



Fall 2021
Sept • Oct • Nov

Alpine Runners

ALPINERUNNERS.COM

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A Note from the President

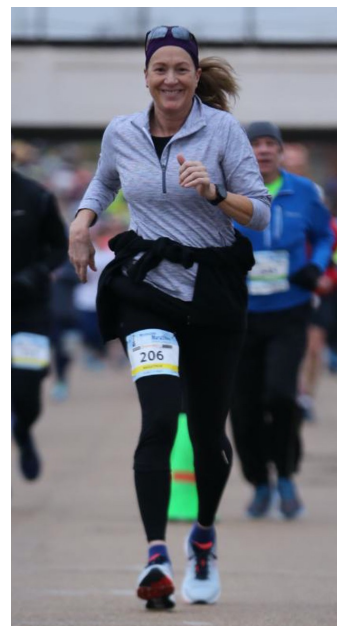
Summer seems to have flown by. Again. Sometimes we do everything we dream of in the summer, and other times we blink and it seems like we missed it. We runners are by nature planners. We think to ourselves, "When am I going to run? Where should I run? And who should I call to run with me?" The benefits of joining a club like the Alpine Runners is that some of these decisions are made for us, and it becomes easier to stay on a schedule to train for your goals. Now you just need to decide how much you want to run, and if you want to have a goal race. After that you can focus on sleep, work, and family. Those are some of the most important things that we have in our life. However, we would like you to add one more component to that mix—*VOLUNTEERING*.

Volunteers are what make our club "run." We all have stages in our life when we have zero time to do anything except what is essential, and that is ok. But, some of us will have pockets of discretionary time that may be once a month, once a week, or one long day a year (working the Chicago Marathon perhaps), and that time would be a great asset to the club.

This is what we, as a club, are asking you to think about. What time do I have to give back, and can I give back some of it to help others like I have been helped? We have some members who give extraordinary amounts of time and we have others who give us an hour or two from home as needed. Almost all the "jobs" that we need to fill are related to running, and that is what we all love! Please review the list and email us or grab a friend and you both can work together in an area of your choosing. As we know from running with the Alpine Runners, everything is more fun when done with others. This teamwork and camaraderie is important to the long term viability and diversity of the club. All are welcome.

We need the following (many of these spots have someone leading, and we are looking to put together teams to get new ideas and share the responsibilities):

- Volunteer coordinator
- Board member to fill a vacant spot; requires six meetings a year; would also be expected to fill an open board duty (Let us know what you are interested in!)



A Note from the President (continued)

- Greeters for group runs (weeknights and Saturdays and Sundays)
- Water stop volunteers to put out water and Gatorade for the Saturday runs (we also need a coordinator for the water stops—Bob McCann will guide and train)
- Marketing, media, and advertising (Ilisa will help you find an area that you are interested in)
- Alpine kids running program: If you love working with kids, can you give one night a week for 8 weeks next summer (ok to miss for vacations or other summer fun)?
- Chicago Marathon water stop volunteer on Sunday, October 10th (yes, it is an early start, but it is fun and something you will always remember)
- Alpine Races committee (we have canceled this year's race but will soon be planning for 2022): We need help with planning, registration, promoting, etc. Many opportunities to help out.
- Sponsorships for the club: Do you have any business connections of any type that could provide a service or monetary donation to the club?
- Club events planning: such as a holiday party or summer picnic or themed event

This is not an all inclusive list. We always have pop-up volunteer opportunities for the community and some times to help out other clubs or races. Please let us know if you would like to get involved. Send an email to any board member or me at mary@alpinerunners.com.

Alpine Updates

- As mentioned above, due to road construction that is beyond our control, we have unfortunately had to cancel the Alpine Races for 2021.
- The Alpine Runners will have a water station at the Chicago Marathon this year. If you would like to volunteer at our stop (which is the first water stop so you are done with your duties very early, and you can then take the "L" and watch the runners at other points or go to the finish). Alpine Runners Water Station registration link below:

<https://cemevent.rosterfy.com/invite/QKw8pgblxAIGKr5LSxqtOTsQETB3IYE2sP8pNOgZ23eqav63TK9g7bKgJFr>

- The Alpine website is being updated. We have changed the home page to display the most important information to our runners. We are looking for pictures of our runners to display on the homepage weekly. Please send in pictures of yourself or your group on runs or races. We have also updated the times and locations of the weekday runs. Please check the website before you head out, if you have not joined us recently.

