



Spring 2023
March · April · May

Alpine Runners

ALPINERUNNERS.COM

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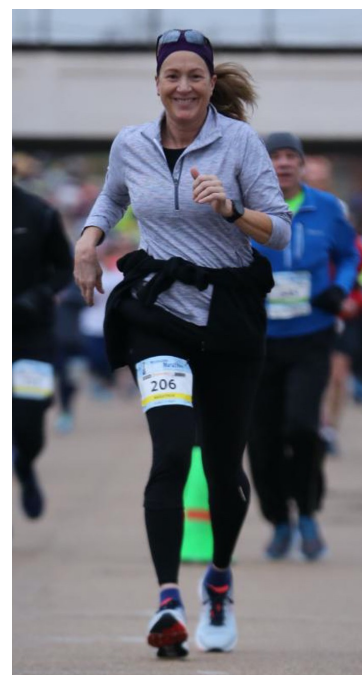
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A Note from the President

It's our spring newsletter! It doesn't exactly feel like spring, and I believe Woodstock Willie said it might be delayed 6 weeks ... but it eventually will be coming and it is time to get out our calendars and start making some plans! Winter sometimes goes on forever and spring might be late and brief, so we need to look past the chill and get started. All races and events are back in full swing and there will be lots of choices and decisions for you. It is time to reflect on what your goals are for 2023. Many of us are already signed up for the Chicago Marathon or other fall marathons and half marathons, and so some of the decision making on how and when to train is already decided. But if you don't have a marathon in sight and you are on the fence as to what to train for, then look no further. You can participate in the Alpine Races 10 mile or 5K August 20th! If you have already committed to another event, then please consider volunteering for our races. We have a dedicated team already working to make the race another success, but we always need eager volunteers on race day and race weekend. (Our race will again be a part of the CARA Runners' Choice Circuit races.)

Planning some summer races of shorter and varied distance will also help those who don't have a designated day for speed work. Speed work is something that should be incorporated in most of our training plans, yet is often hard to get motivated for. Signing up for 5Ks, 10Ks, and even the 10



A Note from the President (continued)

mile is a way to race and incorporate a speed or tempo workout into your long distance training schedules.

As a club, we are planning to host more club social runs this year as well as try to have fun while supporting local charities. We will be supporting the Lake Zurich community with an Alpine Purple Plunge team and also gathering on a Saturday run to support autism awareness (more info on the following pages). The Alpine Races will continue to support the local food pantry as well as the Lake Zurich cross country teams. In the past, they have used our donations to support their team-building summer camp trip and help with the purchase of team recovery equipment. If you have any additional ideas or suggestions for the club that you would like to share, please forward them on to us.

We also plan to have spring and summer beginner 5K programs again for those who are new to running or have had to take a break and need a group to get you motivated to restart. Our Chicago Marathon training schedule will start the week of June 5th. In addition, we are again hosting the kids running camp this summer, and we will also need volunteer coaches for this wonderful program. No experience needed, just a desire to inspire and have fun with kids ages 4–14. This will be on Monday nights leading up to our August 20th races. It is a minimal time commitment, and you can help some or all of the nights because we coach in teams. Please email me at mary@alpinerunners.com if you would like to join the team to coach or to help with camp check-in.

Thank you all for your support and involvement in 2022. Looking forward to a wonderful 2023!

Hope to see you all on a run,
Mary

Alpine Updates

- Alpine membership dues will be increased as of March 1st. The 2023 memberships dues for one year will be \$35/individual or \$50/family living at the same address. Three-year dues will be \$90/individual or \$125/family living at the same address. Renew before March 1st to keep current rates and to continue to receive club updates.
- Save the date for the Alpine Races on August 20th. Register at <https://runsignup.com/Race/IL/LakeZurich/AlpineRaces> or to volunteer, email legge.je@gmail.com with your name and phone number. Let us know if you have previously volunteered and have a former or desired position.
- Alpine Runners 10 Mile training starts on June 12th. This is a 10-week Hal Higdon plan leading up to the Alpine Races with the first Saturday Novice run of 2 miles, and Intermediate and Advanced runs of 5-6 miles.
- Spring 5K training starts on May 8th; first run is Tuesday, May 9th. (This is a build-up to one of our local favorite 4th of July 5Ks.) Race options to be posted later.
- Summer 5K training starts June 26th; first run is Tuesday, June 27th. (This is a build-up to the Alpine Races 5K on August 20th)
- Chicago Marathon training starts on June 5th with the first long run on Saturday, June 10th.
- Alpine Kids Summer Program will be Monday nights from July 10th–August 14th.
- Alpine Board Elections will be emailed out next week. Please be sure to vote for the 2023 slate.

Member Events Coming Up:

- **SAVE THE DATE: THE PURPLE PLUNGE** on Saturday, March 4th.
Join the Alpine Runners team for THE PURPLE PLUNGE in Lake Zurich to raise money for local families with the large cost of cancer treatments. It'll be a bit chilly, but we will have fun FREEZIN' FOR A REASON! You do not have to plunge to participate! This is our opportunity to give back to our community—the community that sponsors the Alpine Runners and Alpine Race events. Register for just \$25 (extra fundraising optional) and join the Alpine Runners team at <https://www.purpleplunge.org/register-now>

Alpine Updates (continued)

- SAVE THE DATE: PI DAY RUN - Tuesday, March 14th. Meet at Paulus Park at 6:00 p.m. Tuesday, March 14th to run 3.141592 (ish) miles around Lake Zurich, and afterwards meetup at [Gilmer Road House](#) for some pizza pies.
- 3rd Annual Autism Awareness Fun Run/Walk on Saturday, April 29th at 7:00 a.m. at LZHS. Rather than joining an organized virtual run, we are once again creating our own fun run for Alpine Runners friends & family so that 100% of the donations will go directly to families who want to bring their children to In2Great camps this summer without the financial obligation. In2Great has therapies from occipital, speech, ABA, physical, social, and more. They offer camps so children can expand their horizons and grow to reach the highest of potential. Registration for this free event and the opportunity to buy a shirt will be coming. Donations are welcome but not required.
- Global Running Day is Wednesday, June 7th at Road Runner Sports at 6:00 p.m. Join us for a 4–5 mile run through scenic Kildeer neighborhoods. There will be a raffle with prizes and refreshments.

