



Spring 2022
March · April · May

Alpine Runners

ALPINERUNNERS.COM

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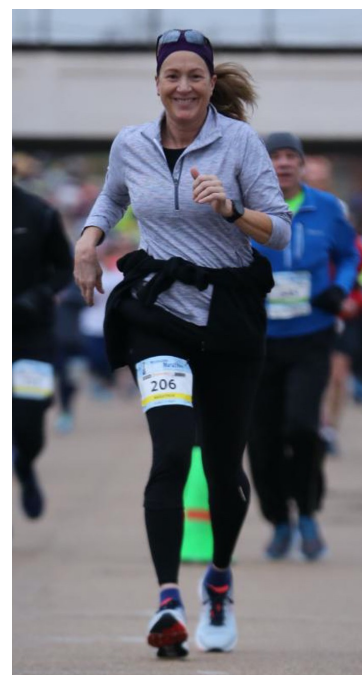


A Note from the President

While we never could have predicted or expected the trajectory of our lives the past two years, we have managed to come away having learned a bit about ourselves. We have discovered that, no matter what is happening in the world, nothing can stop us from running! We have experimented with running alone, running with one or two friends, venturing back to groups, and dipping our feet into racing again. The Chicago Marathon and the other majors have been held successfully, so it looks like the running community is starting to get back on track (pun intended).

Our club has had to cancel our Alpine Races event for the last two years. However, this year will be different. The plans are already underway for this year's race and we are putting together a class event that should be great fun for all. We are changing our venue to Breezewald Park where we can take advantage of the park's beautiful views near the scenic shores of Lake Zurich. This year we will be hosting a 10 Mile, 5K, Youth mile, and Kids fun runs. We are also moving up our event to Sunday, August 21st. This will be a change for those used to planning their schedule around our run in September.

We have a core committee working year-round to plan and set up the race, but we need many volunteers to make this event happen. As the saying goes for most important or special things these days, in order for us to host a premier event, it takes a village. If you like to race and we know you do, please consider volunteering to give back. Of course, if you would like to run the event, wonderful! However, there are also things that can be done in the weeks and days before such as packet pickup, or on race day before the event. Also, consider asking your family members to come out and help and join in the fun. It is a great way for them to see what we do and why we enjoy it so much. It has been known to happen that after volunteering at an



A Note from the President (continued)

event, one has thought, "Hmm ... maybe I would like to try and do a 5K. Maybe this is fun and worthwhile, and these people seem to have so much camaraderie that I want to be a part of it, too!" This event, besides being a great race, is hosted to help support our local community. We donate proceeds back to the community such as to the St. Vincent de Paul Food Pantry which serves Lake County, and we also support the Lake Zurich and Richmond Burton boys and girls cross country teams. So, mark your calendar early because we know our summers get booked so fast, and save August 21st for your club! If you know now that you would like to help, please email me at mary@alpinerunners.com.

Our race will also be a part of the CARA Runners' Choice Circuit races, so you may want to put running the circuit on your goal list for 2022. The CARA circuit is a list of races chosen for their varied distances and excellence in hosting premier events. You can click on <https://www.cararuns.org/circuit> and view the showcased races and use them as goal races, or use them as a tool to vary your training distances. You can also choose to join the circuit competitively (rules for competition also on the circuit site) and commit to a certain number of races. I used to run the circuit for years as a way to do speed work at varying distances. 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 mile is a way to race and incorporate a speed or tempo workout into your long distance training schedules.

As a club, we plan to have spring and summer beginner 5K programs again for those new to running or those who had to stop or pause their running either before or during the pandemic. We will also be starting the Chicago Marathon training schedule the week of June 6th. We are also excited to be starting up the kids running camp again 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 21st races. It is a minimal time commitment, and you can help some or all of the nights because we coach in teams.

So there you have it! 2022 is getting off to a great start.

Hope to see you all on a run soon!

Mary

Alpine Updates

- Save the date for the Alpine Races on August 21st. Register at <https://runsignup.com/Race/IL/LakeZurich/AlpineRaces> or to volunteer, email mary@alpinerunners.com with your name, phone number and also let me know if you have previously volunteered and have a former or desired position.
- Alpine Runners 10 Mile training starts on June 13th. 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 9th; first run is Tuesday, May 10th. (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 27th, first run is Tuesday, June 28th. (This is a build-up to the Alpine Races 5K on Sunday August 21st.)
- Chicago Marathon training starts on June 6th with the first long run on Saturday, June 11th.
- Alpine Kids Summer Program Monday nights from July 11th-August 15th.
- Alpine Board Elections have been emailed out. Please be sure to vote for the 2022 slate.



Volunteer Profiles

Editor's Note: Each week, Ilisa Bush had 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 some of the profiles that were posted since the last newsletter. We thank these runners for everything they have done for the club and their fellow Alpine Runners!

Meet Mary T. Papreck!

Mary is a long time member, and she's been a huge part of the club, both running and volunteering at many events. She has also inspired so many of us! If you want to run a marathon in all 50 states, Mary is the one to consult because she just finished her second round! Mary, congratulations again on your big achievement, and thank you for all you do for Alpine Runners and the community!