Training Schedules

This schedule targets the Chi Town Half Marathon or Hidden Gem Half Marathon, both on September 11, as the goal race. While those races are almost here, you can modify these dates for any of your other half marathons later this fall. These half marathon and marathon training plans are based on Hal Higdon's plans. See HalHigdon.com for more details.

2021 Half Marathon Novice 1 Training Plan

Week	Start Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	21-Jun	Rest	3-miles	2-miles or cross-train	3-miles	Rest	4-miles	30 min. cross-train	12-miles
2	28-Jun	Rest	3-miles	2-miles or cross-train	3-miles	Rest	4-miles	30 min. cross-train	12-miles
3	5-Jul	Rest	3.5-miles	2-miles or cross-train	3.5-miles	Rest	5-miles	40 min. cross-train	14-miles
4	12-Jul	Rest	3.5-miles	2-miles or cross-train	3.5-miles	Rest	5-miles	40 min. cross-train	14-miles
5	19-Jul	Rest	4-miles	2-miles or cross-train	4-miles	Rest	6-miles	40 min. cross-train	16-miles
6	26-Jul	Rest	4-miles	2-miles or 3-miles or cross-train	4-miles	Rest/Easy Run	Rest	5K race	13.1-miles
7	2-Aug	Rest	4.5-miles	3-miles or cross-train	4.5-miles	Rest	7-miles	50 min. cross-train	19-miles
8	9-Aug	Rest	4.5-miles	3-miles or cross-train	4.5-miles	Rest	8-miles	50 min. cross-train	20-miles
9	16-Aug	Rest	5-miles	3-miles or 3-miles or cross-train	5-miles	Rest/Easy Run	Rest	10K race	19.2-miles
10	23-Aug	Rest	5-miles	3-miles or cross-train	5-miles	Rest	9-miles	60 min. cross-train	22-miles
11	30-Aug	Rest	5-miles	3-miles or cross-train	5-miles	Rest	10-miles	60 min. cross-train	23-miles
12	6-Sep	Rest	4-miles	3-miles or	2-miles	Rest	Half Race	Rest	22.1-miles

2021 Half Marathon Intermediate 1 Training Plan

Week	Start Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	21-Jun	30 min. cross-train	3-miles	4-miles	3-miles	Rest	4-miles	3-miles	17-miles
2	28-Jun	30 min. cross-train	3-miles	4-miles pace	3-miles	Rest	5-miles	3-miles	18-miles
3	5-Jul	40 min. cross-train	3.5-miles	5-miles	3.5-miles	Rest	6-miles	Rest	18-miles
4	12-Jul	40 min. cross-train	3.5-miles	5-miles pace	3.5-miles	Rest	7-miles	3-miles	22-miles
5	19-Jul	40 min. cross-train	4-miles	6-miles	4-miles	Rest	8-miles	3-miles	25-miles
6	26-Jul	50 min. cross-train	4-miles	6-miles pace	4-miles	Rest/Easy Run	Rest	5K race	17.1-miles
7	2-Aug	Rest	4.5-miles	7-miles	4.5-miles	Rest	9-miles	4-miles	29-miles
8	9-Aug	50 min. cross-train	4.5-miles	7-miles pace	4.5-miles	Rest	10-miles	5-miles	31-miles
9	16-Aug	60 min. cross-train	5-miles	8 miles	5-miles	Rest/Easy Run	Rest	10K race	24.2-miles
10	23-Aug	Rest	5-miles	8-miles pace	5-miles	Rest	11-miles	5-miles	34-miles
11	30-Aug	60 min. cross-train	5-miles	6-miles	4-miles	Rest	12-miles	3-miles	30-miles
12	6-Sep	Rest	4-miles	4-miles pace	2-miles	Rest	Half Race	Rest	23.1-miles

Training Schedules (continued)