Alpine Sponsors

Did you know that many local businesses support Alpine Runners and the Alpine Races? We encourage members to patronize these businesses to thank them for their donations. Thanks to these businesses for their support!

- | | |
|--|---|
| -Advocate Good Shepherd Hospital | -Lake Zurich Family Martial Arts |
| -Barrington Orthopedic Specialists | -Legacy Real Estate Development LLC |
| -Casten Body Shop | -Memorial 5K |
| -Center for Emotional Wellness | -Orange Theory Fitness Lake Zurich & Deer Park |
| -Cherie Smith Zurek / Remax | -Original Bagel & Bialy Buffalo Grove |
| -Clifden Farms Hawthorne Woods | -Road Runner Sports, Deer Park |
| -Gatorade Endurance | -Rush Physical Therapy |
| -Gilmer Road House | -Scoreboard Bar & Grill/Sunset Pavilion Breezewald Park |
| -Goodyear—Lake Zurich Tire & Auto | -Servare Products |
| -Hawthorne Woods Family Dental | -Signs by Tomorrow Arlington Heights |
| -Healthy Zone Lake Zurich | -Strawberry Moon Wauconda |
| -Kaplan Orthodontics Lake Zurich & Arlington Heights | -StretchLab Deer Park |
| | -Taco El Norte Lake Zurich |
| | -Timothy Grant Jewelry |

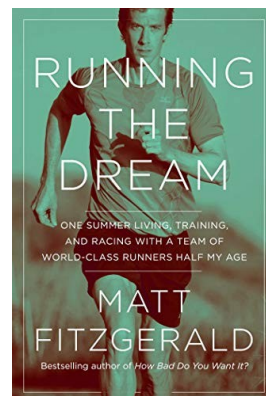
Running Book Recommendations

By Beth McCloskey, *Alpine Runners newsletter editor*

As I am an avid fan of books and movies about running and other endurance sports, each newsletter will feature a few recommendations that I would like to share with you. These books are available through Amazon and your local library! Many are also available as e-books.

Running the Dream by Matt Fitzgerald

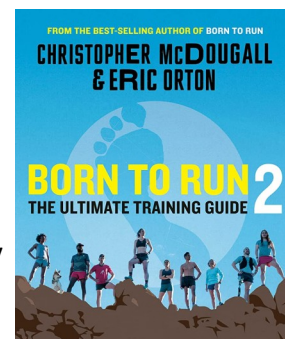
When I was searching my library catalog for new running books to read for this newsletter (and my reading enjoyment!), I was surprised to find this book by Matt Fitzgerald. I have included many of his other books in this newsletter, but I missed this one as it came out early in the Covid shutdown. I'm glad I came across it, as this is my kind of running book! It has passion, drama, and a nail-biting ending! Matt is a great runner, but not quite at the professional level. However, in his mid-40s, he moves to Arizona to live with and train with a professional running team to see if he can get a new marathon PR of 2:40 by living the pro lifestyle. His goal race is the Chicago Marathon, so that will be especially interesting to those of you who have run it. Will he get his PR? What are the secrets of the pros that he shares? Read *Running the Dream* to find out!



Born to Run 2: The Ultimate Training Guide

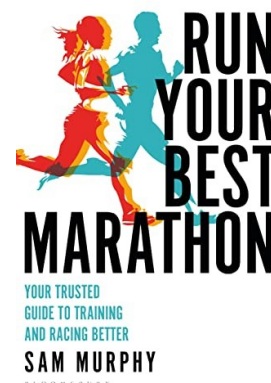
by Christopher McDougall and Eric Orton

Even if you didn't read *Born to Run*, I'm sure you are familiar with it as it was the spark that lit the barefoot running craze when it was published in 2011. Well, over a decade later, the author has released a follow-up training guide. I love the philosophy of their "Run Free" program that running should feel easy, free, and fun. However, I think you have to buy into their core concept that there is ONE correct and natural way to run to fully embrace their program. If you do, then you may enjoy their training instructions. If not, you may still get some inspiration from the diverse runners featured. Overall, I felt it lacked researched evidence to back their claims and relied on just individual testimonials and anecdotal evidence. I also had issues with their two-week diet cleanse as it seems like a poor recommendation to eliminate natural foods like beans and fruit, even for just two weeks (and it would be nearly impossible to follow as a vegan like myself).



Run Your Best Marathon by Sam Murphy

Both a 1st time marathoner or an experienced marathoner can get something out of this guide. Sam includes information on many marathon topics including injury prevention, nutrition, and race-day tips. Unlike *Born to Run 2*, the author uses science-backed sources and cites studies throughout the book. (There are 10+ pages of cited sources at the end, compared to zero in *Born to Run 2*.) She tells you if studies support or don't support common running beliefs, or if there is no conclusive evidence at all. Her training plans are interesting in that their total mileage is relatively low, but include very specific workouts at certain paces including tempo runs and interval training. If you are looking for some sound advice, check out *Run Your Best Marathon*.



