

## **How to Stay Motivated**

A Trainer's Perspective

## **Utahns Leading the Pack**

## **Recovery Nutrition 101**

What to eat AFTER your run

## **Minimalist / Barefoot Running Interview with Guy Perry**

## **Massage Therapy**

Performance Training Strategies

## **Barefoot vs Traditional Shoes** by Dr. Jared Shippee, DPM

**Barefoot / Minimalist Running - 04**

Interview with Guy Perry - Owner of Salt Lake Running Company

**Race For Your Life - 08**

Training tips for those who run for the health of it

**Eat Like A Runner - 11**

Recovery nutrition for AFTER your run

**Massage Therapy - 14**

Can it be a performance training tool?

**Utahns Leading the Pack - 17**

We interviewed Maika Carlsen and Jake Krong

**Barefoot/ Minimalist shoes vs Normal shoes - 23**

Good advice from Dr. Jared Shippee, DPM

**Mothers Against Insanity - 25**

The 'lighter' side of running

**Opportunity In Disguise - 26**


Looking for good experiences and blessings

**Race Review - 29**

Alta Peruvian Lodge 8K Downhill Dash and Barbecue Bash

**October/ November/ December Race Calendar - 31**

Get out and run!



Maybe it's the feet of the little boy who has recently joined our family or the amount of questions we get asked about barefoot running/minimalist type shoes that we've decided to dedicate a good portion of this *RUN UTAH* issue discussing this topic. We've tried to give you a couple of different perspectives from different experts (Guy Perry-Owner of Salt Lake Running Company and Dr. Shippee, DPM). We hope the information in the magazine will give you what you need to decide if barefoot running or minimalist type shoes are for you.

As the bulk of the racing season draws to a close and as the warm weather fades into winter, it is important to find other reasons (besides an upcoming race) to fit in a run each day. Check out Rachel Shippee's article "Race For Your Life" for some strategies on running for the health of it and Amy Donaldson's article that helps us realize each run is an opportunity we shouldn't take for granted.

As always, we hope you enjoy this issue of *RUN UTAH* and thanks for your support of [UtahRunning.com](http://UtahRunning.com).

Committed to your sport,

Ken and Janae Richardson  
[UtahRunning.com](http://UtahRunning.com)



This interview focuses on minimalist shoes and barefoot running. We were excited to be able to interview Guy Perry. He and his wife Debbie opened Salt Lake Running Company in 1995. As a store owner and a long-time runner, he knows his stuff when it comes to running shoes.

## Interview with Guy Perry: The owner of Salt Lake Running Company shares his thoughts on minimalist shoes and barefoot running

**UtahRunning.com:** Tell me a bit more about your running background and what brought you to the idea of opening up a specialty running shoe store.

**Guy:** I started running on a freak whim growing up in Nevada... I was kind of a soccer player and my high school didn't have a soccer team. So I went from soccer to running and then ended up moving to Utah as a senior in high school. I was fortunate enough to get a scholarship to go to the next level. I ran at Weber State, got some schooling. Got done with schooling and couldn't find a job so I just took two things which I knew which was running and needing to get a job. I started with a teammate of mine, Kurt Black. We started out a little running store. The rest would be history.

**UtahRunning.com:** How do you think the running community in Utah has grown over the years, and how have you adapted to that?

**Guy:** The running community has grown. A lot of the reason that I think that is happening is because of the situation we're dealing with, with health in the United States. People are starting to become more and more concerned with what they can do for themselves and taking care of their own body. The barriers to running are very minimal.

Locally and somewhat nationally over the past several years running has also come into more of a mainstream situation where back in the '70s and '80s if you were a runner you were a specific build and a specific type. Your identity kind of wrapped around the sport itself. Nowadays people run just to participate, so events like relays and mud runs and other stuff like that is more consumer friendly. A lot of people are getting really excited about exercise and fun at the same time.

**UtahRunning.com:** It's become more of a social event as well as the health part of it.

Guy: Absolutely, which is good for Utah. The culture here is motivated that way. The relays are like family reunions on wheels. A lot of teams, people that ran in high school or college will get together and do a relay. The young single crowd people are out there doing the mud runs and that kind of stuff.

The other thing I think is nice is the trail runs are starting to slowly but surely get people interested, not just the longer ones, but a 5K or 10K on the trails along the Wasatch front and that's exciting.

**UtahRunning.com:** I think one of the most important parts of getting people involved and keeping them involved is making sure they stay healthy. I think you and I both know part of that is making sure for runners that they have the right equipment and that's your shoes. What process do you use at Salt Lake Running Company to determine the type of shoe that would be best for any given runner?

Guy: We use the treadmill. We videotape people, and in slow motion we show them what's going on mechanically, explaining the gait cycle to them. We start with contact, the foot strike, and supination or lack of pronation; and pronation or over pronation, and explaining how the foot is the equalizer for the body. Meaning, it fixes all the discrepancies that may be going on either structurally or functionally in the body.

What's going on down there is what allows people to move. With running, specifically running on the same street every day of your life, you're dealing with repetitive stress situations. We've got to find something that's going to accommodate the foot, hold it in the correct position, and allow them to run without having injury issues. We use the video process along with a lot of inserts to customize the shoe fit. Then using different brands of shoes and different types of shoes you get the match made in heaven.

**UtahRunning.com:** Recently we've seen even in popular mainstream brands where there's been a trend toward the development of minimalist and barefoot type shoes. For you as a store owner, how would you explain or characterize these types of shoes, especially for somebody who might be hearing about them for the first time or that come into the store and have questions about them?

Guy: I think the first thing is interesting. They've brought conversation to the running market that hasn't been going on for a lot of years. I think a lot of people are beginning to look at running as a function of the conversation that's going on with barefoot or minimal type shoes.

I find the whole conversation absolutely fascinating, and you may know, years ago in high school and college when we wanted to feel light, quick, and fast we'd take our shoes off and we'd do 100 meter strides on the football field after

practice. We'd love it. Nothing was more refreshing to me than to feel how fast you could be without anything on your feet. I'm fascinated by the whole process.

**UtahRunning.com:** **Do you think this minimalist movement is a fad that's going to go away or do you think it's here to stay? What are your thoughts on that?**

Guy: I don't know the future on what will happen with all the different shoes that are coming to market and their fates, but I think the conversation of minimalism is here to stay because it's worth discussion. I know through the years companies have built shoes as per what they feel like needed to be done to seem sturdy and rugged, and controlling. My philosophy at least from my background has always been we want to put people in something that gives them what they need but absolutely nothing more. We've always looked at looking at inserts as a function of the process.

When people are young and their joints, tendons, and muscles lack age deterioration and oxidation, they're flexible and they can handle and withstand a lot of overuse in training. A lot of people are able to do whatever they want to do. As we age a bit we have to make some accommodations. That's where I think the minimalist conversation becomes more of an art than a science because of all the studies that are out there, sometimes I look at them and say I just don't know if it's going to work for everybody all the time. We need to apply the tool here which is the footwear or lack of footwear to the person and to the individual training goals and what they're trying to get done.

We've had some good success stories of people trying the minimalist stuff and going back to normal footwear. And we've seen people who've gone to minimalist stuff and moved onto barefoot, come back to minimalist stuff and they found the balance for them. To me, that's what it's all about.

**UtahRunning.com:** **I think you bring up a couple of really good points, specifically that last phrase; they found the balance for them. They found what works for them, for their foot, for their body. I think that's the key. The minimalist shoe may not be for everybody but for each individual to try and make the determination for themselves.**

Guy: I don't know if a minimalist shoe is for everybody. We see people come into the sport that are packing a little extra weight and they know it. That's why they're at the store. They have had the courage to come in and talk about it. We're not here to act as someone who would provide a disservice to somebody. It's baby steps, so to speak. Whereas, we have people that are new to the sport, a little gal comes in and she might weight 95 pounds. That's a whole different story. What she can do with her body as opposed to a bigger guy who is six-five and may push 320.

We have to find the balance and just because you start some place doesn't mean you have to stay there. There's progression and you can tweak it, change it. You can get a pair of shoes that you just use here and there which is what a lot of people do

and then you have other shoes that you use for your other stuff. Then it's like having a speed day shoe, and a tempo day shoe, a track shoe, and a long-run shoe, and a trail shoe. People are finding that balance. The goal is to stay injury free so that you can be consistent in your training. Consistency is the number one measure of success.