Alpine Runners 2021 Chicago Marathon			
Weekend Long Run Training Schedule			
DATE	Novice 1	Intermediate 1	Advanced 1
12-Jun	6 miles	8 miles	10 miles
19-Jun	7 miles	9 miles	11 miles
26-Jun	5 miles	6 miles	8 miles
3-Jul	9 miles	11 miles	13 miles
10-Jul	10 miles	12 miles	14 miles
17-Jul	7 miles	9 miles	10 miles
24-Jul	12 miles	14 miles	16 miles
31-Jul	13 miles	15 miles	17 miles
7-Aug	10 miles	Half marathon	Half marathon
14-Aug	15 miles	17 miles	19 miles
21-Aug	16 miles	18 miles	20 miles
28-Aug	12 miles	12 miles	12 miles
4-Sep	18 miles	20 miles	20 miles
11-Sep	12 miles	12 miles	12 miles
18-Sep	20 miles	20 miles	20 miles
25-Sep	12 miles	12 miles or 10K Race	12 miles or 10K Race
2-Oct	8 miles	8 miles	8 miles
10-Oct	26.2 miles	26.2 miles	26.2 miles
16-Oct	3 miles	5-6 miles	60 minutes
23-Oct	4 miles	5-6 miles	60-75 minutes



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Volunteer Profiles

Editor's Note: As Mary mentioned in her article on page 1, volunteers are such an important part of Alpine Runners. Each week, Ilisa Bush has been posting member volunteer profiles and picture collages on the Alpine Runners Facebook page. If you are like me and not involved in Facebook, here are the first four profiles that were posted. We thank these runners for everything they have done for the club and their fellow Alpine Runners!

Meet **Alice Chin**, our current Vice President of the Alpine Runners!

About Alice:

1. *How long have you been with Alpine Runners?*

Let's see...Oliver, my youngest child, just turned 1 in November and then I started running in December of 2011.

2. *What do you love about Alpine Runners?*

Lots of nice people who are as passionate about running as I am. They are generous with their support. We push each other to achieve our athletic goal and be a better person.



Volunteer Profiles (continued)

3. *How long have you been running and what is your favorite distance to run?*

Almost 20 years, started with the 3rd Annual Chinatown 5k. My favorite distances are 8k, 10 miler, and half marathons.

4. *What kinds of work have you done as a volunteer or board member for Alpine?*

Volunteer RRCA coach for Beginner's 5k, half marathon, and marathon.

One of the coordinators of Alpine Runners Kids' Running Camp.

Past Alpine Races Sponsorship Coordinator

Race Committee Member

Chicago Marathon Water Stop

Activity Promoter at Lake Zurich Farmer's Market and Lake Zurich Chamber of Commerce

Support Volunteer for Alpine Runner's Hospitality Suite at the Palmer House Hotel

5. *Why should others get involved?*

Feels good to give by helping others: Obviously, you help the receiver and you get to feel good that you impacted someone in a positive way. Great way to meet people.

6. *What is your number one piece of advice for a new runner?*

Go slow: My late friend, Judy, helped me finish my first Shamrock Shuffle. I was very ill-prepared—hadn't been running outside, my running outfit was sweatpants and North Face down jacket, but at least I had athletic shoes. Judy ran with me and advised me to go slow, and I finished. You can run a realistic distance or time goal if you just run slow.

7. *Tell us one fun fact about yourself.*

I am passionate about food and I have mad skills (okay, I also professionally trained in pastry arts). I love eating, cooking, and trying the latest restaurants or food trends.

Always talking about food on the runs. I love testing recipes for a magazine. It pushes my skills and range of ingredients I can cook with and expands what my family eats regularly.

Meet **Doug Pitchford**, our current Alpine Runners club treasurer!

Doug has been a tremendous part of Alpine as well as the running community with the work he has done for the RRCA! Thank you for all you do, Doug!

About Doug:

1. *How long have you been with Alpine Runners?*

I joined Alpine in 2000 to prepare for running the Chicago Marathon.

Volunteer Profiles (continued)

2. *What do you love about Alpine Runners?*

I enjoy the people I've met and run with over the years.

3. *How long have you been running and what is your favorite distance to run?*

I've been running about 25 years and run distances from 5k to 50k, but my favorite is the half marathon.

4. *What kinds of work have you done as a volunteer or board member for Alpine?*

I've volunteered for races that Alpine either put on or helped at, including the Alpine Races and March Madness, Chicago Marathon, Lake Zurich Tri, and others. I worked a water stop and was water stop coordinator for several years. I was on the Alpine Races Committee, Saturday morning marathon pace leader; currently I am on the Alpine Runners Board and serve as club treasurer.

