th. In 2008 the Alta boys finished 20th. In 2009 the American Fork boys were 8th. In 2010 the American Fork boys were 8th, and the Davis boys were 11th. In the 2011 race, both American Fork and Davis were aiming to finish in the top 3. Both teams had spent the majority of the season ranked in the top 5 in the U.S. Going into the race, American Fork was ranked #2 and Davis was ranked #4.

It was definitely an advantage to be returning to the race having experience on the course. The course is two and a half times around a 2000 meter loop on the inside field of a horse racing track. Although it is a relatively flat course, the difficulty comes from hay

bales placed as obstacles for the runners and a series of six, small, back to back hills called the “whoopie-doo”. Possibly the biggest challenge of the course is the mud. At times, the mud and water is up over the runner’s calves. It takes a lot of strength and determination to run the course well. It is also important to establish position early with so many of the nation’s strongest teams in the race. The race includes 154 runners in the team race (7 on each team) and an additional 45 individuals.

The Davis boys got out extremely well from one of the outside starting boxes, while the American Fork team was somewhat swallowed up in the pack of runners and would have to work their way up throughout the race. The leader board showed Davis in 3rd place at the 1k mark behind a team from Texas and a team from New Jersey. Each of the runners were wearing timing chips and ran over sensors at different points in the race, allowing the crowd to see who the leading teams were through the first 2 miles. At the 1k, the American Fork boys did not show up in the top 5, but they were beginning to make a move through the pack. As the race progressed, Davis was able to hold their position led by Brad Nye and Brayden Cromar who were running side by side around 15th place (including only the runners who were in the team competition). Through the middle mile, American Fork runners Clayton Young and Brayden

McClelland were moving their way up into the top 20 range in an attempt to lead their team into the top 5. Despite the obstacles and the mud, the Utah runners from both teams looked strong and determined to finish well. At the 2 mile mark, Davis had maintained their 3rd place position with a team from Arcadia, California right on their heels. American Fork still did not show up in the top 5, but were definitely making a move in the right direction.

It would take a very strong finishing mile from both teams to finish where they were hoping to place. It is amazing how closely packed the runners were at the finish line—sometimes a mere 5 seconds meant 10-15 spots. Young and McClelland did what they needed to and moved very well over the final mile of the race. Both finished in the top 10 with Young running 15:50 for 5th place and McClelland running 15:51 for 8th. Nye and Cromar also held their positions well with Nye finishing in 15:57 for 15th place and Cromar in 15:59 for 18th. Davis’s 3rd, 4th, and 5th runners locked up the podium finish for the team with their performance over the final mile of the race. Preston Johnson finished in 32nd place with 16:09, Logan Wood made a very gutsy move through the final mile to finish in 34th with 16:13, and Skylar Williams rounded out the top 5 for the Darts with 58th place in 16:29. American Fork’s 3rd, 4th, and 5th runners also gave determined efforts to move up through the pack. Tyson Green

finished 71st in 16:35, Connor McMillan was 73rd also in 16:35, and freshman Zach Jacklin finished 100th in 16:58. Despite moving up a tremendous amount through the race, American Fork finished out of the top 5 by only 2 points, scoring 257 points to 255 for Palatine, IN. Mackenzie Morrison (the Utah 5A state champion) was dealing with an injury from the previous week, and even though he gave a brave effort, he finished as American Fork’s 7th man. If Mac had been able to run his typical race, it would have put the Cavemen very close to Davis. The Darts were ecstatic to learn that they had finished in the top 3 and would be receiving a Nike trophy. It had been a goal of the team after finishing 11th in 2011 to come back and make it on the podium with a top 3 finish. Davis finished with 157 points. Christian Brothers Academy from Lincroft, NJ was 1st with 91 points, and Carroll, TX was 2nd with 96 points.

To have two teams from Utah in the top 6 in the U.S. is quite an accomplishment for cross country in our state. It was a proud moment for Utah high school distance running. Both teams have been motivated and strengthened by competing against each other. And both teams will continue to work hard and go after some high goals in the future. Despite losing some great runners to graduation, Davis and American Fork will be coming back with teams who are geared to making it back to the Nike Nationals and hoping for an opportunity to place even higher in 2012.