**UtahRunning.com:** You mentioned barefoot running and strides on the grass and that type of stuff. What has your personal experience been with minimalist shoes? Have you liked them?

Guy: My personal experience is when I want to be barefoot running I take my shoes off and I find a safe surface, and a nicely mowed football field is a wonderful place to be. I do strides in my bare feet. I've done a bit on the beach too. The beach is a bit risky for me for some reason. It tends to ignite my plantar fascia a little bit more, tends to load it a little bit more so I have to be careful. It's interesting that you bring this up because my favorite shoes of all the shoes I've ever run in my entire life were shoes built in the late '80s called the Skylawn TC, which was basically a really light, fast, flexible, soft shoe. It was like wearing nothing. I would wear it with no socks on. I wore it all the time and if I could have another pair of those things I'd be the happiest man on earth.

I run in a pair of shoes right now that I really enjoy called the Saucony Kinvara. It's a shoe with minimal drop heel to toe, nice slab of EVA there, fairly soft. And I wear it on the road, on the trails, when I go fast, when I run long. I really like it. It adapts for my body, for my stride, for my person really well.

**UtahRunning.com:** I like the Kinvara too. I run in those. I race in them. They're a great shoe. Just as parting advice, what would you recommend to those who are looking at trying minimalist shoes for the first time? What would you say to them?

Guy: I would say don't be afraid but take it slow. When you start to wear minimalist shoes there are adaptations that need to happen to your body. Your tendons, your muscles, your ligaments, and your joints are used to one specific action potentially based on the shoe, especially if you're wearing something that is super high in the heel. If you're dropping from something that's fairly supportive down to something that's not supportive you're going to have a bit of pronation action going on you need to adjust for.

I actually think that the foot going through that strengthening process is a very healthy process. If you take it slow and easy you can make sure not to ignite any "itis," tendonitis or bursitis. The last thing is you've got to watch those calves, specifically in the guys. If the guy is over 35 years old, he's probably already got a lot of calf issues anyway but that heel core, that Achilles tends to shorten. Sometimes a quick run in a pair of low Vibram Five Fingers or something can light that calf right up and then you're walking on the sideline and that's not fun for anybody, especially for a runner.

**UtahRunning.com:** That's great advice. We really appreciate your time and we hope that people will find their way to your store and other stores throughout the state and make sure that they get into some good shoes, and get involved in their own training so they can stay with the sport and be healthy.



# RACE FOR YOUR LIFE

## For those of us who run for the health of it

It's early morning, there's a warm breeze that accompanies the picturesque sunrise over the mountain. You become hypnotized by the rhythmic thud of feet hitting the asphalt. Your mind is absolutely clear, and time seems to standstill. It's mornings like this that it just feels good to be a runner. No worries, no stress, just a feeling of temporary euphoria. Unfortunately not every morning is this surreal. Often when the alarm sounds the daily battle of mind over mattress ensues, and you again have to convincingly remind yourself of why you run. For some of us it's to prepare for the next upcoming race, and achieve that new P.R. But for others it's simply about staying fit and achieving optimal health. So for those of us without a specific race plan, or any impending records to break, how do we find the motivation to coax ourselves out of bed each morning? The answer is really as simple as 1, 2, 3.

### 1- HAVE A PLAN

"If you don't know where you're going, you might end up somewhere else."

Often a potential client shows up in my office, discouraged because despite their best

efforts and diligent work they don't seem to be making the health and fitness gains they would like. In response to their pleas of desperation I will quiz the individual on their goals and workout routines. Repeatedly I receive the same vague replies, "My goal is to be healthy, and I do this by trying to work out 3-4 times a week."

In all my experience with people I have never met someone who has been successful because they "tried" at it. Instead, success is attained by developing a specific, detailed, game plan and doing it! Achieving good health is no different. It doesn't just happen, and you won't attain whatever "it" is by just going through the motions. If you do, you might end up at my desk frustrated because the time and effort you're putting in is not getting you where you want to be. How do you remedy this situation? Have a running plan. Just because you're not training for a race or a pr doesn't mean you should run whatever you want, whenever you want.

First set specific goals. If your goal is to be healthy, define what healthy means for you;



**Rachel Shippee**

B.S., CPT, CSCS, RRCA Running Coach

At a young age I developed a passion for health and fitness. This passion propelled me into eventually competing in athletics at the college level and ultimately, into pursuing health and fitness as a career. I have obsessively worked to further my knowledge in this arena; completing my bachelor's degree at Westminster University, as well as attaining my certifications as a personal trainer, certified strength and conditioning specialist, and a certified running coach. It was not until after college that I discovered a love for running. I have found it to serve not only as a great tool for maintaining weight, and improving fitness, but also as a welcomed release. Currently I work as a personal trainer at Lifelong Fitness in Kaysville, Utah. There I am able to coach a variety of individuals on the practice and importance of health and fitness. I specialize in performance enhancement, injury prevention, and functional training.



being able to run 5 miles without stopping, maintaining a certain weight, or keeping your blood pressure or cholesterol levels below a certain point.

Next grab a calendar and plan out precisely how you will accomplish your goal. Start by looking at your overall week, and breaking it down day by day. Plan what days you will exercise, what time you will do it, and what you will do. The more specific you are about your plans the more successful you will be at accomplishing them. Ultimately this will ensure you attain your goals.

## 2- TRACK YOUR PROGRESS

“He who moves not forward goes backwards.”

Once you have set your goals you must find a way to track your progress. This may seem harder when you're not running races and monitoring your time improvements, however it is very important. Tracking allows you to push yourself to new levels, and see your progress. Witnessing gains from our hard work feeds our motivation and keeps us going. It will be much easier to go about tracking your progress once you have defined your goals and outlined a plan. For you this may mean tracking your total mileage each week, and adding distance to some of your runs, or adding distance to your total weekly mileage. It might be timing a run once a week, and working to improve on that time. Or, it could simply mean adding more exercise days and time to your routine each week.

## 3- MIX THINGS UP

“Variety is the spice of life.”

In order to keep your runs from becoming bland, introduce some variety in your running. This is very important because when running loses its luster, you lose motivation. The trick is to keep running fun! Try running new routes around town. Get off the road and try some

trail running for a change of scenery. Take different people, or your dog, running with you. One of my favorite summers was spent with my husband, running a different ski resort every weekend. There are enough ski resorts in Utah to keep you busy all summer!

Another fun tactic is to alter the type of runs we do. Often we get stuck doing the same distance, at the same pace, day after day. Boring! Though you may not specifically be trying to become a faster runner it can actually be enjoyable to throw some speed work days into your weekly running plan. Not only does speed work give your runs some diversity, but it actually has a lot of health benefits as well. Long, slow, or steady state runs strengthen your cardiovascular system, and help you burn fat. Higher intensity runs, like speed work, are broken down into shorter, faster segments. These types of runs include; hill sprints, fartleks, or intervals, and have been shown to make even greater improvements on your cardiovascular system. Also, speed work requires you to work harder using more energy. As a result you are able to burn off more fat in less time, because you are using substantially more overall calories to fuel your workout.

Once you have established a good cardio base you can implement two days of speed work into your weekly workout plan. The following workouts are great ways to sneak some speed work in, while having fun.

## **Workout #1: HIGH INTENSITY INTERVAL TRAINING (HIIT)**

High Intensity Interval Training or HIIT training, involves alternating short work periods of high intensity, with periods of rest, or slow runs/walk. Use the rate of perceived exertion scale (RPE) to help you determine the appropriate intensity for your run. The RPE Scale ranges from 1 (very easy) to 10 (100% all out effort), and is used to assign a numerical value to how intense you are working. If you already have a good cardio base employ a 3-5 min work bout with a 1:1 work to rest ratio. This means you would rest for the same amount of time as you

worked. If this is too challenging start with a longer rest, and work up to this. The following is a 30 Min HIIT routine sure to keep you on your toes.

### 30 Min. Sample HIIT Routine

Interval/Min	RPE (scale 1-10)
3 (Warm Up)	3
4	5
1	7
3	5
1	8
1	5
1	9
1	5
1	9
1	5
1	9
1	5
1	9
2	5
1	8
3	5
1	7
3 (Cool Down)	3

\* HIIT = High Intensity Interval Training

\* RPE = Rate of Perceived Exertion (How hard it feels to you)

## Workout #2: STADIUM WORKOUT 10 MIN. FIGURE -8'S

Like HIIT, running stairs is a high intensity workout that stresses your cardiovascular system at a superior level, and produces noticeable results in a condensed amount of time. Stadium runs can be done using any staircase anywhere, however, using an actual stadium allows for more variety. Ideally find a stadium that has at least three isles with no fewer than 20 steps.