5. *Why should others get involved?*

Alpine helped me to reach my goal of successfully completing a marathon and I wanted to help others to reach their running goals. So I offered to help, initially as a pace leader, then in other ways.



Volunteer Profiles (continued)

6. What is your number one piece of advice for a new runner?

I've been given a lot of advice, some of it that I can't state here...But one bit of advice I was given early on concerned running when you didn't feel well or not motivated. I was told to go at least one mile, and if I still didn't feel all right, take the day off.

7. Tell us one fun fact about yourself.

I met my wife in a social dance/bowling class in college in 1969 and we're still together!

Meet **Heather Price**!! Heather has been a board member and has volunteered in many ways. Thank you Heather for all that you do for this club!

1. How long have you been with Alpine Runners?

I officially joined in 1999 following the Chicago Marathon training program, although I had been running with Alpine on and off through the 1990s.

2. What do you love about Alpine Runners?

Having someone to run with (most of the time...).

3. How long have you been running and what is your favorite distance to run?

I ran track in jr. high and high school. I also used to run in the swimming off season starting in high school continuing through college. Officially, my running career began when I won my age group in a Turkey Trot in 1973!



Volunteer Profiles (continued)

4. *What kinds of work have you done as a volunteer or board member for Alpine?*

I sat on the Alpine Board from 2014-17. I was the Alpine Runners colors person. I had shirts for everyone! I'm a water stop volunteer now. Let me know how you feel about the mile 5 stop...I've also been a pace leader unofficially for a lot of years.

5. *Why should others get involved?*

It's great camaraderie! And the Lake Zurich courses are great. The hills in Biltmore are first rate at the end of a long run!

6. *What is your number one piece of advice for a new runner?*

Keep going. Don't let anything stop you. It may be tough at the beginning, but it can be done. When I was overweight and out of shape after I graduated from college, I never thought I would one day run the Boston Marathon!

7. *Tell us one fun fact about yourself.*

A few years ago, I ran the Bellin 10K in Green Bay, WI. It's a big race with a lot of running legends...I finished 7th in my age group right after 3-time Boston Marathon winner Uta Pippig. I made a comment stating that on the Belling 10K Facebook page as I was a little stoked. After I did so, Uta actually commented directly to me congratulating me on a great run! She then sent me a friend request on Facebook! So, Uta Pippig is a friend of mine...

Meet **Bob McCann!!** Bob is currently a board member and our weekend aid station coordinator, and has volunteered in numerous ways over the year. Thank you Bob for all that you do for the Alpine Runners!!

1. *How long have you been with Alpine Runners?*

19 years.

2. *What do you love about Alpine Runners?*

The people, my fellow runners. Saturday morning runs keep me sane!

3. *How long have you been running and what is your favorite distance to run?*

Running serious distances, 8, 10 to 26.2 since 2002 when I joined this club. The marathon is my favorite distance. Although I am fond of a cold March Madness 13.1.

Volunteer Profiles (continued)

4. *What kinds of work have you done as a volunteer or board member for Alpine?*
Name it. Water stop coordinator, water stop provider guy, Gatorade Captain at the Marathon, course marshall at our race, website updater guy, shoe recycle guy...

5. *Why should others get involved?*

To give back to the club and community! Work with us to make this a better club.

6. *What is your number one piece of advice for a new runner?*

It's a cliché but everyone does this, too much too soon. We come back from injury too soon, we run long and fast too soon. Patience.

7. *Tell us one fun fact about yourself.*

Running and nutrition are my passions, but woodworking is my hobby. When I am running alone I am dreaming up my next home improvement project.



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.

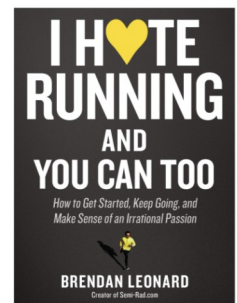
A Runner's High: My Life in Motion by Dean Karnazes

Dean is back with his fifth book! This one focuses on his preparation for Western States 100 many years after his streak of top 10 finishes there. He is dealing with being an aging runner instead of standing atop the podium. While this book isn't as engaging as his earlier ones, if you like his style and crazy adventures, you will still enjoy it. He throws in a few other stories that are hit-or-miss, but still amusing in his typical style. The most interesting parts are when he describes his relationships with his father and son.