White Continent Marathon by Dave Wcislo

Editor's Note: Dave Wcislo was the featured runner in the January 2014 issue of this newsletter when he was on his way to completing a marathon in each of the 50 states. He has since completed that feat and now has his eyes set on completing a marathon on each of the 7 continents. As part of that quest, he recently completed the White Continent Marathon in Antarctica with his brother, and his race report follows. Dave has been a member of Alpine Runners since 1997 and served on the board for many years, including as water stop coordinator. Congrats to Dave—two more continents to go (Europe and Australia)!

White Continent Marathon, Antarctica - January 31, 2023

This is my second attempt at doing a marathon in Antarctica. There were three possible races I could have chosen. Of course I picked the least expensive, and I also wanted to avoid sailing in a boat to Antarctica. So, the Marathon Tours package was out. With the tour through Marathon Adventures, we would fly to King George Island, 2 hours from our base city, Punta Arenas. Last year the weather, Covid (Chile just opened up), and bureaucratic issues caused the race cancellation. So 15 months later, the trip was more open because there were no masks, no testing, and no health concerns. The biggest issue for the race is the distance you have to travel. With layovers and 3 stops, one US flight to Atlanta, JFK, etc., US to Santiago and lastly, Punta Arenas in Patagonia. That takes anywhere from 24-30 hours. We had a few days off where we met a group that was doing 8 Continents (they started out in New Zealand, which they consider the 8th continent) in 8 days. The majority were only running half marathons.



The day following, we got word that we'd be departing the next morning at 5AM. We had to be on the bus at 2AM. We left slightly late and arrived in King George Island around 8AM. 8:30 was the target race start but it was delayed because the previous night's weather hindered the ground crew from setting our campsite. Yes, we'd be sleeping in a tent overnight. We had to walk over a mile to the campsite. The race started around 9:30. The course was 20 loops of about 1.3 miles, a dirt road with patches of gravel, mud and 3 very big hills. Outbound the wind was 20-35 mph; the wind never stopped. There was no snow on the course and the temperature was 33°F. (An observation about the gear I wore: I wore the same gear I would wear during the winter in Lake Zurich. I'd probably wear something extra if the temperature was lower, especially with the wind chill.) There was a light rain that continually fogged up my glasses. Between the half marathoners, marathoners, and one 50K

White Continent Marathon

runner, the participant count was about 55. The organizers had about 15 tents at the campsite for sleeping, 2 common tents, one for equipment, and a break room tent with food and a kerosene heater. The break room had tables and chairs and plenty to eat. The run for me was very slow going. The gravel with the water was very annoying. I didn't want to know my time, just how many more loops I had left. At halfway I was happy the rain stopped. Beware of what makes you happy. After the rain stopped the wind picked up to 55mph. I stopped running the hills and used the strategy of ultrarunners—walk the hills. Because of the wind I stopped running the flats. The wind was just brutal. I walked the last half of the race. The finishing times spanned from 3:40-10:40. My finish time was 8:39.



Race spectators!

One participant complained about the lack of fruit in the break tent. There were a few apples, but no bananas. I guess coming from the States we're pampered in expecting bananas or beer. BTW – there was no beer. I just hung in the tent waiting for my brother to finish. He was the caboose. When he finished it was 8PM. Everyone had to go to their tent and change out of running gear. In a small 3-man tent, it takes forever to change clothes. There's just enough room for 3 men to sleep and there's no way you can stand up. We all got to bed (in a sleeping bag) around 9:30-10:00. You had to be careful entering the tent to bring the elements (dirt) into the tent. There was a fly on the exterior where you could place your shoes/boots. I was amazed that I slept, but I had a 0° rated sleeping bag which worked out fine. I got up twice during the night. I took 3-5 minutes to get pants and shoes on and had to walk to the bathroom tent, 150ft away. I was surprised my tent companions did not hear me. The next day at 8AM we did not know if we'd spend another night in the tent. By 1PM we heard there was a weather opening for that evening. At 5PM we waited for word that the plane was sent from Punta Arenas. We boarded around 7PM. We landed in Punta Arenas around 10PM. I was physically tired not only because of the physical exertion, but because we had only 3-4 hours of sleep before our outbound flight.

As with any race, I was happy that I had tried and finished, but I will never do it again.



Coaching Corner

Building a purposeful race schedule in preparation for your annual "A" race

The Coaching Corner article is presented by Tom Dvoratchek, Body Physics Endurance Coaching.

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As March is upon us and spring is starting to show itself, most of you start thinking of putting an A race on the calendar. It's possible some of you have already paid for at least one or two races. But, with the year looking more like a pre-pandemic year in terms of racing, travel, and life in general, it's time to plan a bit differently than the last few years, too.

One big key to having a great A race is not only having a good base fitness and excellent intervals leading to the event, but also having the right dose of competitive racing built into your schedule to ensure race day is a confident pinnacle event. We can train well and get the body ready for racing, but even "practice" races don't allow us to be completely sharp and ready to race our A race to its maximum potential. To have a great A event, you need to be comfortable and experienced in real racing as well. This means signing up for an event and competing. Regardless of your desired outcome for the race--be it crossing the finish line, meeting a certain time goal, or finishing on the podium--you must be well rehearsed.