- Begin at the bottom of aisle 1 and sprint to the top.
- Jog across the top to aisle 2 and walk to the bottom
- Jog across the bottom to aisle 3, and sprint to the top
- Jog across the top to aisle 2 and walk to the bottom
- Jog across the bottom to aisle 1, and repeat the cycle
- After 10 minutes take a breather and grab some water, then begin again until you have completed 3 sets.

## WORKOUT #3: MIXED WORKOUT RUNNING/RESISTANCE TRAINING (300's)

Throwing some resistance training in

with your runs can be a great way to challenge yourself and your muscles, while providing some variety. Resistance training is an excellent way to strengthen muscles, and improve muscle tone. Implementing some resistance training in with your runs will also facilitate greater levels of excess post-exercise oxygen consumption (EPOC). EPOC is the amount of calories that the body continues to burn after a workout in attempts to; refuel, repair, and complete the subsequent cleanup after intense exercise. As a result, the more intense the exercise, the more calories you will burn the remainder of the day. Resistance training triggers higher levels of EPOC because it places greater physical stress on the body that aerobic training alone can accomplish. Therefore, combining resistance training with running, allows you to reap more health benefits. The following is a great way to combine resistance training in with your runs anywhere, anytime. Only your body weight and running shoes is needed.

- 10 walking lunges
- 10 pushups
- 10 squat jumps
- 20 bicycles (abs)
- Run .5 miles
- Repeat 6 times until you have reached 300 total reps, and run 3 miles

# Eat Like a Runner:

## Recovery Nutrition

What you eat after a run or a workout has the greatest impact on improving performance. It is tempting to go without food after a run, especially if you are trying to lose weight, because you probably don't feel very hungry. When you exercise, your body shrinks the blood vessels to less important things for movement, like your stomach and intestines, in order to send more blood to your working muscles, heart, and lungs. The resulting slowed digestion makes it difficult to eat during and after exercise. If you fail to adequately replenish at this critical point, recovery will be delayed, your training plan will be slowed, and you might put yourself at risk of injury.

With so much on the line, you want to get your recovery nutrition just right. A lot of people want to be told exactly what to eat and how much because it is easy. The problem with a one-size-fits-all approach is that bodies react differently to the same foods, and individuals have varied needs. That's why competitive

athletes often consult with a sports dietitian to create an eating plan specifically for them. But you don't have to have your eating down to a science to run a marathon. Here are some key concepts that will help you choose the right foods at the right time

1. **When should I eat?** Eat at least three times during the four hours after your run. After a workout your body is primed to store more energy in the muscles you used during your run. This effect is greatest right after exercise, and continues to decrease until it is gone between four-six hours. Optimally you should eat something 15-30 minutes after a run, then a small meal about two hours later and a snack two-three hours after the meal.
2. **How much carbohydrate do I need?** Divide your weight in half and eat at least that many grams of carbohydrate during each of your three eating periods. For example, if you weigh 150 lbs. then you would need about 75 grams of carbohydrate during the three eating periods, or a total of 225 grams in the four-six hours after your workout.
3. **What carbohydrates are best?** Simple carbohydrates are awesome for recovery. High glycemic index foods like sports drinks, potatoes, bread, juice, fruit, white rice, etc. get in the body quickly and speed up recovery. Just make sure to pair it with protein so you don't send your blood sugar sailing.

4. **How much protein should I get?** Try for 10-20 grams of protein during each recovery eating episode.
5. **What type of protein is best?** The type of protein is not really important; however, research has found that the amino acid leucine (in foods, not as a supplement) has been shown to increase protein synthesis during recovery. It is found in meats, dairy, protein bars, and sports drinks. Whey protein, found in dairy products, is considered a "fast" protein, but there is no evidence that protein needs to get into your system quickly to be effective. The important thing is to eat protein along with carbohydrate. Eating them together has proven more effective in recovery than eating a high-protein diet or carbohydrates alone.

The hard part is translating those numbers into actual foods. Examples of good recovery foods include sports drinks and bars, fruit smoothies, pasta with meat sauce, sandwich with lean meat or peanut butter, soup and crackers, yogurt with granola and fruit, oatmeal, cereal with milk and juice, or chocolate milk. The amount you eat depends on your weight, and the length and intensity of your workout. The following chart lists serving sizes of foods containing 15 grams of carbohydrate to help you meet your recovery goals:

## Carbohydrate Counting: How to Spot 15 Grams of Carbohydrate

Serving Size	Food	Serving Size	Food	Serving Size	Food
1 – 6"	Tortilla	¼ (1 oz)	Large Bagel (4 oz)	½ cup	Grits
½ cup	Cereal	1 slice (1 oz)	Bread	¼ cup	Granola
1 ½ cups	Puffed Cereal	½	English Muffin	½ cup	Wild Rice
1/3 cup	Quinoa	½	Hot Dog Bun	½	Hamburger Bun
1/3 cup	Pasta	1 – 4"x ¼"	Pancake	¾ oz	Pretzels
1/3 cup	Rice	½ – 6"	Pita	8	Animal Crackers
1/3 cup	Couscous	3 cups	Popcorn	2 – 4"	Rice Cakes
6	Saltine Crackers	¾ oz	Chips, any type	20	Oyster Crackers
3 – 2 ½"	Graham Crackers	1 cup	Squash or Pumpkin	½ cup	Starchy Vegetables
8 oz.	Gatorade	4 oz.	Chocolate Milk	8 oz.	Milk

To put this into perspective, here is an example of what recovery eating might look like for a 120 lb. runner who just finished her first 18 mile run. She is exhausted and feeling sick to her stomach. The thought of food makes her nauseated. Thirsty and hot, she grabs her frozen Gatorade that has slushed while in the car and gradually sips 16 oz. while stretching and cooling down. By the time she gets home her stomach is starting to wake up so she pours herself a 12 oz. glass of chocolate milk. In the first 30 minutes after her run, she has consumed about 30 grams of carbohydrate from the Gatorade, and about 45 grams of carbohydrate and 12 grams of protein from the chocolate milk, which is right in line with the recommended amount of 60 grams of carbohydrate and 10-20

grams of protein. After she showers and gets dressed, her stomach is grumbling so she makes two sandwiches using four slices of bread, three ounces of tuna, and some mayonnaise. This gives her at least 60 grams of carbohydrates and 21 grams of protein. Two hours later she is feeling hungry, but sick to her stomach with a mild headache. The only thing that sounds good is a smoothie, so she gets a 16 oz. Protein Berry Workout from Jamba Juice with 54 grams of carbohydrates and 17 grams of protein. The sugar helps take care of her headache and after a short walk she is feeling much better.

As you can see in the example, all it takes is a little bit of effort and planning to help your body

replenish its protein and glycogen stores. But you can't forget about fluids. Many good recovery foods are fluids, but you'll probably need to drink some water too. The easiest way to make sure you are hydrated is to drink water until your urine is clear. You can also weigh yourself before and after a run and drink 16 oz. of water per pound of weight lost while working out. If you take the extra time to focus on replenishing what you lost during exercise, you'll notice improvements in your training in just a few days. And who knows, it may be just the thing you need to get that PR!



**Jennie Twitchell**

A registered dietitian and all-American runner, Jennie Twitchell is an expert in nutrition and exercise. She makes frequent appearances on health segments for the KSL morning show, writes nutrition articles for [livestrong.com](http://livestrong.com), and runs a private practice consulting athletes, mothers and those looking to lose weight.

Twitchell holds Bachelor of Science degrees in dietetics and exercise science, both from Utah State University.



# Why Great Basin Graphics?

For over 20 years, Great Basin Graphics has been involved in creating thoughtful, targeted promotional solutions. We are dedicated to helping you find the best possible product for your specific company, event, or situation.

GBG offers a wide variety of services, from custom art, embroidery, and screen printing to thousands of promotion products including pens, stress relievers, and camp chairs. We will not offer you a one size fits all solution, and we will make sure that the product you get fits your unique circumstance.

Feel free to contact us with any questions, we look forward to working with you!