I Hate Running and You Can Too by Brendan Leonard

If you are looking for a light read that will give you a good laugh, this is the book for you! It's very short and filled with funny charts and graphs that only runners will understand. I will let the author summarize the book for you, from his introduction: "This is not a how-to book or a memoir of a very fast person who has stood on podiums at the finish lines of races. It will not tell you how to train for a race, how to eat during, before, or after running and/or racing, or what kind of shoes to buy or clothes to wear, or what kind of stretches to do before or after running. This book is intended to convince you that you can run an irrational distance,* whatever that distance is. And if you're already convinced, this book will help you explain to yourself, or to other people, why you have such an irrational passion for running. I also hope you'll find some motivation, some levity, maybe a handful of laughs, and moments of recognition in these pages. I hope to convince you to hate running too."



*He previously explained that an irrational distance is any distance further than you have run before, be it one mile, 5K, half marathon, marathon, or ultramarathon.

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
- All Ways Healthy
- Barrington Orthopedic Specialists
- Buehler Y-TRI
- Casten Body Shop
- Gatorade Endurance
- Goodyear—Lake Zurich Tire & Auto
- Gustafson Eye Care
- Hawthorn Woods Family Dental
- Kaplan Orthodontics

- Lake Zurich Family Martial Arts
- Orangetheory Fitness
- PNC Bank
- RE/MAX Unlimited Northwest, Cherie Smith Zurek
- Road Runner Sports: Mention you are an Alpine Runner for extra rewards!
- RUSH Physical Therapy
- Tacos El Norte
- Timothy Grant Jewelry, Ltd.
- Workonomy Hub Coworking/OfficeMax

Coaching Corner

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

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Returning to Fall Racing

As you read this, we've had something much closer to a normal summer for racing than the previous pandemic summer. I'm sure you're excited to get back to racing. As most of you prepare for your fall races, it may seem like you are back in familiar territory. I would hope this to be the case.

However, I've seen many athletes, myself included, have successful races while also seeming to be just a tad out of practice. I guess that we all need to go through this period of adjustment. My advice is simple. First, make having fun your priority. Second, do some extra planning leading up to the race. Try to make your schedule more relaxed and easier the week before and leading up to race day. Maybe even plan to stay an extra day or take the next day easier. We went from having full lives before the pandemic hit to empty days quickly, and now it is time to fill those lives back up slowly. Our employers are asking us to return to work, family and friends are back to having parties, and we may be itching to get back to traveling or other activities we used to enjoy while, suddenly, adding in training and racing! It seems that we've all got our metaphoric buckets overflowing! Something has to give and, I think for many, it is proper training. Or, perhaps, the necessary extras like your sleep, nutrition, and recovery are being neglected.

So, let's not add more stress. Instead, go into these events enjoying the fact you get to race! Consider postponing a few commitments or decreasing your other activities leading up to your event. Going in rested will only help your performance. If you need to take a couple of extra days off the week before the race, do it! Trust me, taking it easy won't hurt your performance as much as cramming everything in and not being rested would. Honestly, 90% of the people I coach would do much better on more rest the week before the race. There is so much truth in the quote, "The hay's already in the barn." So once your last long run is completed, focus on decreasing the volume and doing shorter intensities. Give yourself more rest and focus on good sleep and nutrition.

Coaching Corner (continued)

Here are a few more tips to make your race day better:

1. Try to get more sleep each night.
2. Keep hydrated and eat healthier.
3. Stretch after each run.
4. Make sure your running shoes are not worn out. Most people replace them every 300-450 miles. I suggest having two pairs you can switch between every run so that one is always around its half-life and the other pair is either about to be replaced or has just been purchased and added to the mix.
5. Avoid running your last long run too hard, but keep it at the training pace!
6. Do your best to run the first half of the race relaxed—and at a pace where you question if you should go faster—then do your best to have negative splits for the second half. No one runs positive splits near their potential and PRs...PRs always come with negative splits!
7. Set realistic finish time goals and focus on hydration and nutrition plans for race day.
8. Don't change anything the few weeks before the race from how you've been training; stick with what has worked before and don't experiment.
9. Remember, although being fully prepared and fit is best, being slightly under-prepared (in the sense of mileage and long runs), but rested, will consistently outperform being overtrained and under-rested!
10. HAVE FUN! SMILE!