SEE AND BE SEEN

See and be seen, {or} be seen or get hit. It's a jungle out there; it's dangerous and the last thing you want to do is run around the concrete jungle dressed like a ninja. According to the National Safety Council, 5,000 pedestrians are killed each year in auto/pedestrian accidents and another 64,000 are injured. From 1975 to 2005 there have been 180,000 deaths due to auto/ped accidents. The good news is long term data shows a declining trend in motor/ped accidents since 1975.

The vast majority of these accidents are occurring in urban areas at locations other than intersections. 71% of pedestrian deaths occurred on major roads where vehicles are traveling at a high rate of speed and drivers are not expecting any stops. These accidents are mostly occurring on Fridays, Saturdays and Sundays during the later evening hours (6pm-midnight). Speeding is a major contributing factor in auto/pedestrian

accidents. Statistics also show males are more likely to be involved in an auto/ped accident more than females. The bottom line is, if you get hit by a car there's an 85% chance the accident will result in your death.

As runners, how do we avoid the front side of a Dodge Ram (dodge or be rammed)? The most obvious precaution is to run in a more rural setting where there's not as much traffic, or in a park or on a trail. I guess if you have no choice but to run on a major road, then run against traffic (best if you can see the Ram emblem coming at you) and utilize sidewalks, overpasses, crosswalks and pedestrian lanes the best you can.

If you're an evening runner you need to use extra precaution while out on busy roads. Traffic can be heavier in the evenings and visibility may not be as good with the sun going down. The minds of drivers can be

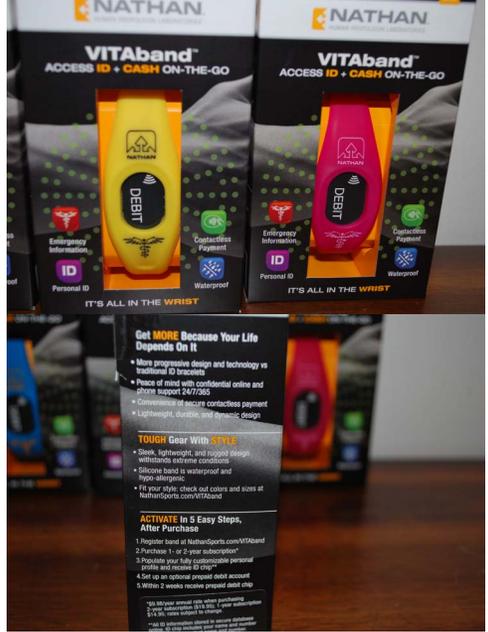




elsewhere as they rush to get home for the weekend, or making their way back from a party or heading to Grandma's for a Sunday night with the family. As a runner, if you're going to run in the dark (morning or night), on the roads, you have to arm yourself (not literally) so drivers can see you. The best company we deal with for runner safety products is Nathan Sports www.nathansports.com

Nathan Sports has developed the Run Safe Initiative: educational material along with products designed for safe running. Not all reflective products are created equal; Nathan is the best with 360-DEGREE REFLECTIVITY, ensuring visibility no matter what direction light comes from. RETRO-REFLECTIVITY keeps the runner more

visible by reflecting light directly back to its light source rather than scattering it in different directions. MULTIPLE REFLECTIVE POINTS placed on vests give added hits of reflectivity and added REFLECTIVE DETAIL on hydration belts, packs and race vests helps to ensure safety even when you're not thinking about it. Nathan didn't stop with reflectivity; waterproof ID/medical emergency cards have been incorporated on almost all of Nathan's products, and pockets on waist packs and vests have been designed to hold smart phones comfortably as well as leaving room for items like cash and keys. Beginning in 2012, customers can visit the Nathan website to create a customized ID to place in their Nathan gear.