Great Basin Graphics  
1125 West 400 North  
Suite 230  
Logan, UT 84321

Phone 435.753.0295  
Fax 435.753.8338

Email: [info@greatbasingraphics.net](mailto:info@greatbasingraphics.net)  
Art Email: [art@greatbasingraphics.net](mailto:art@greatbasingraphics.net)  
Website: [www.greatbasingraphics.net](http://www.greatbasingraphics.net)

# Massage Therapy as a Performance Training Tool?

Massage therapy tends to be used for relaxation and restorative benefits and is a very good treatment option for those goals. But massage therapy can also be a very precise treatment used with training plans to complement over-all athlete health and increase athletic performance.

Goal oriented bodywork (sports massage therapy) has evolved with other training tools as athletes, coaches, and health professionals work toward efficient and effective training plans that result in performance breakthroughs. Manipulation of soft tissues/myofascia to organize and arrange structures into biomechanically efficient alignment to allow full functional range of motion is one goal of the sports massage treatment.

Myofascia is the connective tissue that bonds muscle with bone, separates the muscles into compartments of action, and organizes anatomical structures as they come together throughout the body. Myofascia is a malleable tissue that changes its



make up (density/elasticity) to support stress and strain on the musculo-skeletal system. With chronic stress/tension myofascia becomes more dense/rigid and even bone-like as it hardens to stay supportive.

Hardening and restriction of myofascia can lead to biomechanical inefficiency and slow circulatory and nerve pathways. As we move with less fluidity and range of motion, this can become a pattern and lead to dysfunction and inefficiency. Because of the malleability of fascia, if we restore movement



quality and length through manipulation and use that new length with patterns of mechanical advantage with exercise, stretching, and body awareness re-patterning we create the opportunity for improved function and health.

Besides general postural and positional anatomical efficiency, the goal of improved sports performance can be applied. Depending on the specific sport's physical uses and challenges, different goals of treatment and outcomes will apply. A distance runner's economy of movement and energy expenditure will differ from a sprinter, but fascial manipulation to improve mechanical restriction will help both athletes.

Some current treatments for performance advantage:

- Postural lift - shoulder girdle manipulation
- Breathing capacity enhancement by freeing breathing accelerator muscles and tissue restrictions of the thorax
- Pelvic tilt and stride length work
- General range of motion (ROM) at major joints - ankles/arch, full extension at knee and hip.

A sports massage specialist will work with the athletes and their support team (coach, health care professionals) to design a treatment plan that complements workouts, recovery, and sport technique enhancement.

❖ *One note on sports or fascial/myo manipulation massage: Treatments can create discomfort in the session as the therapist works to change tissue restrictions, but should never cross at therapeutic levels (never give bruises or create extra sensory guarding). The treatment should leave the client feeling longer, looser, and lighter.*



**Nate Graven**

Licensed Massage Therapist  
Sports Massage Specialist

Nate is a graduate of the Utah College of Massage Therapy (2000), where he also received advanced training and certifications in sports performance and clinical therapies. He has specific training in Structural Integration (Ida Rolf Method), Soft Tissue Release and Neuro-muscular therapy, body awareness and movement re-patterning for bio-mechanical advantage, and Isolated Stretch therapy.

Nate has professional experience in medical clinics, sports and university fitness/human performance centers, and works with teams and individual athletes (Olympic, Professional, Elite local), including being a member of the Athens 2004 Sports Massage Team at the summer Olympic games in Athens, Greece.

Nate owns Graven Sports therapy in South Ogden, Utah, and the local running community is the bulk of Nate's private clientele. He has helped many athletes "P.R. on race day", whether it is a local charity 5k or even performing pre-event work at the U.S. Olympic Trials.





**Awarded "BEST BUY"**

for treadmills priced \$1000 - \$1499 from  
online reviewers: [TreadmillReview.net](http://TreadmillReview.net),  
[TreadmillReviews.com](http://TreadmillReviews.com) and  
[Treadmill-Ratings-Reviews.com](http://Treadmill-Ratings-Reviews.com).



**NordicTrack**

# COMMERCIAL 1750

Boasting a 3.5 CHP DurX™ Commercial Pro Motor and a 350 lb. weight capacity, the Commercial 1750 can withstand heavy use. The extra-long 20" x 60" 2-ply commercial treadbelt with QuadFlex™ Plus Cushioning is perfect for running, jogging or walking and protects your joints with every step. Other features include:

- **7" full-color touch screen**
- **15% incline**
- **A revolutionary -3% decline**
- **Built-in iFit Live™ technology**

Use Code **C1750** For 10% OFF the Commercial 1750

[www.NordicTrack.com](http://www.NordicTrack.com)



## Maika Carlsen

"2nd Place TOU Marathon;  
3rd Place TOU Half"

# UTAHNS LEADING THE PACK

Age: 31

Current residence: Providence, UT

Running background: I ran track at Brea-Olinda HS in California and then competed in the 800m at BYU.

Why did you choose to run the Provo Half Marathon: The Top of Utah Marathon runs through Providence, where I live, so I couldn't pass up an opportunity to race at home. I ran it in 2010 and wanted another chance at it this year. Also, my best friend and training partner, Holly Haguewood was running it, plus I love running by all my friends and family who come out and cheer the runners on! It's great too because my husband can ride his bike along the course and encourage me.

Tell us about some of the other races you've recently competed in and how they went:  
In 2010 I won the OC (Orange County) Marathon, took 2nd in the St. George Half, and 3rd in the Top of Utah Marathon. In 2011 I won the OC Marathon, took 1st in the Syracuse Memorial Day Half, took 1st in the

Blacksmith Fork Freedom 15k, took 1st in the Smithfield Half, took 14th overall in the Spudman Triathlon, took 3rd in the Top of Utah Half, and took 2nd in the Top of Utah Marathon.

PR's: Marathon - 2:56:17, 2010 OC Marathon  
Half-Marathon - 1:22:33, 2011 TOU Half Marathon  
10k - 39:30, 2011 Spudman Triathlon (at the end of the triathlon, my only 10k ever!)

Training regimen/schedule (weekly mileage, types of workouts, when you fit it in):  
Every day is a running day except for Sunday and I usually average 50-60 miles per week; a low mileage week would be 40 miles, a high mileage week would be 70 miles.

Each week I like to do one track/speed workout, one hill/tempo workout, and a long run on Saturdays. My work schedule varies so I always try to get at least 6-8 miles in before work and if I have time at lunch I'll add in a few more miles if needed. (Double days are a great training tool for me

and I like to add in some cross training if I have time.) I try not to save my workouts for the evening because usually that is when I like to spend time with my family. Early mornings are my favorite time to run because then I know it's done!

**Favorite place to run:** I love running at the beach and in new places or on quiet neighborhood streets anywhere. Since moving to Providence I have been able to do that just about every day and that is a great treat!

**Favorite pre-race meal and post-race drink:** The best pre-race meal that I've found works for me is stir-fry chicken and veggies with white rice. I love a cold bottle of Vitamin Zero Water or Propel after a race or long run.

**Favorite race distance:** I love the marathon distance because of the challenge it provides. However, I do enjoy the half-marathon distance because it is a challenge as well, but it doesn't beat your body up as much as a full marathon!

**Why run (motivation, inspiration):** Running has been a big part of my life since I was 10 years-old, so I guess it is kind of how I identify myself. My motivation is simply that, it is just what I do. I love the way running makes me feel; it clears my head and helps me refocus my mind, it just makes me feel good. I'm always glad when I have finished a run, regardless of how I felt when

I started the run. Rarely do I feel any more refreshed from sleeping in than I do when I just get myself out the door.

My family is the biggest source of inspiration for me when I run. Their support and interest in my running has inspired me to want to try harder. I want to be a better person for them, and running helps me work toward that goal each day.

**Favorite quote or best advice you've been given as a runner:** The best advice I've been given as a runner is to just believe in myself, trust my training, and most importantly, maintain my enjoyment of running. Coach Poole used to tell us, "Fake it till you make it!" (Sometimes I have to fake myself out in order to get through the next run or race!)

**Advice you would give to other aspiring runners:** I have learned through being a runner, a coach, and a teammate that runners do not all come from the same mold. Anyone who wants to can be a runner. Start small and let each day be a building block toward another run, or another mile, or another minute. It doesn't matter if you can't run around the block today; maybe you will be able to do that tomorrow. You won't know unless you try. It will take some time, so be patient, and some days it might feel like you've never run a day in your life, that's normal! Your body doesn't forget what you teach it, it just needs to be reminded. Make it

easier by setting a schedule, plan it into your week, and then set your clothes out at night. Set small goals along the way to bigger goals. Sign up for races that have a kids fun run as part of the race day. If you know and your family knows what you are trying to accomplish, it will make reaching those goals even better. The biggest part of running is just having a desire to do it. Once your mind decides you want to run, your body will follow.