Welcome back to fall racing!

Coach Tom

For a video version of this article, go to: youtube.com/watch?v=-annkGGxWic

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, 16, and Kiera, 13, and Erika who is a Chiropractic Physician and silent sport athlete herself.



Nutrition News You Can Use

Fall Race – Pre-Game and Game Day Nutrition

Dina Genovese, RDN, CPT-NASM

Many of us have been working hard through these hot summer months preparing for fall running events. Hopefully you paid attention to your daily and long run fueling as well as your running log. After all that hard work, you certainly don't want to chance ruining your race with poor game day nutrition. In the last week and few days before the big event, you can trust all your training and now focus on rest, recovery, and nutrition to maximize your energy and performance on race day.

Start Early

Nutrition performance starts well before pre-race spaghetti night. Your body needs additional carbohydrates to help fuel you past the tough road ahead. At least three days before race day start focusing on carbohydrates to maximize your glycogen stores. Without proper glycogen loading, your body will be depleted of its stores within the first 90 minutes of the race, and most of us are going to be out there much longer than that. Focusing on carbohydrates may seem against mainstream media logic, but now is the time to give yourself the go ahead and skip the vegetables and protein and bring on the potatoes, pasta, bagels, and rice! Yes, you may feel bloated because your body stores more water with carbohydrate intake, but this is a GOOD THING!

The Night Before

Most importantly, stick with foods you trust. Now is not the time to try new restaurants or spicy foods. Focus on high carbohydrate foods that you have been eating before your long runs, so you don't have to worry about port-a-potty stops before and during the race. It is also a good idea to get a little extra sodium in the few days and night before the race to help make sure you are fully hydrated and ready to sweat. Besides, adding a little parmesan cheese to a bowl of soup or noodles isn't such a bad thing, is it? And while fiber is a very important part of a healthy diet, now is not the time to worry about high fiber foods, so stay away from a pot of chili or steamed broccoli!

Race Day

Breakfast can be tricky depending on event timing. You may have to eat more than once before the race, but you don't have to eat large amounts. If you are awake four hours before the event, try to eat a high carbohydrate breakfast as soon you wake to stimulate your digestive system and get your bowels moving. Coffee can help with this, too. If you are up for only two to three hours, one meal should suffice with a high carbohydrate snack an hour before. Easy to digest carbohydrate items include toast, bagels, fruit, crackers, familiar energy bars (low fat and low protein), or even rice or potatoes (not fried).

Fueling During the Race

This is where your nutrition training comes into play. Most marathoners need between 30-60 grams of carbohydrate per hour, depending on body size, to delay fatigue. Most sports drinks including Gatorade Endurance contain about 14 grams of carbohydrates per 8 ounces. Evaluate

Nutrition News You Can Use (continued)

how much you drink at each water station and do the math. Each cup offered usually has 2 to 4 ounces of Gatorade or water which is about 3 to 7 grams of carbohydrates. Gels contain about 24 grams per pouch and you should consume these with water to allow them to digest. Every runner is different in how much they can comfortably consume without stomach distress, so plan ahead as much as possible. Know which miles you will consume sports drinks and which you will take your gels and stick to it.

Fluid

We know how important hydration is, but balance is also important. Make sure to sip water frequently the day before the race. When you wake up, start sipping as soon you get up. It isn't necessary to chug bottles of water. Two hours before the race, try to get in at least 8-16 ounces and try to time it with potty availability once you make your way to the start of the race. Most marathoners should aim for 24-48 ounces per hour during the race, dependent upon body size, sweat rate, and conditions.

After the Race

Most likely you will not feel like eating right after you finish the run, but it is important to start fueling as soon as you can with snacks or liquids. Try to get in 200 to 300 calories of carbohydrate and protein in a 3:1 ratio within an hour, and then have a normal meal a few hours later. Take in bananas, sports drinks, bagels, snack bars, or anything that is easy to digest and available. This will help restore your depleted glycogen stores, prevent muscle loss, and lessen the inevitable soreness that comes with running 26.2 miles. Rest and recovery are an important part of the race experience, so give your body some love and take some time off to recover.