About Mary:

1. How long have you been with Alpine Runners?

I joined the Alpine Runners in June 2003 when I was part of the CARA Chicago Marathon Training Program in Lake Zurich.

2. What do you love about Alpine Runners?

Met the friendliest, nicest and encouraging people through Alpine

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

Started running when I met my Sweetheart in 1986, so 35 years. Favorite distance is the 5k, but can't remember the last time I ran one so I'll have to say marathon distance.

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

Was a very active volunteer in my early years with the club. Was a Volunteer Coordinator for the Alpine Races, handled race day registration for many years and worked at the finish line. Have been a Water Supervisor at the Chicago Marathon since 2011. Hosted bonfire parties for Alpine and also hosted the Predictor Run. Was a pace group leader for the marathon training program for one year and substitute (which turned to permanent) another year.



Volunteer Profiles

5. Why should others get involved?

Volunteering is a great way to give back to the running community.

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

Whatever your favorite distance is, enjoy the journey. The running community is relatively small. You will meet new friends, and experienced runners can give great advice of what to do and what not to do.

7. Tell us one fun fact about yourself.

Just completed running a marathon in all 50 states for the second time around.

8. What else would you like to share?

I am truly grateful to the long lasting friends I have met through the Alpine Runners.

Meet Luis Pradera!

If you haven't met Luis yet, be sure to introduce yourself. Luis is an amazing athlete and coach, and an all around interesting guy. We are so honored to have him as a coach for our kid's camp, as a member, and volunteer for the Alpine Runners. Thank you Luis for all you do!!

About Luis:

1. How long have you been with Alpine Runners?

I joined the club in the fall of 2007 after being invited by Angela Weber. Sadly, she passed away a few years ago.

2. What do you love about Alpine Runners?

Running with people of all kinds of ethnic and cultural backgrounds. Great opportunity to learn many things from others.

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

I started running in 1970 competing in cross-country races in college in Madrid, Spain. My first marathon was in 1978 in San Francisco. I stopped around 1990 and came back in 2002. That year I ran my first half-marathon with my daughter. The half-marathon is my favorite race.



Volunteer Profiles (continued)

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

I helped during the Alpine races, Chicago Marathon, and in the running program with children. I have also been a volunteer for the water stations for several years.

5. Why should others get involved?

Because you feel very good giving back to people that do the same thing for you. There is no better reason. It makes me feel very good.

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

Listen to as many runners as possible. They will all give you useful advice. I learned and continue to learn a lot from other people. I am also happy to advise others.

7. Tell us one fun fact about yourself.

I think that is for others to decide. Back in 2012, I had what I consider a funny experience in the Kenosha marathon. I prepared hard for it, but when we reached mile 16-17, I had a problem in my leg and I was forced to go slower. Around mile 22, I heard women's voices right behind me. Ok, so more people are going to pass me. As they were passing me, I noticed they were young, had athletic figures, blond hair and they were talking incessantly without any effort. One of them was wearing a yellow shirt and blue shorts and the other one had a blue shirt and yellow shorts. Their socks were blue and yellow as well, even their shoes matched. They must belong to the Sweden Team, I thought. I got animated and decided to run after them, but unfortunately, I could not catch them. After a curve they were out of my sight. When I crossed the finish line, I looked for them, but to no avail. Then, I had a sausage and a glass of beer. Suddenly I understood everything; they were valkyries gathering injured and fallen runners in the battlefield and leading them into Walhalla and rewarding them with a feast of pork and beer. I checked the results at home to see who they were. No trace of them. It made sense.

Meet Janet Schultze!

Janet is currently an Alpine Runners board member. As you'll learn below, Janet is also an amazing athlete. She has been a great supporter of the Alpine Runners and the running community. Thank you for all that you do, Janet!!

About Janet:

1. How long have you been with Alpine Runners?
Five years. I was a novice runner and never ran with anyone before. I was hoping I could join the club and be able to run 7 miles without struggling to do so. I met Beth Onines, who went for a run with me and convinced me that I should join.



Volunteer Profiles (continued)

2. What do you love about Alpine Runners?

I love Alpine Runners because:

I have been able to meet and befriend many people,

Run with others who all make me a better runner,

Have fun doing healthy activities,

Challenge myself, which makes me a stronger person, physically and mentally,

Volunteer at running events, because without volunteers, none of group running or endurance races happen.

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

I began running 9 years ago. I think my favorite distance to run is about 8 miles relaxed.

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

As a board member, I coordinate Alpine Runners apparel and headwear in addition to general board functions. I also try to be welcoming and encouraging to new members, as so many of our members have been to me.

I volunteer at races when I can, at Chicago Marathon water stop (this year I am advancing to Gatorade streetside volunteer captain), March Madness, Big10K, Lake Zurich Triathlon. Also, Adopt-A-Highway trash pickup, and I was a personal support crew for 2 amazing members for their 50 miler.