**"Goals: - I hope to keep running for many years to come and that during those years I can run some good races while our family continues to grow. I'd like to run race distances that I haven't tried yet (5k & 10k), and I also want to improve my marathon and half marathon PR's. I want to keep a healthy perspective on running so I always enjoy it, and I want to know that I have put forth my best effort regardless of what the clock says."**



# UTAHNS LEADING THE PACK



**Jake Krong**

Age: 27

Current residence: Salt Lake City, UT

Running background: I ran cross-country during my sophomore year of high school, with the goal of improving conditioning for basketball season. It didn't take long to find out I had some talent for the sport. A year later I stopped playing basketball and was running both cross-country and track. During my senior year I qualified for the 2002 New York State Track Championships in two events, running 4:17 for 1600m and 9:16 for 3200m.

I didn't live up to the expectations I had for myself in college (Colgate University), due to a seemingly never ending injury cycle. I had some respectable finishes in cross-country, and a few decent performances on the track (15:30 5K, 31:39 10K), but they were few and far between. By my junior year, I decided to focus on my academics and no longer run competitively. I felt like I had a love/hate relationship with running during college because I just couldn't completely break the injury cycle. It wasn't all physical, either. As everyone knows, running might be the most mentally challenging sport, and in retrospect, I didn't quite have the mindset and focus that I currently do.

From 2006-2008 I did some road racing while living in the Mid-Atlantic region. Patience was not one of my best

virtues during these years and I can't say that my training was always very smart. During this time period my best races were 1:12:28 for a half marathon, 52:22 for 15K, 26:02 for 8K, 15:39 for 5K, and I even jumped into open track meet a few times and could still run a mile in the mid 4:20s. However, the good results (and my training) were somewhat sporadic.

In 2008 I moved to Colorado and was exposed to a whole new world of recreation. Backcountry skiing, climbing the 14,000 foot peaks, and long distance backpacking trips became my primary athletic pursuits. I still ran daily, but for fun and general fitness. For two years I played in the mountains, skied over 200 days, and most importantly had the good fortune of meeting Andrea North (featured in the June/July issue of this magazine). We moved to Salt Lake City during the summer of 2010 (more for the skiing than running, to be honest), but we were both itching to start training more seriously and do some racing.

Last fall I signed up for the Antelope Island 50K, hoping that would keep me motivated through the cold winter months. I had no concept of it at the time, but that simple action of clicking the "register" button on my computer would kickstart a streak of 27 straight 100+ mile weeks, which laid the foundation for me jump to a new level of running that I had previously dreamed

about, but never thought I would actually reach.

I started 2011 by winning a couple of trail runs (including the 50K), and as I started to prepare for the Utah Valley Marathon, I realized that I had "jumped a level." I had a string of good workouts and races in May, went into my debut marathon with tremendous confidence, and executed a great race. Running has been more fun than ever during this past year, and I can't wait to see where I can go from here.

[Why the Top of Utah Half Marathon:](#) The timing was perfect as a cap to my summer racing season before I started my fall marathon buildup. Paul Petersen recommended the race to me, and since he was also running, I knew that I'd have all the competition I could handle and would be pushed to run my best. It was a good test to see how I'd progressed since UVM. As an added bonus, my parents and sister were in Utah on vacation, so it was fun to be able to race in front of them.

#### PR's:

2:21:47 Utah Valley Marathon  
1:05:40 Top of Utah Half Marathon  
15:04 Draper Days 5K

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

My two training mottos are "Miles make champions" and "The secret is... there is no

secret." No matter how talented you are, the aerobic engine is where it all starts. I have been averaging 115 miles per week for the past 10 months, with over a third of them in the 130-140 mile range. I run 7 days a week, with double sessions 5-6 days a week. I cannot stress enough that the single most important change I have made in my training is to SLOW DOWN. I run the majority of my weekly mileage at a very relaxed, easy effort. You wouldn't believe how much of my running is 7:30 pace. I am able to get in the high volume without beating myself into the ground. Running too fast on easy days was the mistake I made for 8 straight years after high school. Having the confidence to run slower in training has helped me get a lot faster.

During a typical week, I'll usually do 2 workouts and a 20+ mile long run. I touch all the systems in my workouts; sessions are everything from 400m reps on the track to 13 mile tempo runs. My long runs are usually progressive, where I'll pick up the effort for the last 4-5 miles, or simply run the last mile of the long run at 5K effort. I try to never "leave my workouts on the track," as its better to leave something left in the tank and save it for the next harder session. It takes a lot of patience and self-confidence to not try and prove yourself in workouts. In the past I ran too hard in workouts and couldn't consistently get to the starting line healthy.

During a race week, I'll usually just do one shorter, faster workout early in the week, some 150m or 200m reps on Thursday to keep the legs feeling sharp, then race on Saturday and do an easy long run on Sunday.

There's nothing fancy about my training; the key is consistency. I'm self-coached; over the years I've been a sponge and listened to all sorts of ideas on training, filtered out the junk, and now I feel like I have a solid grasp on what works for me.

I do a lot of "run commuting." I stash extra food and clothes in my office at the Huntsman Cancer Institute (where I work as a Clinical Research Coordinator), and then I'll run to work in the mornings and back home in the evenings on my recovery days. It guarantees me at least 15 miles of running round trip, and saves me valuable time since I'm never stuck in traffic (not to mention gas money!).

I've taken recovery a lot more seriously this year than in the past. Ice, self-massage, foam rolling, and plenty of sleep (I rarely stay awake past 9pm) have been instrumental in allowing me to handle the high training volume. Wearing compression socks while sitting at my desk during the day also keeps my legs feeling a lot better for my afternoon run.

Over the winter months, I focused on getting the miles in and didn't worry much about harder workouts. I spent every weekend back country skiing (after running in the mornings, of course), which I believe is the best cross training for running. You get all of the cardiovascular benefits of working hard on uphill, but with none of the pounding on the joints. The endless, untouched, knee deep powder descents are a major advantage of living in the Wasatch! Andrea and I averaged about 8,000-10,000 vertical feet of climbing every weekend on our AT skis, so we were constantly getting a huge aerobic stimulus.

My daily training log is posted at <http://jkrong.fastrunningblog.com>. I also post race recaps and reports of other outdoor adventures at my personal blog, <http://wasatchandbeyond.blogspot.com>.

#### [Favorite place to run:](#)

The Jeremy Ranch Road near Park City is my favorite spot for long runs. Nothing builds strength like a dirt road with rolling hills at 6000 feet elevation. In Salt Lake City, Wasatch Blvd is an underrated place to run. On winter mornings, its high enough that you can stay above the worst of the inversion. I also enjoy running up and down Emigration Canyon. Outside of Utah, my favorite area is the Sierra Nevada mountains, especially the trails in Mammoth Lakes, CA.

#### [Favorite pre-race meal and post-race drink:](#)

I always eat ice cream the night before a race (and every other night). I'm lucky that my body handles dairy products very well! For breakfast, I usually just eat a good old fashioned vanilla Powerbar. After racing, I'm always happy when chocolate milk is available.

I try to eat healthy on a day to day basis, with plenty of fruits, vegetables and lean protein. I don't obsess over diet, but know its important to keep the body fueled well. My primary downfalls are Diet Mountain Dew and candy, although I have cut back significantly this year in both categories.

[Why run \(motivation, inspiration\):](#) I know it sounds cliché, but I absolutely love the sport, both as a participant and a fan. Even when I took a few years off from competition, I still ran on a daily basis simply because I enjoyed it. Now that I am racing again, I push myself in training because I want to know what I am capable of and what my limits are. I love the feeling (after the fact, of course!) of going to the well in a race and giving it everything I have. I want to see how I stack up against the best guys in Utah and hopefully, runners on the national level.

I also run because I believe its the best way to stay fit and healthy. In the grand scheme of life, those things are ultimately a lot more significant than any race results. Your health is probably the most

important thing you have and shouldn't be taken for granted. It makes me sad that so many people are not conscious of their overall well-being, or simply don't care enough to make exercise a part of their life.

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

I've read *Once a Runner* about a dozen times because it's loaded with inspirational quotes. Everything you need to know about running is in the four pages of Chapter 17.

My Dad always sends me a message before races and tells me to "Have Fun." That is advice we could all use, whether it's running or anything else life throws at us.