Recipe: Easy Squash Casserole

Submitted by Beth McCloskey
from BettyCrocker.com

Ingredients:

- ½ cup diced onion
- 1 tablespoon fresh thyme leaves, chopped
- 1 cup cooked brown rice
- 1 tablespoon extra virgin olive oil
- 1 plum (Roma) tomato, diced
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 medium zucchini, thinly sliced
- 1 medium yellow summer squash, thinly sliced
- ½ cup shredded cheese (the original recipe recommended Italian cheese blend, but you can use any dairy or non-dairy shredded cheese that you prefer)

Directions:

1. Heat oven to 400°F. Spray 1½- to 2-quart shallow casserole dish with cooking spray.
2. In a small bowl, stir together onion, half of the thyme leaves, the rice, oil, tomato, ¼ teaspoon of salt, and the pepper. Spoon into the casserole dish; spread evenly. Alternately layer zucchini and squash, overlapping slightly, on top of the rice mixture. Sprinkle with remaining thyme and remaining ¼ teaspoon salt.
3. Cover; bake 20 minutes. Sprinkle with cheese. Bake uncovered 10-12 minutes longer or until cheese is melted and starting to turn golden brown. Cool 10 minutes before serving.





RRCA Article: Check Out the New Website!

Just like the Alpine Runners, the Road Runners Club of America has taken on the task of updating its website. Just completed, the RRCA.org website offers a brand new look and loads of additional information. While many sections are geared to coaches, club leaders, and event managers, a majority of information addresses you as an individual runner.

Starting at the opening page at RRCA.org, you will see a quick link to find a Club, Coach or Event, which may be helpful if you are traveling and want to hook up with a different running group or if you want to find a race to run. Scrolling down to the lower right hand corner, you have the option of getting information for Club Leaders, Event Directors, Coaches, and Runners. Click on “Runners” and you get a page entitled “Start Your Running Journey” with basic information to get you going. Subsections break down the process:

Getting Started
Setting a Goal
Sticking to a Plan
Managing Aches and Pains

For a detailed step-by-step plan, there is a 10-week training program for new runners, with weekly plans to help you build up to running 2.5 to 3.5 miles at a time, up to 10 to 20 miles a week. From there you can continue to increase both speed and endurance and set additional, reasonable goals.

Tabs at the bottom of this page offer tips for anyone from beginners to experienced runners:

- ♦ Runner Etiquette Tips
- ♦ Safe Running Tips
- ♦ Event Selection Tips
- ♦ Trail Running Tips
- ♦ Hot Weather Running
- ♦ Cold Weather Running
- ♦ Working with a Coach
- ♦ Mental Health Guide

RRCA Article (continued)

At the top of every page on the website, are links to general areas such as Membership, Programs, Services, Convention, Education, News & Articles, and Find Local. Under Membership you can find information for club leaders and event management groups. If you are interested in taking the coach's certification program, or setting up a kids running program, the Run@Work Day or Run@School Day, or the national running awards programs, these would be found under the Programs link. Hitting the Services drop-down will bring you information about starting a club or running event, and information about the insurance programs available to RRCA members. The Education section offers advice for group leaders, event managers, individual runners and emerging elite runners. You will find running news and information in the News & Articles Section. Lastly, the Find Local Section provides a directory of running clubs, races, certified coaches, and race directors.



The new RRCA website is easy to navigate and provides answers to many of your questions concerning the sport of running. I suggest you check it out when you get a chance.

Doug Pitchford, Illinois RRCA State Representative



Alpine Board Meeting Minutes

Alpine Runners Board Meeting
Wednesday May 12, 2021, 7:00 p.m. Zoom Meeting
Approved Minutes

Present (10): Alice Chin, Brian Foss, Mary Hunt, Bill Kelley, Jeannette Legge, Bob McCann, Doug Pitchford, Janet Schultze, Mary Ann Zemla, Ryan Zicco

Absent (2): Ted Gallagher, Beth Onines

Zoom meeting presided over by Mary and called to order at 7:04 p.m.

Approval of the Minutes: A motion was made to approve the minutes from the meeting on March 10, 2021. They were approved.