I often speak about treating races like performances in the arts (such as choir concerts or musicals, etc.) because the anxiety or the excitement you can feel before those events is also what you can experience while racing. Those feelings signify how much you care and can help push you to perform better. However, if your anxiety arises from having unrealistic goals or not being prepared, it may actually hinder your performance.

So what do nerves and negative and positive energy have to do with racing? I'd argue everything. In the arts, people practice over and over; they learn to roll with a missed line or note and just keep going. Finally, they get to the performance day, and they want to show everyone, and most importantly themselves, what they are capable of. That desire can help them tap deeper into their efforts and enhance their performance.

But how do you get there in racing? Well, you can use smaller races to build up to the larger race goal. Racing is a skill, and you can only get better with practice. That includes practicing the before-race part (what you do the week before, the day before, and the morning of) and then the race itself. Also, other important considerations of racing you can practice are your mindset, establishing smaller goals within the race, pacing, and the confidence you build from having good race outcomes. Then the last part is recognizing lessons learned, key takeaways, and how you use this as a motivation to move forward.

Coaching Corner (continued)

So let's explore how to pick smaller races to build up to the bigger race goal. First, once you select your A race, it's essential to list the things that are potentially new or obstacles to success, such as hills, heat, crowd size, or new terrain. There are also other factors to consider, such as proximity to your home or travel logistics. Will your family be with you? Do you have to get to the race venue way early, and is there a place to warm up and stay warm? Do you need to gear drop, or will the car be close by? How much nutrition will you need pre-race? What about porta-potties, etc.?

So many of these things seem normal and obvious, but when you start thinking it's all routine and don't think it through and practice, you can undermine your success. I see this every year leading up to the Chicago Marathon for locals (who live in the suburbs). They often think, "Oh, Chicago is easy; I get to sleep in my own bed, then get up a bit earlier in the morning, and drive downtown and race." However, the routine for that race is drastically different from a regular morning long run training day. So if you don't pick 3-5 races where you do the same thing (and ideally a few where you go downtown for a bigger race like the Shamrock Shuffle, Soldier Field 10-miler, or the Hard Rock Half), you won't necessarily have the parking, breakfast, potty stop, what to bring from the car, etc. all ironed out. If you end up rushed due to parking or don't eat right, the race performance is going to be challenged before you even start. There is also the potential for forgetting stuff in your car or not knowing where your keys and cell phone go, not having a warm-up jacket, etc. Now, I can help you figure out many ways to deal with each of these issues, but the key is that you figure out what works for you. You need to get it all dialed in before the big race so you can perform on race day.

I also mentioned considering the week before and the day before a race. Practicing those routines will also make a big difference. It can be as simple as planning an easier week at work and some extra sleep, or learning not to try to do too much the night before at home. Or you might also find out that some modest distractions at work or with family and social events in the week leading up to the race can help your performance. You also might realize you should not attend a friend's party the night before, even if you leave early.

Some things that we may learn in the race itself are pacing in a crowd or running on an empty course. (Ask yourself which one works best for you and your needs.) Deciding on the fuel and the fuel timing also takes race day practice, and practicing with the run belt and race clothes can make a huge difference. Many people never practice racing with the run belt and fueling on the go. With group runs, you stop and fill up and chat, but in a race, the clock never stops. So how do you do this on race day efficiently? Does your race top chafe, or maybe the race pictures don't look like you'd like them to in a particular race outfit? What on-course nutrition is not good for you? Can you carry your own? If you have a course where it's going to be hot, have you practiced running hot races? If the start is cold, have you practiced wearing too little or too much in a shorter race and then learned how to adjust for a longer race? Did you end up feeling like you had too much in the tank, so the next time, you could work on pushing the middle or the start a bit more? Or did you push too hard early on and need to back off more in the beginning for your best race results?

Coaching Corner (continued)

All those questions are great to think about and reflect upon after the race. It's important to take the lessons from the race's successes and failures and consider making minor changes to the training plan so that the next time, you can do better and continue to exploit the positives. After you build more and more successful races and slowly extend your distance, you should be better prepared for your A race. If this is done correctly, you should enter the A race feeling excited and likely nervous, but more a positive energy nervousness. You will hopefully be of the mindset that you can do this, and now you just can't wait to put it all together and prove to yourself and others what you believed you were capable of when you set your goal. This should be a positive building experience.

As you go through this process, a few other things can happen. I've seen people realize that they need to reset their goals for the race, and go either faster or slower. Many times people just change their expectations or timelines. For instance, I've seen athletes realize they do better in cooler temps (or warmer temps). I've seen athletes realize that a big race is too complicated in terms of logistics to qualify for Boston. Other times, I've found that athletes find it's easier to hit a goal time or qualify for Boston in bigger fields where there are more people to run with. The bottom line is each person--and each goal is different--and you need to figure out what works for you. So, if you have big A race goals, I encourage you to plan a build-up of races through the season where you can get better at all the things that go into a great A race performance. Set yourself up for success and build a bunch of positives.

I wish each and every one of you a great year of fitness, running, and accomplishing your goals.

Coach Tom

Link to extended video version of this article: <https://youtu.be/Vjc8hkgyChA>

Tom Dvoratchek is the owner of Body Physics Endurance Coaching which provides in-home personal training, online endurance coaching (coaching runners, triathletes, cyclists, and cross country skiers), and studio fitness training. Tom is a RRCA Certified Running Coach, USAT certified coach, and USAC certified coach. He is a Certified and Degreed Personal Fitness Trainer. He has coached college, high school, Junior Olympic, and developmental athletes. He has been a runner since age 12. He is an avid, silent sport endurance athlete himself and has competed in events from the 400M to 24-hour events. His current passions are in mountain bike racing, and solo time trialing on the bike and in the winter, cross-country ski racing. Tom also enjoys kayaking and trail running. He lives in South Elgin where he enjoys sharing this active lifestyle with Cole, 17, and Kiera, 14, and Erika who is a Chiropractic Physician and silent sport athlete herself.