Get MORE Because Your Life Depends On It

- More progressive design and technology vs. traditional ID bracelets
- Piece of mind with confidential online and phone support 24/7/365
- Convenient all secure contactless payment
- Lightweight, durable, and ergonomic design

TOUGH Gear With STYLE

- Sleek, lightweight, and rugged design with reflective silicone components
- Silicone band is waterproof and shock-absorbent
- Fit your style: check out colors and sizes at nathansports.com/VITAband

ACTIVATE In 5 Easy Steps, After Purchase

1. Register band in nathansports.com/VITAband
2. Purchase 1- or 2-year subscription*
3. Provide your full contactless payment profile and receive ID chip**
4. Get an instant prepaid debit account
5. Within 2 weeks receive prepaid debit chip

*See retailer annual rate when purchasing. Prepaid debit account (VITABAND) is not redeemable. \$1.99/mo. rates subject to change. **ID chip is required for contactless payment.

Nathan Sports has evolved safety gear for runners with the new VITAband. The VITAband is a wrist bracelet that carries identification and emergency contact information via the VITAband chip and a unique numeric identifier. It also provides first responders to medical information and offers contactless payment through a prepaid debit card. More information at www.nathansports.com/VITA

In Addition to reflective vests, Nathan Sports offers reflective sleeves, ankle-bands, LED lights, reflective DOTS and dashes to stick on anything and reflective tape.

Headlamps are definitely the best lighting source for safe, hand-free, running. Lumen capacity can range from 55 to 150 from brands like Black Diamond, Princeton Tec and Petzl. Each of those three companies offers high quality, dependable headlamps. The trick is to assess your running environment (running shops can help) to determine the amount of lumens you'll need in a headlamp, then try a few on and pick the one you like the best. There's a lamp for you even in wet conditions and mountain environments, no matter how long or far you're running.

Safety first in all things, especially when running. With a little education and the right gear, you can run in any environment safely.



John & Kristin Wojciechowski own and manage STRIDERS running in Layton; they have been at it since 2004. Kristin has a few marathons under her belt, many half-marathons and for 3 years was the race director of the Ogden Marathon; she still volunteers as a consultant for the GOAL Foundation in their preparations for Ogden's Super Bowl. Kristin currently directs 8 races for Striders, including the Winter Racing Circuit. John has finished the Wasatch 100 twice and spends most of his time helping Kristin at Striders, tries not to get in the way and enjoys spinning Pearl Jam records. John & Kristin have 2 kids who worship and idolize their parents (well, maybe just their mother).



FIT TO FAT TO FIT

A man in Utah named Manning is currently involved in a project called "Fit to Fat to Fit." He has gained 70 pounds over the last six months and is now working to lose those 70 pounds in the next six months. At first I thought, "How interesting and impressive. And catchy. The alliteration alone is enough to make me want to write him a catchy tune interspersed with a little rap."

Then I looked down at my 26-weeks-along baby bulge and realized: I've already done fit to fat to fit three times! And I'm working on my fourth time. Call in Good Morning America! Seriously dude, talk to me when your newly acquired man boobs fill with milk every three hours and must be emptied by a crying infant. Or when you have to add Kegel exercises to your routine because during your journey to fat you had to dilate to a 10 to deliver a small child.

Media interest in Manning has been intense, and even though I think the women who go through this all the time (and with the extra step in the cycle of breastfeeding) deserve a little more credit-I'm curious. How hard will it be for him as he journeys back to fit? Will he lose the 70 pounds in 6 months? He's on his way already (as I eat more donuts and gain more weight), and I'll be keeping tabs and comparing his journey with my own.

I've already seen some interesting comparisons in his 'journey to fat' that make me think that Manning is getting as close to pregnant as a man can. (I love imagining his empathetic conversations with his wife as she goes through pregnancy. "Oh honey, I totally understand how you feel about those stretch marks.) Not only has he experienced stretch marks, but he's had chaffing, strange cravings and self-esteem issues--all par for the course for the pregnant woman.

Currently Manning has started the last phase of his journey, back to fit, and I'm hoping that eventually I'll be able to compare my journey back to fit with his (although I'll be dealing with less sleep and breastfeeding as I try to drop my weight and get back to fit.)