5. Why should others get involved?

Without volunteer help, NONE of this happens. All those people willing to get up early, stand out there in inclement weather, cheer you on, provide your medal, shirt, bib, porta-potty and clean up after you during events. In the club, our group manages administration, fund-raising, events (like the rented room at the Palmer House for the Marathon), parties, group runs, and more. They are all volunteers, so we benefit from and give back.

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

Keep showing up to those group runs. You can and will run better, farther and maybe faster than you believe. You'll enjoy your journey and make friends along the way.

7. Tell us one fun fact about yourself.

I am better at springboard diving than running. I dove on my college team, but more recently, I won the 2017 FINA World Masters Championships' 1 meter and 3 meter springboard events for my age group.

8. What else would you like to share?

I am looking forward to my future with Alpine Runners as I age gracefully and enjoy the camaraderie and challenges as we go along.

Volunteer Profiles (continued)

Meet Natalia Belikova!

Natalia has only been a member for a few years, but she jumped right into volunteering and has been a big advocate for the club helping out and attending events whenever she can. Thank you, Natalia, for all that you do for the club!

About Natalia:

1. How long have you been with Alpine Runners?

I registered officially in November 2018, but I was silently observing from 2013 or so. Fun fact - one of the Alpine Runners Club original organizer - Cherie Smith-Zurek was our realtor who helped our family to buy a house in Lake Zurich! At that time I was not aware about Alpine Runners at all.

2. What do you love about Alpine Runners?

I love the fact that everybody is welcomed to the club. There are plenty fast runners, slow runners, seasoned runners and beginners. There are training plans for marathoners and 5k beginners available through the club. Walkers are welcomed as well. Even if you are not part of Saturday 7 am runs, you are still an Alpine Runner!

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

I hated running when I was at school. I was always the last one for short runs and last one for long distances. The first time when I actually started to think about running was in 2010, when I moved to the Chicagoland area. At that time I had two small kids, full time job in the chemistry lab and absolutely no time to run. I had not realized that after a few years I will have kid #3 and a full time job that will require me to manage 60+ people and even less time. I was running a couple of 5k races and 1 mile races with my kids, but I was not trained/prepared for them. Mostly I was running/walking with the older kids or pushing the stroller with my baby. The official "starting" date for running is fall 2017, when my older son signed up for elementary school orchestra and chose violin as an instrument. I could not stand violin sound in the hands of a 4th grader, but not to upset my kiddo, told my family that I am going outside for run. So, I started to run more or less regularly, all year around, not just during races. Since that time my son improved a lot and I actually enjoy violin now! My favorite distance to run is 5k. That is universal distance that a beginner can be trained for and seasoned ultra runners can use as a warm up or shake-out run. That distance is very affordable in terms of time that every person might have for training every day or a few times a week. You cannot go wrong with a 5k. Everybody who signs up for a 5k race will be able to finish 5k (running, walking, crawling). There are plenty of 5k races all year round. Even if you run 5k in your neighborhood, it will not be boring since that is short.



Volunteer Profiles (continued)

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

I volunteered for Alpine Runners water stop for March Madness in Cary Grove (2019 and 2021), for Bank of America Marathon in Chicago (2019, 2021), Alpine Kids Runners Camp (2019) and Lake Zurich triathlon (aquathlon, 2021). I also was trying to engage people in Facebook for Alpine Runner challenges. Besides Alpine Runners Club, I am a parent-volunteer coach for kids soccer recreational league (4 years old and above, until middle school age). I am growing with my kids.

5. Why should others get involved?

Volunteering is an excellent way to pay back to the community. Volunteering for a running club is very motivational for beginner runners - you can see a lot of people with different abilities who run and accomplished their goals. Volunteering for youth sports in general is a good example for kids on how to stay active and pass knowledge/skills to others.

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

Do not worry about pace/speed. It will come with practice. Compare yourself with yourself, not with others. Even if one day (two, three...) you feel crappy, do not be discouraged. Endurance will come with practice. Better breathing technique will come with practice. Eventually speed will come with practice. Do not give up.

7. Tell us one fun fact about yourself.

Back in 2018 I signed up for Barrington Mother's Day 5k race. One of my neighbors (who saw me regularly running in our neighborhood) asked me a few days before the race if I had ever run that course. No, I did not. She told me - you better check it out, it is kind of hilly. I was laughing because "Illinois is as flat as a table, what hills are you talking about?" Man, I was wrong ... I did not know Barrington good enough. I was running that race with my older son and on our way to the tops of the hills I was dying, barely moving my legs because I had not practiced hill workouts at all. On the way to the bottom of the hills I concentrated to not trip over and not kill myself and runners nearby. After the race was over I told my family - never ever again. If someday I decide to sign up for that race because it is very close and convenient, and basically 5 minutes drive from our house - please remind me about the hills and do not let me sign up for that race ever again.

Meet Mary Ann Zemla!

If you haven't met Mary Ann, where have you been?!? As she mentions, she's not a shy one and always one of the first to welcome new runners. So if you haven't met Mary Ann, be sure to say hello on our Saturday runs. Mary Ann has been on the board and has volunteered for the Alpine Runners for many years. She is a 50-state Marathon finisher and an ultrarunner and is very active with the running community. Thank you Mary Ann for all that you do!!