Meet Our New Dietitian

Editor's Note: Our previous nutrition contributor, Dina Genovese, has moved to Texas and will no longer be writing articles for the newsletter. Thank you so much to Dina for her contributions for nearly 4 years!

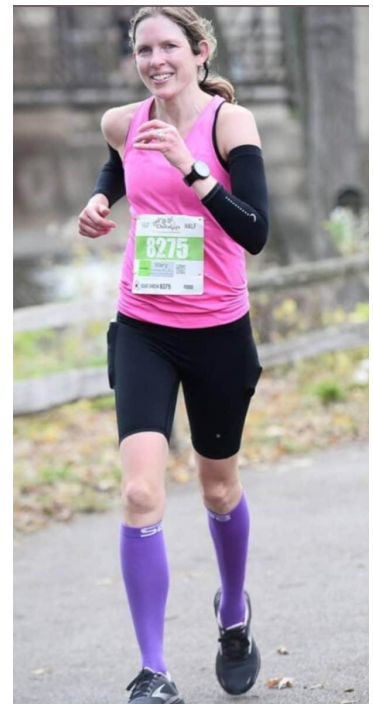
Meet our newest addition to the Alpine Runners' community, Mary Ellen McInerney! She is a run and nutrition coach and has been working with Alpine Runner Nicholas "Niko" Nicholson for the past year. He came to Mary Ellen, frustrated that his weight had gone up slowly over recent years. He knew this was holding him back in his marathon racing potential. Mary Ellen coached him on losing weight through portion control, awareness, and accountability. He lost a total of 30 pounds before the London Marathon last October. Niko shares that he was able to run so much stronger after losing that unnecessary weight. Mary Ellen has provided Niko the marathon training plan and support he needs for marathon training. He is set to run the Tokyo marathon stronger than ever with the direction and encouragement Mary Ellen has offered him.



From Mary Ellen:

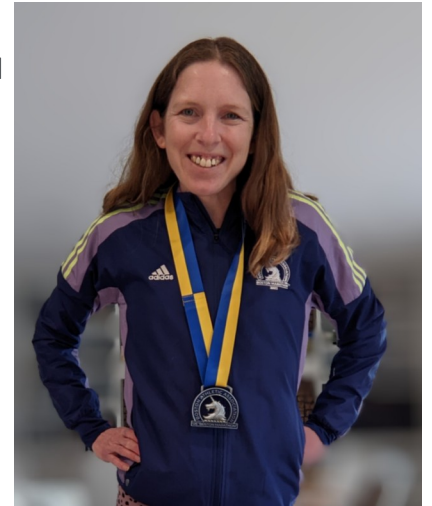
Running has always been a natural part of my life. I started formally running in 7th grade in junior high school. My coaches instilled the power of a personal record. I loved that no matter how fast or slow your pace was, you were celebrated every time you earned a personal record with a PR pin. I was a middle of the pack runner in 7th grade and committed to running every single day over the summer to improve my training. I showed huge improvement coming back for 8th grade cross country. My first lesson in consistency pays off. I continued to run in high school on cross country and track. I ran on junior varsity and occasionally varsity. Looking back in hindsight, I was not eating properly and this held me back significantly. I really could have been one of the best runners for my school had I fueled properly!

In college I decided to not run cross country or track as I wasn't interested in being a college athlete with my course workload on top of maintaining a social life. Instead I got into marathon running (as if that didn't take up any time!). I ran my first marathon in 2002 in Columbus, Ohio and I was hooked! It is crazy looking back at my training (or lack thereof) with little to no speed work and a simple stopwatch and a discman with "anti-skip" technology. I would listen to the same CD three times in one long run! That first marathon was 3:50 and that started the push for Boston. At the time I needed 3:40 and had many attempts over the next 5 years. The closest I got was 3:41:17. At the time, Boston was still taking the extra seconds over your time...so I literally missed Boston by 18 seconds.



Meet Our New Dietitian (continued)

Fast forward 12 years and four kids later. I decided to come back to this goal of Boston. So even though I aged 12 years, the qualifying times got more difficult because of the increased numbers of Boston Qualifiers. So now I needed 3:35 and likely sub 3:30 to have the buffer. I started training for a spring marathon and got up to the second 20-miler, and then the world shut down and my race was canceled. I hit pause on intense training until I felt confident races would be back on. In May 2021 I ran the Schaumburg Marathon on an unseasonably warm day. I still managed to hit a PR and enjoyed my first marathon after having four kids. I then buckled down and fine tuned my nutrition and raced the Monumental Marathon in Indy in November 2021. Everything came together that day and I ran a 3:29 which gave me the BQ. I finally had my breakthrough run after 18 years of trying. It was a dream come true to run Boston in April 2022. It was my 10th marathon and the 50th anniversary of women (legally) running Boston.



I studied nutrition and dietetics at Saint Louis University and then went on to get my internship and Master's Degree in nutrition. I have always had a passion for cooking and baking. I have always loved how food is something we all have in common and how being in the right relationship with food can perfectly nourish and honor our bodies. That right relationship can help us achieve our optimal performance in running. My experience as a Registered Dietitian has varied over the past 15 plus years. I have worked in behavioral health, oncology, as well as covering every floor in the hospital. After

years of doing this, I switched to part-time work as an adjunct instructor at Waubensee and Elgin Community Colleges. I have a passion for teaching and now that comes together as I help my clients learn how to fuel properly. Over two years ago I became certified through RRCA as a running coach. I am doing this now full time and love that I can marry my greatest passions, nutrition and running, to serve others. I started Breakthrough Run & Nutrition LLC after I had my breakthrough race, I want others to have their nutrition or running breakthrough, too.