Treasurers Report: Doug sent the May 2021 bank statements to the executive board. He reported the Club account balance is \$22,926.76 and the Race account balance is \$12,967.76. Membership dues and race sponsorships are down from a year ago, but spending is also down. A rebate check was received from Road Runner Sports and the first rebate check for the Sneakers4Funds recycling program was received this past month.

Committee Reports:

- ♦ Membership: We have a total of 249 paid members, up from 231 members in March.
- ♦ Alpine Races: Brian reported the Races Committee proposed holding a 5k and 10k race event on Sunday, September 26, 2021, at Lake Zurich High School. The school will not be charging us to use their parking lot for the event. The courses need to be mapped out and certified and shirts will be provided to participants.
 ⇒ Action item: *Race Committee to continue planning the races and have the courses certified.*
- ♦ Sponsorships: Alice and Bill have been reviewing the list of past sponsors and estimated about \$2500 could be raised to go to the races.
 ⇒ Action item: *Alice and Bill will continue contacting businesses.*
- ♦ Communications/Alpine Newsletter: The club will recognize Beth McCloskey at the May 15 Lake Zurich group run for her contributions that earned the club a RRCA award for the newsletter. Recognition will also go to the Communications Committee (Ilisa Bush, Natalia Belikova, Bob McCann, and Amanda Sola) for their outstanding social media support.
- ♦ Website/Club Express: Bob reported that he and Alice will be building a new Club Express website that will be a redesign of the existing site while keeping the existing site running.

Board Minutes (continued)

- ♦ Water Stops: Ryan announced that he is moving to North Carolina in June and replacements were discussed for his position on the board and for managing water stops. The water stops for miles 3, 5, 7, and 9 will be returning on June 12, which is also when the pace groups and training program for Chicago Marathon will begin. Bob mentioned he would fill in for Ryan as needed in the interim.
- ♦ Colors: Janet mentioned she would be coming to LZ for the Saturday runs for Alpine clothing and gear.
- ♦ Adopt-A-Highway: Mary Ann reported she would plan a day in the future (maybe June) to hold a clean-up day along our adopted section of Route 22.

Topics:

- ♦ Review of RRCA 2021 Convention: Doug went to the convention in Orlando and reported back on the topic of Diversity and Inclusion for clubs. Discussion was also held on the importance of background checks for volunteers involved in kids' races and on the safety needs for road flaggers and how they should be certified.
 - ⇒ Action Item: Brian offered to look into training and certification for road flaggers.
- ♦ Group Runs: Group runs with pace groups are back at Lake Zurich High School, on Saturdays at 7:00 a.m. and on Sundays at 7:00 a.m. in Busse Woods. The Monday group runs at 5:00 a.m. will be dropped.
- ♦ Training Programs: Alice reported the 5K Training Program for spring is on Tuesdays starting June 1st; the fall 5K and 10K Training Program will get underway starting August 1st. Marathon training programs were discussed and would be published for various experience levels. The dates for the 18-week programs will correspond with the Chicago Marathon on October 10, 2021. Speed work would not be included this year.
 - ⇒ Action Item: Mary will be posting the Hal Higdon Half Marathon and Full Marathon training schedules on the club website.
- ♦ Summer – Social Activities: Bob and Bill to investigate options.
- ♦ Lake Zurich Triathlon: Volunteers needed for race on Sunday, July 11.
 - ⇒ Action Item: Mary offered to coordinate, with Bill as backup.
- ♦ New Business: Alice remarked on Global Running Day on Wednesday, June 2. Event with 5K and 5-miler being held at Road Runner Sports parking lot. Alpine will put up its tent at 6:00 p.m.
- ♦ New Board Member:
 - ⇒ Action Item: Will continue the discussion on adding new board member and finding replacement for Ryan.
- ♦ Next Meeting: Wednesday, July 14, 2021, at 7:00 p.m., via Zoom. The remaining scheduled bi-monthly board meetings for 2021 are listed below. Today's meeting was adjourned at 8:41 p.m.
 - ⇒ Remaining 2021 Meetings (beginning at 7:00 p.m., currently via Zoom until further notice): July 14, September 8, November 10.

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 = \$25.00, 3-year single membership = \$60.00
- 1-year family membership = \$35.00, 3-year single membership = \$90.00

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**, 20 Jonathan Street, 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:

Date: _____

Parent's Signature if under 18 years:

Date: _____