About Mary Ann:

1. How long have you been with Alpine Runners?

22 years

Volunteer Profiles (continued)

2. What do you love about Alpine Runners?

The runners

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

22-25 years. Favorite distance is long and slow!

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

I started out as a water stop volunteer at mile 5, then moved to the finish line for a few years and ended up at mile 7 for a total of about 19 years at the water stops. Additionally I was the 10 min/mile pace group leader for several years - back when 10's ran 10's (haha). Currently, I coordinate the Adopt-A-Highway project which we do 3X yearly as a club. Our section to clean is RT 22 from Buesching up to RT 12. This project of giving back to the community will resume Spring 2022.



5. Why should others get involved?

Many hands/minds make light work! Often we can think of things that need to change or ways to make things easier or better but far too often we only complain and don't get involved with resolutions. When we get involved we get to meet other runners that have more in common with us than we knew before we started working together. It's a wonderful way to get close to others that share our same likes. Additionally, when we help out or get involved there is a bit of satisfaction and it helps us to feel good about ourselves and the club.

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

Have Fun! Running should not be a chore, enjoy yourself.

7. Tell us one fun fact about yourself.

Hmmmm- I'm not too sure there are any secrets or fun facts about me, I've been around too long and I'm not the quiet, shy one in the group! While I wouldn't consider it a fun fact, I do love the color purple and it made it a win-win for me that the Alpine Runners wear purple!

8. What else would you like to share?

I want to personally thank you, Ilisa, for all your hard word, energy and dedication to this club! It is people just like you that I'm proud to call a friend. You are enjoyable to be around and your desire to make things better and include everybody is awesome! Congrats on your CO 50 miler this summer—I know it was a lot of hard work and you did it!!!

Running Book Recommendations

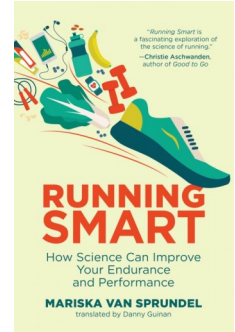
By Beth McCloskey, *Alpine Runners* newsletter editor

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 Smart: How Science Can Improve Your Endurance and Performance

by Mariska van Sprundel

We all have probably heard many suggestions (myths?) about running regarding shoes, hydration, nutrition, training load, and more that we just take as fact even if we don't know if there is any evidence behind these ideas. Mariska van Sprundel, a freelance science journalist who has written for *Runner's World*, tries to delve into what is fact and what is fiction behind the conventional running wisdom. What is the actual evidence behind this advice (spoiler alert...not much for many topics)? While she tries to keep it science-based, it is still a light and entertaining read, including anecdotes from her own experience with running. While there aren't a lot of hard and fast answers, it is good to ask questions about these topics, and in the end realize that we are each really just running experiments of one, and we have to find out what works best for us as individuals.



This book reminded me a lot of a book I reviewed in the May 2019 *Alpine Runners* newsletter. That book also tried to separate fact from fiction, but just in the area of athletic recovery. I liked that book so much that I still talk about it on runs regularly! Since I haven't found many other running books to review since the last newsletter, here is a reprint of that review:

Good to Go: What the Athlete in All of Us Can Learn from the Strange Science of Recovery

by Christie Aschwanden

The subtitle really says it all. The author is a runner, cyclist, and skier, and she attempts to navigate the many types of recovery options available. From ice baths to electrolytes and other supplements, she tries to analyze each with a scientific eye on what little credible research is out there. To learn more about what may or may not help us as runners, *Good to Go* is a fascinating read.



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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Ultrarunning

As spring is coming and I was thinking about a topic for this newsletter, all the normal topics I've written about before came to mind like planning a season, strength training, mileage building, running with friends, speed and hill workouts, etc. However, I typically end up writing about a topic that is inspired by the many athletes I coach. And this last winter that topic has been ultrarunning. I've coached or consulted 3-5 athletes doing an ultra race or races each season for many years. Living in our area, the typical races are Kettle Moraine ultras, Hennepin 100, and Lakefront Ultra (Chicago). Most of these are people going from the marathon to the 50K distance. However, as the years progress and people see success, then 50Ks become the norm and the 50 miler, 100K and even the 100 mile distances have become almost normal, too. So with 8-10 athletes doing ultras this summer/fall and a few others who will just knock off a 50K or a bit more as a training run while doing Ironman training or other "A" events, it seems like a topic that is maybe in vogue and underwritten about in recent history (certainly by me).

First off, I'll restate a comment from Jason Koop, the author of *Training Essentials for Ultrarunning*, one of the most important books any coach of ultrarunners or ultrarunners themselves should read, own, and listen to. That statement is "an ultramarathon is not just a long marathon." I agree with this for all runners with one exception. The exception would be those who choose to do a 50K and can run a marathon in sub-Boston qualifying times, assuming the ultra is run on flat or semi-technical terrain at sea level (like the Chicago 50k, Hennepin 50k, and Kettle Moraine spring or fall 50Ks). The reason is these races are done by those athletes typically in under 5 hours, which ends up as fast or faster than a large majority of the times the general population runs a typical road marathon in.