Healthy Carbs for Runners

You have heard all of the trends about going low carb, but did you know that this is not the way to go, especially as a runner? Carbohydrates are the preferred energy source in our body and our brain relies solely on carbs for energy. If you aren't eating enough carbohydrates you will suffer: in your performance, in how you feel, and even long-term complications.

Signs that you may be too low in carbohydrates:

- Junk food cravings—It is our body's way of screaming out at us that we need energy, so it sends out relentless hunger cues and cravings.
- Fatigue and brain fog—Your brain needs these carbs and without enough of them your brain will suffer and so will your ability to concentrate.
- Headaches—From low blood sugar because carb intake is too low.
- Feeling cold—Because the hypothalamus in the brain affects hunger and satiety and temperature regulation, too, so lack of carbs can affect this regulation.
- Mood swings—From low blood sugar and from not having enough serotonin which regulates mood. Serotonin production requires carbohydrates.
- Additional soreness—When you don't have enough carbs during and after workouts, your body has to break down additional muscle for energy, so your body is especially sore and not recovering as quickly.
- Workouts suffer—If you are especially lethargic or feel a lack of energy, it could be from not having enough carbohydrates. Again, they are the main energy source!

Bottom line: if you want to get the most out of your training, feel good, and maintain your health, then eat carbohydrates!

So, how do we include carbohydrates in a healthy manner? Aim to have half of your calories coming from carbohydrates. If you have been following a low carb diet, try increasing your carbs slowly. Try to get your sources from whole grains, starchy vegetables, fruits, and dairy. And then if you need more carbs on top of that, you can fill in with refined grains.

- Whole grains: Make half of your grains whole. Packed with fiber, antioxidants, vitamins, and minerals. Choose: brown rice, quinoa, whole wheat, farro, millet, sorghum, teff, rye, buckwheat, and corn.
- Starchy vegetables: These are the vegetables that provide higher amounts of carbs per serving. Choose: Sweet potatoes, white potatoes, winter squash, beans and legumes, corn, and peas.
- Fruits: These are naturally sweet which our body craves and are full of antioxidants, vitamins, minerals, and fiber. Fresh, frozen, canned, dried, or freeze dried are all great options here.

Healthy Carbs for Runners (continued)

- Dairy: Milk and yogurt are great sources of carbs. (Cheese and cottage cheese don't have carbs.) The calcium and vitamin D are helpful for runners in maintaining strong muscle and bones. Can't handle dairy? No problem, milk alternatives are a great source of carbs.
- Other Carbs: After you have filled your plate and meal plan with the above carbs, you may still need more. Refined grains are lower in fiber which is important to monitor the day before a long run or hard workout or the pre-workout meal. Easily accessible carbs like pretzels, graham crackers, cereal, white bread or rice, fig bars, rice cakes, sports drinks, etc. are going to be great options for topping off your glycogen (carb stores) in your body.

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Mary Ellen McInerney is the owner of Breakthrough Run & Nutrition which provides virtual nutrition and run coaching to endurance athletes. As a registered dietitian she provides help and support to endurance runners who need a fueling plan, who need to lose weight, or switch their mindset with food to intuitive eating. She has been running since middle school and personally loves the marathon and is most proud of her BQ after 18 years of on and off attempts. She had her breakthrough race and coaches runners to have their breakthrough as well. Mary Ellen lives in Geneva with her husband and four kids.



Recipe: Amish Baked Oatmeal

Prepared by Mary Ellen McInerney, adjusted slightly from cookingclassy.com/amish-baked-oatmeal.

If oatmeal isn't your thing or if you are in a breakfast rut, try baked oatmeal. It is a great way to get all of the whole grain benefits from oats and you may enjoy the baked variety as the weather starts to warm up. This is a great recipe to prepare over the weekend and heat up single servings for busy mornings or for a snack. There are so many variations of baked oatmeal from peanut butter chocolate to mixed berry. Here is a basic one to get you started.

Servings: 8

Ingredients

- 1½ cups milk
- 2 large eggs
- ¼-½ cup maple syrup or packed light brown sugar depending on sweetness desired.
- ¼ cup butter, melted
- 1½ tsp baking powder
- 1½ tsp vanilla extract
- 1 tsp cinnamon
- ¼ tsp salt
- 3 cups rolled oats (quick oats work fine, too)

Optional add-ins: Raisins or dates, chia seeds, ground flax seed, hemp seeds, cacao nibs, or chocolate chips.

Instructions

1. Preheat oven to 350°F. Coat an 8" x 8" baking dish with cooking spray or line with parchment paper. Set aside.
2. In a large mixing bowl, whisk together milk, eggs, maple syrup or brown sugar, butter, baking powder, vanilla, cinnamon, and salt.
3. Mix in oats and any add-ins.
4. Pour into prepared baking dish and spread evenly.
5. Bake in preheated oven for 30-40 minutes or until set.
6. Let cool slightly then cut into squares and serve warm with fresh fruit, nuts, milk, a little cream or half and half, maple syrup, or honey, if desired.