**Advice you would give to other aspiring runners:**

Believe in yourself. Take pride in your running. Don't be afraid to run a lot of miles. Do all the little things that enhance recovery. Go to bed early! Create a support system. Log your training and take advantage of social networking (I highly recommend Sasha Pachev's "Fast Running Blog"). Find a non-running athletic outlet that you are passionate about (for me, it was back country skiing)... this will help you maintain balance in your life, which is easier said than done. And most importantly, step back every once in a while and realize what a gift it is to be able to run... sometimes you have to turn off the Garmin and just do it for fun.

**"Goals:** My goal for the remainder of 2011 is to qualify for the 2012 Olympic Trials Marathon. It might be a long shot, and only really became a tangible goal within the past few months. I'm fortunate to have excellent health and a high level of fitness right now, so I'm going to "strike while the iron is hot" and give it my best shot. I'm running the Long Beach Half Marathon (October 9) and Philadelphia Marathon (November 20) with hopes of hitting the "A" standard.

After this year, I want to continue to improve my PRs at all distances, have fun competing, travel to new places through running, and find ways to inspire others. Saucony has been incredibly supportive in providing resources to help me achieve these goals, so I want to represent them to the best of my ability.

I'm very lucky to be in an amazing relationship with another fantastic runner (Andrea). We train together and encourage each other on a daily basis. I can say with 100% certainty that I would not be where I am right now without her influence. I dream all the time about both Andrea and I being on the line for the 2016 Olympic Trials. Whether it happens or not, the fact that we are on this journey together is what really matters. I am going to soak it all in and enjoy every step of wherever these dreams take us."

**Note from the Editor:** Jake and Andrea competed well at the Long Beach Half Marathon. Jake was third in 65:45, just slightly off the Trials standard. Andrea placed very well, taking home second place honors. We wish them both luck as they pursue their goals.



# BAREFOOT/MINIMALIST SHOES VS “NORMAL” SHOE RUNNING

In the last few years, there has been a great deal written about barefoot running and the trend leaning toward the minimalist shoe type for runners vs “Normal” running shoes. As a foot doctor, I have an understanding and interest in running and biomechanics, which is the study of the body in motion. I feel, for a health care professional to honestly help their patients understand exercise, he or she needs to participate as well. I often get frustrated when a runner will come to me and tell me their primary care doctor, who has never run a day in his life, is telling him or her what shoes to purchase and how to run properly. I am not going to preach, but I am going to give my PERSONAL opinion of what I think is proper and relate to you, the reader, my personal experience with running. There are many papers written and studies performed that weigh the pros and cons of barefoot/ minimalist running vs wearing normal running shoes. What I will relate is once again, “my recommendation based off my experience.”

The modern shoe industry is selling, “more is better.” Now, new research is showing that “less is best.” The main premise behind most of the research out there has delivered a range of sneakers and shoes big on cushioning and control and short on research. The idea was, “if some cushioning is good, then isn’t more better?” (S. Kennedy). Maximum impact comes at heel strike so shoe makers thought, “well, let’s just add more to the heel”, without thinking about its effects on feet, ankles, low back, and knees.

Now researchers like Daniel Lieberman, PhD, a professor of human evolution at Harvard, is revealing less is best. His research showed all these shoes with their big-soled heels may increase torque and impact forces at joints causing injuries starting at the feet, ankles, knees, hips and finally back.

Let’s look at some examples: Abebe Bikila, the 1960 Olympic marathon

gold medalist, ran a time of 2:15:16.... barefoot! Then he returned to win the Tokyo marathon four years later in a time of 2:12:11- over three minutes faster and WITH shoes. Zola Budd, the South African barefoot world record breaker, said, “I no longer run barefoot. As I got older I had injuries to my hamstring. I found wearing shoes gives me more support and protection from injury.”

So you can see there are both sides of the story. My story is an oh so sweet one that helped me win my health back. Years ago, I was getting back into running. I decided to run the Moab half marathon. When mile 10 hit, my knees totally locked up and I was finished. I ended up walking the rest of the way. Fortunately, a photographer took a still photo and it revealed to me things had to change. After the Moab run, I stopped running altogether, gained 30 pounds of blubber, and 4 inches on my waist. I felt like a total hypocrite. As a health care provider, I

felt I could no longer encourage my patients to lose weight because I myself was a marshmallow. This thought inspired a change. Looking back at my photograph running that race I noticed I was landing very hard on my heels and my feet to my hips were totally straight and rigid, exacerbating the impact and torque forces.

Then a friend turned me on to Newton Running shoes, which is a type of a minimalist running shoe, and my running career did a 180. I lost those 30 pounds of blubber and the 4 inches off my waist and I've been running pain free for years now. My speed has increased and most importantly, I feel confident in helping others get healthy. I have had patient after patient come to me with running injuries and once I transition them into a Newton "type shoe" or minimalist, it changes everything for them.

I read a quote once from a pedorthist and I wish I could recall where I read it, it went something like, "Minimalist

and barefoot running clearly has its place but good 'traditional sneakers' and orthotics are also essential for protection for those with lower-limb pathology." I feel this quote sums up how I feel. I have had patients with neuromas tell me minimalist shoes, even with extra cushioned inserts only exacerbated their nerve pain while those with plantar fasciitis and heel pain say, minimalist or barefoot running has changed their lives forever. Not all foot types are created like the other, some are predisposed to injury and trauma, so here is some of my personal advice: always listen to your aches and pains. Pain is a good signal something has to change. If you decide to change your running form or shoe type, ALWAYS, ALWAYS start slow and go for short distances. Last but not least, stretch, stretch, and stretch again. Enjoy The Run.



**Dr. Jared Shippee**  
DPM, Athlete

Dr Shippee began his passion for running, exercise, and a healthy lifestyle many years ago. Having been raised in a very active community in California, where hiking, mountain biking, and surfing were a staple. Dr Shippee later moved to Utah where he attended the University of Utah earning a degree in Exercise and Sport Science. It was there one of his kinesiology professors highlighted the Podiatric profession. Later, he took up running races and triathlons and began to develop foot pain. Knowing a neighbor who was a foot doctor and visiting his office to see what that profession involved, he was hooked. Since graduating from Ohio College of Podiatric Medicine he's enjoyed the focus of podiatry on an active lifestyle and working with both young and old. He frequently will give free community lectures for hospitals, clubs or classes focusing on exercise and its benefits on weight management. He also offers free video gait analysis in his various office locations, which range from Idaho to Brigham City, Utah.

On one of our first dates eleven years ago, my husband Mike and I engaged in a friendly Scrabble competition. As an English major and overly competitive soul who had conquered my entire family ruthlessly for years in Scrabble, I was sure I could beat this newbie science major.

He beat me by four points. It was the first time he had played Scrabble. I was infuriated, yet intrigued. I didn't know it yet, but I had met my match. Over time Mike proved to be infuriatingly better than me at many things, including running.

I remember training hard and consistently during the early days of our marriage to run a half marathon. Mike, who was busy studying engineering, didn't get much running in. One day I invited him on a run, thinking maybe he'd hang for a few minutes and then drop back and I'd meet him at home, punching him on the shoulder and teasing him about not being able to keep up with a girl. After all, I had been training hard. He had been eating Doritos while sitting on his butt learning Gaussian mathematics.

We tied up our shoes and headed out for the run. For the first twenty minutes he chatted non-stop (probably about what exactly Gaussian mathematics are) as my breathing got more and more labored. I picked up the pace. He kept talking and bouncing along. I kept getting more tired.

Instead of the run ending with me smiling superiorly and joking about "having to get up a

little earlier to beat your wife at running" while he gasped for air, it ended with me gasping for air, cursing natural talent, and him asking cheerfully, "That was fun. When are we going to do it again?" I told him he could only run with me if he ran on the other side of the road.

Since those days I have come to accept his natural ability a little better. I am starting to understand that being married to someone who is better than me is a plus, because it can make me better. We rarely have a chance to run together with our kids and work schedules occupying our time, but when we do I try to accept the fact that he is better than me and use it to my advantage. But somewhere deep inside I harbor the wish to beat him at running.

Mike knows this. Now he has to train a little harder to stay ahead of me than those college Dorito-eating days, but so do I. Sometimes he'll push the kids in the double jogger during a race and claim that I have met my goal when I beat him. That doesn't count. I want to beat him because I am running legitimately fast, as fast as he can go, probably as fast as I can go.