So why is an ultra not a long marathon? For starters, the time you are out running is way longer ... 5-24+ hours. Reason #2, in ultras you walk a fair bit. Reason #3, you can't run typically anything near to the distance you "race" in practice without causing a likely negative impact on your race day efforts. Reason #4, ultras usually have a crew, you use walking poles, you deal with long exposure to the elements, most encompass head light running, and blisters and chaffing are all real concerns. Reason #5, fueling is different and you CANNOT just show up and race without having a fueling plan. (In marathons people do survive with poor fueling and hydration strategies or no plan at all.) This is basically impossible in an ultra. As you can see there are a host of differences.

So why the increased interest in ultras? I believe it's simple – people want to keep testing their limits! Social media and marketing contribute to the HYPE! "EPIC" is the current buzz word. PEOPLE LOVE FEELING LIKE THEY ARE DOING EPIC THINGS! Any number of other factors go into each of the athlete's decision when I interview those who are looking for me to coach them or for athletes I'm currently coaching who want to set these races as their goal for the year. I will say, as a coach, I do try to talk most people out of going longer than 50 miles, but in the end I still end up with those who want to do 100K and 100 mile races. Why do I try to talk them out of it? Well, it takes more training and consistency than most understand. The sleep deprivation during these longer races and strain on the body is very large. The toll both the training and races take are real and can last a long time, so plan for a longer recovery (much longer than a marathon is typically well-advised). I generally coach people knowing that they are being healthy and are building a healthier version of themselves. However, when running 100K-100 miles, I find that a hard argument to make.

Ok, enough negativity! I'll try to explain more of what makes this different than a marathon and maybe help people take on or develop some interest for a 50k race or even to build to a 50-miler down the road!

In an ultra it's about energy management and pacing, and managing emotional highs and lows! Regularly people have fellow runners crew for them. The crew members take turns running with the racer. They help them with pacing and support them sometimes just by chatting or even quietly sharing the pain they are fighting through, ranging from a blister to a tough section of trail or even difficult weather. Ultimately their goal is to help get the racer to the finish line! They may remind them of hydration, or to eat, etc. The more the crew member knows the athlete, the more timely the help and with just the right temperament! (Don't get me wrong, the racer usually understand exactly what they need to do, but the crew helps to remind them.) However, we all lose focus or skip

Coaching Corner (continued)

these things at times on regular long runs with little consequences. In ultra races these omissions can be race ending mistakes or worse. If a racer on a trail at night or in the middle of nowhere falls, sprains an ankle, etc., then having a buddy there can add a huge level of safety. The racer's judgement may not be the same after 6-11 hours. As you can see, crews are very important!

Blister management is another real thing. Actually practicing how to treat and cover up these when they occur can be a pivotal moment. Practicing different techniques with mole skin and such in training even without a blister can help athletes know not only what techniques work best for them but also that their gait stays unchanged with a particular technique. Without practice and if a racer changes their gait, eventually this can end their day! Gait changes can cause other injuries, and improperly treated or untreated blisters can cause infections. Chaffing can cause similar issues. So learning your gear and practicing for these occurrences become a must because in the course of 5-30 hours even little things can become bigger issues and end an event that you've trained for at mile 35, 70, or even 97 miles!

Running at night can be awesome, but it also means cold or poor vision in technical terrain, sleep deprivation, exhaustion, etc. Training for every moment in this event is impossible all at once. However, planning and practicing all the possible scenarios is helpful and will then be tested on race day. As you can see there are many reasons an ultra is not just a long marathon! Then add in the number of miles ultrarunners walk! The key is to keep moving. Going down hills can be as hard or harder than going up. Sitting at an aid station can cause muscles to tighten up and can feel not worth stopping, but changing socks or shoes likely pays dividends miles down the road. So the stiffness and getting going again is just part of the game. Using walking sticks in technical or hilly terrain can give legs a little bit of a lower load not to mention aid with balance when the racer is tired or flirting with dehydration. From a physiological stand point, an ultrarunner needs to avoid higher heart rates. Once their heart rate goes too high, it's difficult to refuel. Eating and drinking is a real key, not to mention an art and a skill as each person needs to figure out what works best for them!

I'm going to list some, but not all, of the keys to an ultra below:

- Crews
 - Fueling
 - Pacing
 - Heart rate management
 - Blisters
 - Pole walking/running
 - Terrain management
 - Head light running
 - Heat
 - Cold
 - Rain
 - Mindset
 - Segments not miles
 - Sleep deprivation
 - Length of exposure
 - Chaffing
 - Running vests
 - Food choices
 - Altitude
 - Night navigation
- I'd argue that working with a experienced coach and reading the book from Jason Koop as a reference for all things ultra are very important – maybe the two most important keys!