His idea is 6 months of fat, and 6 months back

to fit. My advice to him is to give himself a little longer for those last five pounds-and then, even when he's lost two of those last pounds, to be kind to himself and accept that his body will never be exactly the same again. Seriously. Just go buy some new pants and throw away the ones that make you feel bad.

I'm already looking forward to working my way from waddler (my current stage) back to runner again. But I'm going to be kind to myself. I'm resolving to follow my own advice, eat less donuts (although I totally need the calories right now), and to work carefully on my journey back to fit, being kind to my body and happy that it's managed to carry four kids and can still run, even if it's a little slower. And I'm not giving up on the idea of being fast. It's just going to take me some time. (And it would help if I could win fame and fortune as I did it. "Hello? Good Morning America, I have a great project I'm working on-I like to call it 'Good shape to Gestation to enGorgement to Good shape' or G^4. Hello? Hello?")



Stephanie Chambers is a freelance writer, runner, and mother living in Roy, Utah. (Freelance mothers are in high demand.) She's hoping to run an 18 minute 5K, but fears it will have to wait until her adorable and well-behaved children stop demanding her time. She can be reached at chambers.steph@gmail.com.

“If you want something you’ve never had, you have to do something you’ve never done.”

I am not a fan of New Year’s Resolutions.

That is not to say I’m opposed to goal setting. Just the opposite, in fact. I find self-improvement, and life in general, easier to navigate with a destination in mind.

I just don’t see anything special - or magical - about setting goals on January 1.

So I wasn’t thinking about goals or New Year’s Resolutions when I saw a post on a friend’s Facebook page that caused me to completely change my training habits.

I’d been struggling to train in the morning. I work nights; I have children; I love sleeping.

And I have an extremely flexible schedule. Which makes my life easier and procrastinating easier.

I wake up at 5 a.m. and have this conversation - almost every, single day.

Ambitious me: I should get up and get my run in before the day goes haywire.

Tired me: You know, sleep is as critical to training as actually exercising.

Frustrated me: Yes, but you are tired every day, so if you always let sleep trump running, you’d never run.

Whiner me: But it’s so cold outside...and dark...and in just a couple hours it will be light and warm...and I could run after I drop my daughter at school.

Ambitious me: You have work to do at that time. You will be rushed on your run, if you don’t get up and go now.

Desperate me: I could also run this afternoon. Or tonight. And then I could watch television, while I run at the gym.

Realistic me: You will be a different kind of tired tonight. Just GET UP!

Scarlett O’hara me: I’m not getting up now. I will run later. I promise. It will be so much more enjoyable. And I will be rested. In fact, I’ll go a couple of miles farther because I’m running later in the day.

And so I struggled. It’s mostly a winter struggle because if I get up early I have to run at the gym, but if I run later, I can often run outside. Like most runners, I would much prefer to run outside.

One day I was procrastinating by cruising through Facebook when I saw a post on the page of a man I’ve actually never met, Dave Ross. He’s a running coach in Idaho and he often posts things meant to motivate those of us teetering on the brink of actual athleticism.

"If you want something you've never had, you have to do something you've never done."

It was plastered across a picture, but the image didn't matter.

And while I read inspirational thoughts on my own and thanks to all of my virtual friends, for some reason, this one actually stuck with me in a much different way.

I started thinking about what I wanted that I didn't have. Obviously there are things I want that are simply not possible. I will never win a marathon or run in the Olympics.

But I would love to be faster and more fit.

The more I thought about it, I decided what I really want is to be more consistent in my training.

I don't desire consistency because I believe I will ever win a race. I yearn for it because on the days I defeat Scarlet, I feel so much better - physically, emotionally and mentally.

Running is my escape, and while I dread the dark, the cold and the monotony of the gym, I never, ever regret lacing up my shoes.

So why I battle with myself almost constantly about getting out of bed, is beyond me. I joke that it is my inconsistency that keeps me from

sustaining over-use injuries. But the reality is that probably keeps me from accomplishing goals that I've never dared set.

I know this. I believe this. And still, I battle.

The day after I saw Dave's post, however, I had no such self-debate. I got up, went to the gym and ran six miles. I managed to get to the gym in the morning - most of the time without much protestation at all - every single day until Christmas Eve. I didn't run that day or Christmas Day, but I picked up where I left off directly afterward.