This summer, I did beat him once. His strategy involves taking off like a shot at the beginning of 5Ks and then holding on for dear life. During the Fourth of July Riverdale 5K I reeled him in and with a mile to go I ran past, slapping his butt and saying, "Come on! Let's go!" He didn't go, and I beat him by about 20 seconds. While it wasn't a slow

5K, it certainly wasn't my fastest ever, and it wasn't anywhere near his fastest. So I questioned my victory. Did it really count? Had I legitimately beat my husband in a 5K? Was he okay? Did he have some horrible disease that was slowly leeching his energy that he wasn't telling me about?

The glee I thought I would feel didn't come. Instead I remembered a race we ran together a few years back. An overcast 5K in Logan where we had pushed each other: Mike making me keep up during his blistering first mile, me striding next to him in the middle mile, pushing a little, and then crossing the line together. We both ran a PR that day.

Even though I've been doing this marriage thing for going on ten years and the running thing for almost 18, I still haven't got it all figured out. One of the reasons I love running is because it continues to challenge me. One of the reasons I love Mike is because he continues to challenge me. I'm not counting that race as a victory. And while I still hope to run as fast as Mike someday, I hope it is more like the Logan 5K, where we both work together to be our best.



*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.*

# OPPORTUNITY IN DISGUISE

I listened to the list of complaints and smiled to myself.

"I'm so exhausted," one man said, looking like he'd spent the night digging an underground tunnel.

"My hip is killing me," his companion countered, and sporting a hair-do that complimented her bleary eyes.

"I need to find band-aids for these blisters, or I'm going to be crawling my entire 4-mile leg," their teammate offered.

"Tell me again why I said I would run this race," the first man said as they all laughed.

They stood, waiting for a fourth member of their group, exchanging stories about aches and pains and comparing how little sleep or how much gastric distress was affecting each of them.

I smiled because sometimes opportunity really disguises itself.

We were participating in the Hood to Coast Relay of our own free will. But based on

the conversations I overheard on the second morning, as well as those I participated in, an observer would never have guessed that.

Instead, it might seem we were all serving some kind of bizarre punishment - lack of sleep, insufficient nutrition and constant exercise. Hard to believe we paid money for this torture, right?

Running is exhilarating. It's most rewarding, as is any endeavor, for those who are blessed with talent. But the real beauty of the sport is that it offers something unique to each runner.

Two people can run the same course, the same race, even at the same time, and have very different experiences.

I talked to a woman who ran the same sections of Hood to Coast that I ran this year. For me, the first leg - four miles down the winding mountain highway - was my favorite. For her, it was the worst. She hated the exhaust of the big trucks, the afternoon heat and the fact that we were running near the forest but not in it.

I noticed the exhaust - I mean, it was hard not to. But I also noticed that when those big trucks weren't passing me, the breeze was cool and pine scented. The trees arched over

the road and offered me respite from the afternoon sun, which I found a little warm, but not sweltering. The heat radiated up from the highway, so when I could, I ran on the dirt next to the road.

I realized as I started running in Oregon, that I was running at the same time my daughter would be racing in her high school cross country race in Utah. Rachel is a hard-working kid, who has inspired me more than once with her dedication and perseverance.

First of all, she always has knee pain when she runs. She wears small braces underneath each knee to mitigate the pain, but most of the time they ache anyway. She doesn't take medication and she doesn't quit.

Most of the time she doesn't even complain. She just runs.

Like most runners, she loves the way it makes her feel. The freedom, the sense of accomplishment, the runner's high. The pain is just part of the package, part of the opportunity.

So I imagined myself running with her. I imagined what I might say to her, what she might look like. I remember when she first started to run and that she cried during her first mile run during a track competition.

I remember telling her that it was harder to breath while crying, which, of course, only made her cry harder. I remember choking back tears of my own as I ran along side her, encouraging her, but desperately wishing I could save her from discomfort and pain.

I stopped running with her and walked to the finish area. She did the last lap alone, crying, holding her side.

She finished in just under eight minutes. She stopped crying and asked to borrow my cell phone. She called every relative she could and told them she'd run the mile - and placed in the top six. She was in sixth grade at the time, and I had no idea that running would become so important to her, that it would open up her world like it has and teach her that the real gift of hard work wasn't the end product but the journey.

She has reiterated these lessons over and over as she's embarked on a running life that is now very separate from mine.

So I ran with her in my heart. I whispered her name to the towering trees. I pretended that they were cheering for us, pushing us along. My breathing became easier and I smelled the trees more than I smelled the semis. When I felt my legs failing me, I begged, "Push for Peanut" over and over and over.

I loved that run, and I ran it in a personal best 38:19.

I texted her when I finished. She'd had a disastrous run.

"I am still proud of you," I wrote her. And I am. Every run is different. Every time I lace up my shoes, I try to remind myself that this is an opportunity. An opportunity to get faster, to be fitter and to find something out about myself that I won't know unless I push myself out of my comfort zone.

I listened to the complaints and I voiced some of my own. And then I set off on a 5.8 mile run with an upset stomach and an aching head. I huffed and puffed and struggled against the work. I watched people pass me and lamented the fact that I wasn't fast.

And then, about two miles in, I recognized the opportunity.

I am blessed to be able to run, to be in Oregon with beautiful people who love life and love running all around me. I am blessed to be the mother to two beautiful girls who are a lot better at recognizing opportunities than I am most days.

I am blessed to be pushing up this hill and flying down that hill. I am blessed to be fit

enough to work up a sweat, to dance out of time and sing out of key.

I am blessed because, even though opportunity disguised itself as a fatigue headache and an upset stomach, I latched on and went for another ride.

As I passed a few of the people who had passed me earlier, I actually laughed out loud. I sang to myself, offered a prayer of gratitude and in that last mile, I started to lament the fact that this run, this ride, would end soon.

I caught myself and committed to each step, promising to enjoy the moments of that last mile. And for the first time in my life, I was grateful I am not blessed with speed.



*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.*

# Support Your Local Running Stores

Just 'Click' on the store below that you'd like to visit online...







# Race Review: Alta Peruvian Lodge 8K

**Downhill Dash and Barbecue Bash**  
September 10, 2011

The Alta Peruvian Lodge 8K is a unique race experience for many reasons. The race distance, the course, the awards, and the post-race food provide an experience worth coming out for.

**Course:** If you are looking for a course to get an 8K PR (and possibly your 1 mile PR in the process), this is the race for you. The course is nearly five miles of screaming downhill down Little Cottonwood Canyon. It starts near the Alta Peruvian Lodge and finishes 8 kilometers later in a random

pull-off section of the canyon. Canyon traffic is still flowing during the race, but police assistance did a good job of keeping the runners safe and this didn't seem to be an issue. The only negative to the race course is that it beats up your body. Be prepared to be very sore several days afterwards due to the significant drop in elevation. Overall, I'd give the course an A. You can't beat the beautiful views running down Little Cottonwood Canyon.





**Food:** It was great! After the race, a full on barbecue is provided at the Alta Peruvian Lodge with salad, corn on the cob, baked beans, rolls, barbecue chicken, and cake. Yum! The barbecue at the lodge provided a fun venue and atmosphere to mingle with runners after the race. A+ on the food.

**Shirts:** The shirts were white cotton t-shirts. The logo and design of the shirt were cool, but a technical running shirt would have been nice. B on the shirt.

**Timing and Results:** The timing seemed to go smoothly. The posted results were a little bit harder to find online since they weren't posted to their race website. You can check

out the results here <http://utah.usatf.org/altaresults11.htm> A for timing and results.

**Awards and Prizes:** Each runner got a random prize, which was unique. The prizes seemed to be pretty good, but the awards were really cool. The top three overall finishers and overall masters winners, both male and female, each received overnight lodging, dinner, and breakfast at the Alta Peruvian Lodge. Additionally, a cash prize was awarded for First Place - \$200; Second Place - \$100; and Third Place - \$50. The top finishers in each age division received from the Alta Peruvian Lodge the following: First Place - overnight lodging; Second Place - Dinner certificate; Third Place - breakfast certificate.

A+ for awards and prizes.

**Overall, A:** This was a unique, fast race. Definitely one to put on your race calendar next year if you're looking to spice up or add some variety to your yearly race selection.



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

Ken Richardson is currently UtahRunning.com's most biggest biggest fan ever. EVER. He enjoys his work as an HR Manager, but his true passion is running. He graduated from Weber State University where he competed in cross country and track. He coaches their daughter while Janae is at practice with the Davis kids. Ken is also a Level 1 Certified USA Track and Field Coach.