These are just some of the things an ultrarunner needs to manage. As you can see, having a good crew and planning is a big thing. Training for these events involves quite a bit of detail and planning. Each event has some specific components so that is why a coach and Jason's book is so important. For most runners, starting with terrain and a small step up in distances from what they are used to is the right dose of additional limit pushing! So here in the Chicagoland area, if you have run trails in the Kettle and done marathons on roads or even a half marathon trail race, you are likely good to step up to the 50K. If you haven't run trail races or trained on the Ice Age Trail, then I'd recommend doing a half marathon trail race first and slowly nudge up in distance as you gain experience. If you run lots of marathons on pavement, then the Lakefront 50K is a good challenge for your first ultra. Then you can move to trails or up to the 50-miler, if you are so inclined. Regardless, ultrarunning involves a good long plan with strength training and base mileage and a lower stress period each year. Then it evolves into double long runs on weekends with recovery and filler miles during the week. I state this as an over simplification of the details, yet still an accurate description!

So, why do these??? Think about pushing these limits and finishing! That's a huge win! I will include a few pictures of a few of my athletes finishing ultras. I have two ultrarunners who live in Vancouver BC area and can access mountainous terrain and technical trails most of the year so they train in a environment that allows their races to be very similar to their races. I have a number of athletes who have done the Lakefront and Hennepin races which are very similar to their normal training environment and it gives them access to training that is similar to race day each week they train. The Kettle races I see as a stepping stone from local flat ultras to trails and eventually something like the Leadville Trail Marathon. I hope this gives you some insight into ultrarunning and helps you understand

Coaching Corner (continued)

what they require in time and training. As a coach I believe choosing races that challenge you, yet picking ones where you are likely to succeed and stay healthy if you train right, are the best ones! I hate to see people read a social media post or watch a marketing video and immediately sign up for an event that is likely too much and often a complete fail on the first attempt or even multiple attempts. We do this stuff for fun, challenge, and likely to keep being healthy and fit! So pick events and plan for events that you can be successful in, have fun, push limits, and most of all stay healthy doing! We have options locally, but you just need to do a bit of research. Volunteer at these races before you sign up. Talk to people doing them to learn who they are, how they train, and how much time they have to see if your lifestyle and training time match. Try venturing out on a trail for a longer slow trail run where you just run and walk and use poles to test what ultra trail running is like. Do one of these runs a bit further every 2-3 weeks in your regular training. Gain some perspective and experience. If you do it with a few friends together, you add a layer of safety and you gain experiences. Try some night trail running then sign up for a night trail run. With this approach maybe you'll one day run a very fun and successful trail ultra, too!

Coach Tom



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, USAC certified coach, and a Certified and Degreed Personal Fitness Trainer.



Nutrition News You Can Use

Diet Trends

Dina Genovese, RDN, CPT-NASM

We are continually being bombarded with trendy fad diets. From diets that follow the current low carbohydrate trend to the glycemic index diet, they all make promises of amazing results. It is enough to make your head spin. Whether you want to lose weight, eat healthier, or be a better athlete there is a “diet” for that. Here is the lowdown on a few of the trends.

Paleo—Short for Paleolithic, the Paleo diet is based on what early humans were thought to have eaten. That means lots of fruits and vegetables as well as meat, fish, eggs, nuts, and some oils as well as no dairy, grains, legumes, processed foods, or refined sugars. On the positive side, eliminating processed food and refined sugar is always good for you. The bad: Many modern grain foods such as whole grain cereals and breads are fortified with vitamins and minerals that are hard to otherwise get in adequate amounts. Paleo also restricts dairy, limiting calcium intake. The diet also does not consider which animal proteins are healthier for us, and how much is too much. Moreover, the Paleo diet can lack variety and be high in saturated fat and cholesterol.

Weight Watchers marketing has changed many times recently with different popular spokespersons. It says it is promoting lifestyle changes, not diets. Weight Watchers claims to teach its clients portion control and how to relate to food in a healthier manner. But despite all of its marketing, Weight Watchers is still a fad diet. The program simply changes calories to “points,” as a disguise for another calorie-counting method. When the number of points is correlated to the number of calories, a Weight Watchers meal plan still results in unhealthy calorie restriction. This is why people often regain weight when they stop counting points. For some people who are more prone to stick to a “diet” with group support and accountability, then Weight Watchers may offer some potential benefits but as of yet, they still focus on the numerical value of food rather than the nutritional value.

The Mediterranean diet is focused more on how often and how much you eat rather than what exactly you eat. It’s not a free pass though; the diet is plant-based, predominately fruits, vegetables, whole grains, and healthy fats, with limited meats and animal products. There is more good than bad to this lifestyle and the Med Diet has consistently been voted as the top-rated eating plan among health professionals. The good: It promotes health and longevity through a number of benefits, high in antioxidants and anti-inflammatory foods, low in saturated fat and cholesterol, complete in minerals, vitamins and nutrients. The bad: The Mediterranean diet requires self-regulation and a pre-existing knowledge of healthy portion sizes. Guidelines don’t often provide exact amounts or specific measurements.