RRCA Championship Races

The Road Runners Club of America is looking forward to a great 2023 in Illinois. The year starts off with the annual RRCA Convention making its return to Chicago for the first time since 2007. That convention 15 years ago was organized and put on by our own Beth Onines and featured great speakers and programs including a Friday night party at Goose Island Brewery. This year's convention is March 23-26 at the Palmer House Hilton. Educational sessions focus on three tracks: club leadership, event directing, and coaches/runners. A couple of the session presenters include Alpine Runner Beth Salinger, Race Director of Fort2Base, and Jan Seeley, Race Director of the Christie Clinic Illinois Marathon.

The RRCA convention is a chance to network and socialize with hundreds of other people equally passionate about running at the grassroots level. The action starts Thursday at the opening reception with our sponsors and expo vendors. Friday night happy hour will be at the Chicago Event Management/ Chicago Marathon offices at the Bank of America Building. Located along the Chicago River, the venue offers striking views of the city's skyline. Closing reception will spotlight the live and silent auction accompanied by heavy hors d'oeuvres and beverages. Throw in the meals and swag, the cost is only \$395. What a great way to start out the running year. Information can be found at rrca.org/convention.



In addition, Illinois races will play host to three 2023 RRCA Regional Championships. Part of the Illinois Marathon Race Weekend, the Christie Clinic 5k held Friday night April 28, is the RRCA Central Region 5k. This popular event is open to walkers and serious runners with everyone finishing in Illinois' Memorial Stadium. For the second straight year the Fort2Base Nautical Mile Run (August 28) is the Central Region Open Race. Fort2Base has been an Alpine Runners favorite for years. The Quad Cities Marathon, held on September 24, will host the 2023 RRCA Central Region Marathon. The QCM is a fun fall marathon and a great option to running with the crowds in Chicago. The QCM also has a 5k and Half Marathon.

RRCA Article (continued)

Seven Illinois RRCA State Championships are scheduled in 2023.

2023 RRCA Illinois Championships:

1 Mile	Park Avenue Mile, Herrin, May 29
5k	This Run's For Jack, Glen Ellyn, October 15
10k	Genesis Firecracker Run, East Moline, July 4
10 Mile Run	Tunnel Hill 10 Miler, Vienna, November 4
Half Marathon	Christie Clinic Illinois Half Marathon, April 29
Marathon	Belleville Main Street Marathon, Belleville, September 30
Ultra	HOBO Runs 50k, Rockford, September 10



Most of these events have hosted previous RRCA Championships. The Tunnel Hill 10 Miler is very popular and sells out early. The Christie Clinic Half Marathon is a flat, fast course through Champaign and Urbana, held on Saturday morning and finishing in the Memorial Stadium. The Belleville Marathon takes place on the longest Main Street in America. The HOBO Runs 50k takes place in Rock Cut State Park and has been a championship run for many years. This Run's for Jack is a charity event benefitting melanoma research and development. The Genesis Firecracker 10k is the feature event of a fun-filled 4th of July celebration in East Moline, IL. Other events include a Guns and Hoses competition, Hospital Bed Race, kids runs, and a great post race party.

There's running events all across Illinois this year. I hope that if you've been sitting on the fence the past couple of years that you will consider coming back and enjoying the thrill of racing.

Run Safe!

Doug Pitchford

RRCA Illinois State Representative

Alpine Board Meeting Minutes

Alpine Runners Board Meeting – Approved Minutes_Rev
Wednesday, November 9, 2022
In-Person Meeting, Ela Township Library

Present (10): Alice Chin, Rod Engel, Rachel Forsyth-Tuerck, Mary Hunt, Bill Kelley, Jeannette Legge, Doug Pitchford, Janet Schultze, Prempal Singh, Mary Ann Zemla

Absent (2): Bob McCann, Beth Onines.

Mary Hunt presided over the meeting, which was called to order at 7:04 p.m.

Approval of the Minutes - Jeannette: A motion was made to approve the minutes from the meeting on September 14, 2022. They were approved.

Treasury Report - Doug: The treasury report was approved. As of November 7, net income was \$7,800, an increase of \$8,500 over last year. Total income for the year was \$37,400. Expenses were \$31,600 and profits from the races were \$7,600.

A motion to approve using race profits for charity donations was approved for \$6,000 (\$2,000 to St. Vincent de Paul Food Pantry in Lake Zurich, \$1,000 each to the girls' and boys' cross-country teams at Lake Zurich High School, \$1,000 to the cross-country teams at Richmond Burton High School, and up to \$1,000 to Purple Plunge, a local non-profit cancer charity). Also approved was the recommendation to purchase a new race clock/timer (approx. \$1,600).

Club Colors sales have been up, given that we're having races again! We are in the process of closing out the Bank of America account.

Alpine Races – Bob: The date for next year's races has been approved with the Village of Lake Zurich, to be held on Sunday, August 20, 2023.

Sponsorships – Bill: Bill presented sponsorship plaques to our race sponsors. He also gave special thanks to sponsors who are club members. Rachel offered to help draft the appreciation letter to go to our sponsors.

Alpine Website Refresh Update - Prempal: The website team put together a summary of pros and cons for two website platform options: to stay with the current platform or switch to an independent website service. The website team will meet again to decide and to review different quotes for the website work. The team will present their findings to the board at the next meeting.

Board Minutes (continued)

Alpine Colors – Janet: The board suggested stocking running hats for the winter months and to feature them in our newsletter and on Facebook.

Alpine Water Stops – Bill: Bill acquired new Gatorade supplies leftover from Alpine Runners volunteering at the Chicago Marathon 1st water stop.

Social Media & Communications – Mary: Weekly announcements are continuing.