**Don't miss a single race!  
Get free e-mail alerts at**



**Utah's Largest Online  
Race Directory**

## **October Races**

### **Saturday, October 01**

St. George Marathon, St. George  
Laps for Lyndsay, Ogden  
Brigham City Community Run, Brigham City  
Livastride Fall Festival Trail Runs, Huntsville  
Wild Stampede 5k Run for Wildlife, Salt Lake City  
Brigham City Community 5K for the BCRF Brigham City  
Race for HELP 5k, Salt Lake City  
Crawfish Crawl 2011, Ogden  
University of Utah Young Alumni Scholarship 5K & Kids K  
Salt Lake City  
Run for FUNds, Battle 2011, West Valley City  
2nd Annual Run for Poverty 5K, Smithfield  
USU Cops and Robbers Classic 5k, Logan  
Uof U Campus 5K followed by Kids1K, Salt Lake City  
Weilenmann Wild Trail Run, Park City

### **Sunday, October 02**

TUNA Mountain Challenge Duathlon, Midway

### **Monday, October 03**

Huntsman World Senior Games, St. George

### **Thursday, October 06**

Run for the Hills 2011, Tooele

### **Friday, October 07**

Cedar High School Inaugural Scholarship Run, Cedar City

### **Saturday, October 08**

Layton Marathon 2011, Layton  
The Pink Half Marathon Park City 2011, Park City  
FrankenRun Costumed 5K, American Fork  
Slickrock Ultramarathons, Moab  
UVU Wasatch 5K Classic Run/Walk, Heber City  
Red Rock 5K, St. George  
Neuroworx Wheelin' Jazz 5k run, walk, and roll Fundraiser, West Jordan  
4th Annual Race For Your Relationship, Murray  
Cougar Run BYU Homecoming 5k & kids races, Provo  
Safe Families "Hugs not Hitting", Brigham City  
Run for Your Lives Halloween 5K, North Salt Lake  
Love Your Body 6k/10k 2011, Lehi  
Trick or Treat Trot, Wellsville  
George E. Wahlen Veterans Home Fun Run, Ogden  
Fall Finale Triathlon, Kearns  
Barefoot in the Park, Salt Lake City  
Extreme Rhythm 5k, Lindon  
Ashley Failes Charity 5K, Murray  
A Breath of Life 5k Ogden  
Gluten Free Expo & Fun Run, Salt Lake City  
5th Annual Newspapers Rock 10k Race, Monticello  
BAREFOOT RUN FOR AFRICA, Salt Lake City  
Run For The Wounded Warrior, Logan  
The Pumpkin Run 5k and 1 Mile Run, North Logan

**Don't miss a single race!  
Get free e-mail alerts at**



**Utah's Largest Online  
Race Directory**

#### **Friday, October 14**

Riverton Dash after Dark, Riverton

#### **Saturday, October 15**

Oktoberfest 10K, Highland  
 Monster Dash 5k, Farmington  
 Night of the Running Dead 5K/1MiCreep'n Crawl, Salt Lake City  
 Mountain View Trail Half Marathon, Syracuse  
 A Hurricane JEM Trail Marathon/16.5 Mile Run, Virgin  
 Beat the Heat 5K, Salt Lake City  
 SoJo Marathon, Half Marathon, 5k & Kids Run, South Jordan  
 Lottes of Love Benefit 5K and 1 Mile, Nibley  
 Murray Moontlight Run, Murray  
 Stick It To The Man 5K, Centerville  
 Soles for Kids, Taylorsville  
 Race for Grace, Syracuse  
 Run From The Reaper, Stansbury Park  
 Radiating Hope 5k, Salt Lake City  
 Hill AFB Fire Department Firehouse Run, Clearfield  
 Get up and VanGogh 5K/fun run, Murray  
 Red Ribbon Run, Hyde Park  
 Kaysville Monster Mash & Dash 5K, Kaysville  
 Mountain View Wrestling 10K, Orem

#### **Sunday, October 16**

The Other Half, Moab  
 Run for the Nuns 5K Run/Walk, Holladay

#### **Friday, October 21**

Pony Express Trail 50 and 100 Mile Endurance Run, Vernon

#### **Saturday, October 22**

Ogden Valley Ultra Marathon, Mountain Green  
 5K Cake Walk and Run, Eagle Mountain  
 Powell3 Triathlon Challenge 2011, Big Water  
 Heart Beats for Hartland, Salt Lake City  
 Wasatch Osteoporosis Race, Salt Lake City  
 Save-A-Sister 10K, 5K, & 1-Mile Walk, St. George  
 2011 Halloween 5K/ Fun Run for Adoption, Saratoga Springs  
 Dracula's Dash for Hope (formerly Bridge of Love's Race for Hope)  
 Salt Lake City

#### **Sunday, October 29**

Provo Halloween Half Marathon, Provo  
 Highway to Hale 10K and 5K Benefit Race/Walk Orem  
 Salem Witches 5K Run and Children's Mile, Salem  
 Big Brothers Big Sisters of Utah Monster Dash, Washington  
 Provo Monster Mile and 5k, Provo  
 Kwahaten Misdirection 7K, Kids K, and 2mile run/walk, Ogden  
 Highlands Halloween Hustle, Cedar City  
 Alex Bagley Memorial 5k and Fun Run, Cedar City  
 GOBLIN VALLEY ULTRA MARATHON #6, Green River  
 North Ogden Pass "Up-N-Over" Trail Run, North Ogden, Utah Monster  
 Dash, Draper  
 Halloween 5K Fun Run, American Fork

**To see MORE RACES and  
race info [Click Here!](#)**

**Don't miss a single race!  
Get free e-mail alerts at**



**Utah's Largest Online  
Race Directory**

## **November Races**

### **Saturday, November 05**

Antelope Island 100K, Syracuse  
Turkey Trot, Richfield  
5k Scrum Run, Logan  
Butch Cassidy Race, Springdale  
Distance for Destiny, Draper  
Moab Trail Marathon, 1/2 Marathon and 5K, Moab  
Turkey Triathlon & 5k, Orem  
Squatters Chasing Tail Ale 5K, Murray  
Snow Canyon 1/2 Marathon, 5K, & Tuff Kids' Run, St. George

### **Sunday, November 06**

World Run Day 2011, Salt Lake City

### **Saturday, November 12**

Pinnacle Securing Hope 1K, 5K, 10K, Orem  
Davis Gobbler Gallop, Kaysville

### **Saturday, November 19**

Turkey Trot Fun Run, Smithfield  
Flat as a Pancake 5k, West Jordan  
7th Annual Turkey Triathlon and 5K, Ogden  
Weber State Turkey Triathlon & 5k, Ogden  
Riverton Holiday Heros 5K, Riverton

### **Friday, November 25**

Santa Run - West Valley, Salt Lake City

### **Saturday, November 26**

Santa Run - Ogden 2011, Ogden

## **December Races**

### **Saturday, December 03**

Winter Sun 10K, Moab  
Run Run Reindeer 10k/5k, Ivins  
Santa Run - Provo, Provo  
9th Annual Snowman Shuffle 5K Run & 1 Mile Walk, Brigham City  
Jingle Bell Run and Walk for Arthritis, Salt Lake City  
Reindeer Romp 5K, Salt Lake City  
Expedition St. George, St. George

### **Saturday, December 31**

Run Against Father Time, West Bountiful

**To see MORE RACES and  
race info [Click Here!](#)**

# Looking for a **New Place** To Advertise?

Your  
Ad  
Here

**Check out our advertising options!**  
**Click here.**

**Run Utah Magazine**  
Utah's Premier Online Magazine  
and

**UtahRunning.com**  
Utah's #1 Online Race Directory

**provide unique,  
direct access to the online  
running community  
Throughout Utah**

For more information about our innovative  
and affordable advertising solutions, email  
[ken@utahrunning.com](mailto:ken@utahrunning.com) today.



# ***So How Did We Do?***

## **We want to hear from you!**

Do you have any thoughts or ideas on how we can make Run Utah Magazine even better?

How about interesting content that could benefit the Utah running community?

Your feedback will help us to make Run Utah Magazine an ongoing success, so give us your feedback by sending an email to [support@utahrunning.com](mailto:support@utahrunning.com), or leave us a message at <http://facebook.com/utahrunning>

***Happy running!***