“On this diet, you can eat all the steak you want, but a slice of bread will kill you. On this other diet, you can eat all the bread you want, but a steak will kill you.”

Nutrition News You Can Use (continued)

Intermittent fasting is technically not considered a diet but more of an eating pattern, as it does not call for nor exclude any particular foods or food groups. With intermittent fasting, you keep whatever foods you were (or were not) eating before and compress them into a 6-8 hour eating period with a 16-18 hour fasting period. Some reports tie intermittent fasting to reduced blood pressure and inflammation as well as increased fat loss. Fasting is often accompanied by rebound eating, which is when people eat much larger portions than they normally would as a result of going without food. Fasting is also associated with poorer sleep, muscle loss, and nutritional deficiency. The jury is still out to whether intermittent fasting has real health benefits. As runners, it can be challenging to get enough appropriate fuel for your workout and recovery in this condensed time period. Another issue we see when someone attempts to switch to an intermittent fasting eating plan is that trying to fit in all of one's nutritional needs in such a short time period is often a difficult task. Getting in 5 servings of fruits, 5 servings of vegetables, sufficient amounts of lean proteins, healthy fats, and fiber filled-carbs to meet your needs is nearly impossible to do within a 6-8 hour eating window.

Keto or the ketogenic diet is one of the most on-trend diets currently. It was originally developed to treat people with epilepsy. This diet is a high fat, moderate protein, and very low carbohydrate diet that forces the body into a state of ketosis. Without adequate carbohydrate for fuel, the body turns to fat and protein for energy. This plan is not meant to be a long-term diet but can be followed short term to kick start weight loss because it is extremely difficult to adhere to and may have negative consequences due to the high fat intake.

The Bottom Line

If a diet trend is promising something that sounds too good to be true, it probably is. Trust your instincts and stick to a balanced diet that includes a variety of nutrient dense, rather than calorie dense, foods. Increase your intake of high fiber whole foods such as fruits, vegetables, whole grains, legumes, nuts, seeds, and lean clean protein. As a runner, you want to focus on foods that will provide energy for your workout and help you recover for the next run. Before you jump into any new eating patterns, consider all aspects of your mental and physical wellbeing. For optimal results and higher quality of life, consider a nonrestrictive diet that allows you to enjoy all types of food at any time of day. This approach keeps athletes and non-athletes alike healthy, happy, and energized for their entire day, and next workout!

For more information or a detailed personal nutrition plan, contact Dina Genovese at Dina's Nutrition That Fits, dinasnutritionthatfits@gmail.com.

Recipe: Honey Mustard Mason Jar Salad

Submitted by Dina Genovese, from asweetpeachef.com

Honey Mustard Mason Jar Salad

Salads can be a great way to bump up your veggie intake! Mason jar salads are perfect for on the go, extremely customizable, and are leak proof to retain all the delicious flavors. Switch up the veggies, protein, or dressing each week and you'll have endless options! To make this salad vegetarian, opt for beans, peas, legumes, tempeh, extra nuts/seeds, and/or some nutritional yeast instead of the chicken.

Ingredients:

For the honey mustard dressing:

- ¼ cup full fat plain Greek yogurt
- ½ cup yellow mustard
- ½ cup honey
- 1½ tbs lemon juice

For the mason jar salad:

- 4 boneless, skinless chicken breasts
- ½ tsp sea salt
- ¼ tsp ground black pepper
- ½ tsp garlic powder
- 1 tbs olive oil
- 1 lb. grape or cherry tomatoes
- 2 large cucumbers, diced
- ½ cup sliced almonds
- 1 cup crumbled goat cheese
- 7½ cups mixed baby greens



Directions:

1. Heat olive oil in a skillet and season the chicken breasts on both sides with salt, pepper, and garlic powder. Cook for 10-12 minutes or until the internal temperature reaches 160°F, flipping halfway. Once cooked through, remove from the pan and let cool before cutting up into bite-sized cubes.
2. For the honey mustard dressing, add all of the ingredients into a small bowl, and whisk until smooth.
3. To assemble the mason jar salads, start with dressing at the bottom, followed by grape tomatoes or any non-absorbent vegetables. The leafy greens will be reserved for the top layer to prevent them from getting soggy and wilted. Then layer in the chicken breast, cucumber, sliced almonds, crumbled goat cheese, and as much leafy greens as you can squeeze into the jar. Seal the jar tightly to prevent any leaks.
4. When ready to eat, shake the jar vigorously to mix and pour the salad into a bowl. These mason jar salads will last 4-5 days in the fridge, making them perfect for grab and go lunches throughout the week.



RRCA Championship Races

Road racing in Illinois is coming back after almost two years of cancellations and virtual events. Last year there was a mix of virtual events and a few in-person races with limited attendance. This year seems to be shaping up well as we head towards actual competitive events.

The RRCA is headed in that direction, as well, with a full slate of Championship events being scheduled throughout the year. And in Illinois, we are ready with state, regional, and even a national event.