Membership – Mary and Rachel: Current membership is at 336 members. Mary will contact Ted to have him send out the end-of-year membership renewal emails.

Adopt-A-Highway – Mary Ann: We completed the last cleanup event for the year. Mary Ann has replenished the supply of orange garbage bags. Word has it that our road section looks fabulous!

Alpine Social Committee – Rod: First events had good turnouts.

Specific Agenda Topics:

Proposed Budget: Doug will put together a proposed budget for 2023, to be presented at the next board meeting.

Group Training Runs: The board will be reviewing proposals to make changes to the communications as needed for weekday training runs next year.

Action Items:

- *Request RSVPs to have sufficient waivers available for guests or runners trying out the club.*
- *Propose to assign members to cover specific weeknights.*
- *Add a disclaimer to notices about the weekly training runs on Tuesdays, Wednesdays and Thursdays due to anticipated low turnouts in fall and winter.*

Upcoming Events – Mary:

- Fall Social Runs: Thanksgiving Day, Christmas Eve morning (Saturday) and New Year's Day (Sunday) runs
- Winter/New Year's Party: Possibly Mid-January 2023. Location TBD.

Discussion about 2023 Alpine Board Declarations, proposed candidates and job responsibilities

New Business – Mary: No new business.

Action Item: *Set a date in the spring to clean up and itemize contents of storage locker.*

Date for upcoming meeting: Wed, Jan. 11, 2023. Alice to advise of 2023 meeting dates.

The meeting was adjourned at 8:43 p.m.

ALPINE RUNNERS

MEMBERSHIP APPLICATION

The **ALPINE RUNNERS** were formed to help the individual runner share their experiences with others and to provide the means to encourage and further the sport of running, regardless of ability.

"Be a part of one of the largest and best organized running clubs in Chicagoland."

Membership benefits include:

- Special meetings with guest speakers knowledgeable on many different running related subjects.
- Quarterly newsletters include a variety of information on running, nutrition, etc.
- Fun Runs providing help and companionship in your training.
- Entry into the Alpine Predictor Race.
- Many different educational running programs including Marathon Training.
- A large variety of social activities including our Winter Holiday Party, our Summer Family Picnic, and much, much more.

Membership fees:

- 1-year single membership = \$35.00, 3-year single membership = \$90.00
- 1-year family membership = \$50.00, 3-year family membership = \$125.00

Please fill out the form below and send this signed page and your check to the Alpine Runners.

Name: _____ Home Phone: _____

Work Phone: _____ E-Mail: _____

Street: _____ Birthday: ____/____/____

City, State, Zip: _____

Weekly Mileage: _____ Years Running: _____ Years Member: _____

Personal Records: 5K _____ 10K _____ 10m _____ 1/2M _____ M _____

THIS IS AN IMPORTANT WAIVER OF LIABILITY. READ CAREFULLY BEFORE SIGNING. In consideration of your accepting this entry and other good and valuable consideration the receipt and adequacy of which I hereby acknowledge, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my successors, assignees, heirs, executors and administrators, forever waive, release and discharge any and all rights, claims for damage, causes of action whether in law, equity or otherwise, known or unknown, that I or any of them may have against the Alpine Runners, the State of Illinois, the City of Lake Zurich, the City of Schaumburg, the City of Barrington, any and all sponsors of the Alpine Runners and their officers, directors, employees, volunteers, independent contractors, agents and representatives, successors and assigns, for any and all injuries, illness or other harm suffered by me in or as a result of my membership in the Alpine Runners. There will be no refunds for any reason. The Alpine Runners shall not be liable for any actual or consequential damages. I attest that I am physically fit and have sufficiently trained to participate with the Alpine Runners and that my physical condition has been certified by a licensed medical doctor. I am aware of the dangers and precautions that must be taken when running in warm or cold conditions and on uneven surfaces. I further assume and will pay my own medical and emergency expenses in case of an accident, illness or incapacity regardless of whether I have authorized such expenses. I am over 17 years old. I hereby grant permission to the Alpine Runners to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose including commercial advertising.

I have read this waiver carefully and understand it.

Signature of Applicant _____
(or signature of parent or guardian if applicant is under 18 years old)

Date: ____/____/____

Send form and check to: **ALPINE RUNNERS**, 830 W. IL-22, #202, Lake Zurich, IL 60047

You may also register for membership and see much more information at: alpinerunners.com

ALPINE RUNNERS

Club Membership Waiver of Participation

I agree that I, _____ [NAME OF MEMBER], am a member of Alpine Runners of Lake Zurich, (hereinafter "the club"), and I know that running in and volunteering for organized group runs, social events, and races associated with the club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and agree to abide by them. I assume all risks associated with being a member of the club and participating in all club activities, which may include but are not limited to: falls, physical contact with other participants/members, volunteers, race personnel, contract service providers, employees, and spectators including the potential contraction of a communicable disease resulting from contact with other participants/members, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, baby joggers/strollers, roller skates or inline skates and animals are not allowed in club organized runs or events, and I will abide by all rules of the club. Having read this waiver and knowing these facts and inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Alpine Runners of Lake Zurich, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the club activities, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in any activities associated with the club. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in any club activities, and personally assume this risk.

I grant permission to all of the foregoing to use my image in photographs, motion pictures, recordings or any other record of the club for any legitimate purposes. I understand that the club does not provide for refunds in the event of cancellations of services, and by signing this waiver, I consent that I am not entitled to a refund if any club activities including events are canceled.

Member's signature:

Parent's Signature if under 18 years:

Date: _____

Date: _____