Any time I felt a twinge of hesitation, I asked myself, "Do you want something you've never had? Then do something you've never done."

I want to know what happens if I never miss, if my schedule never gets the best of me, if life's pressures and twists and turns couldn't derail my training.

I don't yet know what I will have. But I am doing something I have never done on my own - running and/or cycling every morning in the winter.

As New Year's Eve approached and I listened to my friends and family discuss their resolutions, I felt a little joy at knowing I'd already started mine.

And then, as everyone was lamenting their questionable (or just gluttonous) food choices, which I was also guilty of, I felt a little comfort knowing that I'd at least been hitting the gym during that time.

And then came another Facebook post that seemed to sort of fit with the one Dave had posted a month earlier. It made me think that in addition to better health, I might receive some unexpected payoffs for my early morning commitment.

"You won't get the butt you want by sitting on the one you have."



Amy Donaldson is a sports writer and columnist for the Deseret News. She spent eight years covering crime and corrections and has covered high school sports, outdoor recreation and fitness for the last 12 years. Originally from Anchorage, Alaska, she graduated from Snow College and the University of Utah, and is proud to call Taylorsville home.

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January Races

Saturday, January 07

Lick The Pole Obstacle Course Fun Run, Midway

Saturday, January 14

Park City Snowshoe 5K Stomp, Park City

Saturday, January 21

J.L. Sorenson Indoor Triathlon, Herriman
St. George 1/2 Marathon and 5K Presented by NordicTrack,
St. George
Elevate Indoor Triathlon Series, Orem
Frigid 5k 2012, Provo
Chinese New Year Dragon Run, Heber City

Saturday, January 28

Hale Freezes Over 10K & 5K, Orem
Kahtoola Bigfoot Snowshoe Festival 5K, 10K, 25K, Marathon
and 50K, Midway
Freeze Your Buns Run for Scholarships, Kanarrville
SLCTC Winter Running Series 2012 - 5K, Salt Lake City

February Races

Saturday, February 04

Vigor 5k Winter Obstacle Course, Midway
Run Like A Girl Retreat, Ivins
Vigor 5K Winter Obstacle Course 2012, Midway

Friday, February 10

Outside the Ice 5k and Family Walk, Kearns

Saturday, February 11

Romp to Stomp Out Breast Cancer Snowshoe Series, Park City
34th Annual Winter Series 10K, Magna
2012 Winter Racing Circuit 5K, Ogden
South Davis Sweethearts 5K & Cupid's 1K, Bountiful
Outside the Ice Half Marathon, Kearns

Saturday, February 18

Moab's Red Hot 55K and 33K, Moab
Kwahaten 'Leave Your Love Behind' 5k & 10K, Ogden

Saturday, February 25

2012 Winter Racing Circuit 10K, Ogden
Dogtown Half Marathon 9K/5K, Washington
Delta Wild Goose Chase, Delta

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March Races

Saturday, March 03

Lake to Lake Team Relay & Ultra, St. George

Saturday, March 10

Run for Recess, Salt Lake City
2012 Winter Racing Circuit 10 miler, Ogden

Saturday, March 17

Rex Lee Run 5K and 10K, Provo
Canyonlands Half Marathon and Five mile run, Moab
Spectrum 10K 2012, Ivins
South Jordan St. Patrick's Day 5K Gold Rush, South Jordan
Canyonlands Half Marathon & Five Mile Run, Moab
Shamrock Scholarship Run, Provo

Friday, March 23

Antelope Island Buffalo Run 25K, 50K, & 50 Mile and 100 miles,
Syracuse

Saturday, March 24

Purple Day 5K, South Jordan
24 Hours of Utah...the Run, Moab
Purple Day 5K Run for Epilepsy, South Jordan
Running of the Leopards 5k, Salt Lake City
12th Annual Goldenwest 5K For Schools, South Ogden

Saturday, March 31

Ice Breaker Triathlon, American Fork
Riverton Half Marathon & 4Life 5K, Riverton

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Happy running!