The Lakefront 10 Miler on April 10, put on by CARA, is run along the lakefront in Chicago and is the 2022 RRCA National 10 Mile Championship. Go to: <https://www.cararuns.org/lakefront10>



Three RRCA Central Region Championship events are scheduled in Illinois this year:

The 2022 RRCA Central Regional Open Championship will be held at the **Fort2Base** on August 28 in North Chicago. The 10 Nautical Mile Race is not only a unique event, but a well-run race for a worthy cause and one of my favorites. Race Director Beth Salinger and her team do an excellent job of creating a race that will become your favorite, too! Registration information can be found at: <https://www.fort2base.com>



The RRCA Central Region 10k Championship will be held at **Abe's Amble** on August 21 in Springfield. Hosted by the Springfield Road Runners, this popular race starts and finishes in the Illinois State Fair Grounds on the last day of the fair. For more information: www.srrc.net/abesamble

The 2022 RRCA Central Regional One Mile Championship will be held at the **Park Avenue Mile** on May 30 in downstate Herrin, IL. This run is part of HerrinFest, a celebration held over the Memorial Day weekend. Information and registration can be found at: <https://www.herrinfesta.com/event/roadrace>

And I am happy to announce the 2022 Illinois RRCA State Championships. These are quality races, put on for runners by runners.

The RRCA is excited to be back in Oak Park for the Good Life Race which will host the 2022 Illinois RRCA Championship 5k! A staple on the Chicagoland running scene for many years this quality event has separate races for men and women. The race starts and finishes at Oak Park High School and includes a small expo prior to and during the races. Part of the CARA Circuit, you can expect fast times in this very competitive race put on by the Oak Park Runners Club. For more information go to: <https://runsignup.com/Race/IL/OakPark/GoodLife>



The Christie Clinic Illinois Marathon is hosting the 2022 Illinois RRCA State Championship Half Marathon. Scheduled for April 30, this event usually offers both a marathon and half marathon, but the marathon was recently canceled for this year. The half marathon is still



RRCA Article (continued)

being held and runs through Champaign and Urbana before finishing in historic Memorial Stadium. Why run Illinois? Packet pickup ease at the Expo Thursday or Friday, convenient parking at the start line, the many volunteers along the course, and the variety of food and drink at the finish line. Come down to Champaign for the fun which includes a 5k on Friday evening and a 10k and half marathon on Saturday morning. Makes for a short trip from the NW suburbs and a great weekend running road trip! For registration information: <https://illinoismarathon.com/>



The 2022 Illinois RRCA State Championship Ultra will be at the HOB0 Trail Race. Held at Rock Cut State Park near Rockford, the HOB0 races have been a staple of ultra running in Northern Illinois for years. Race Director Carol Wilson and the Rockford Road Runners know how to put on a class event, with super volunteers to go along with their beautiful but challenging course. This year's 50k race will be held on September 11. More information can be found at: <https://www.rockfordroadrunners.org/hobo-runs.html>



The Spring Trail Chase 10k is the Illinois RRCA State Championship 10k. Put on by the Chicago Area Running Association (CARA), the Spring Trail Chase is May 22 in Lemont, and runs along the trails in the Forge Lemont Quarries. For more information, go to: <https://www.cararuns.org/springtrailchase>

The Quad Cities Marathon is the site of the Illinois RRCA State Championship Marathon. The marathon takes place on September 25 in Rock Island, as runners cross the Mississippi River into Iowa, running along the river before recrossing the Mississippi to the Rock Island Arsenal Island and then finishing back in Rock Island. Wrapping around the race is the Health and Fitness Expo on Saturday and a great post-run party with music, food, beer, and awards. Race Director Joe Moreno and Assistant Race Director Laura (Witty) Wittnebel pull out all the stops to ensure you have a great running experience. For more information about all the QCM races check out: <https://www.qcmarathon.org/>



And the Alpine Runners 10 Mile Run is the RRCA State Championship 10 Mile event. Race day is August 21 with the race starting at Breezewald Park on the shores of Lake Zurich in Lake Zurich. After a two-year absence, the Alpine Races are returning with a new certified course, but the same great volunteers and attention to details. To sign up for the 10 Mile Run go to: <https://runsignup.com/Race/IL/LakeZurich/AlpineRaces>

As you can see we have some great races at every distance with many opportunities to win one of those coveted RRCA Championship medals. It's time to return to in-person events and enjoy running with others in friendly competition.

Doug Pitchford
RRCA Illinois State Representative



Alpine Board Meeting Minutes

Alpine Runners Board Meeting—Approved Minutes
Wednesday, November 10, 2021, 7:00 p.m.
Ela Area Library Room #7

Present (6): Alice Chin, Brian Foss, Mary Hunt, Bill Kelley, Jeannette Legge, Janet Schultze

Absent (5): Ted Gallagher, Bob McCann, Beth Onines, Doug Pitchford, Mary Ann Zemla

The meeting was held in the Ela Area Public Library. A quorum was present, and Mary called the meeting to order at 7:13 p.m.

Approval of the Minutes: A motion was made to approve the minutes from the meeting on September 8, 2021. They were approved.

Treasurers Report: Doug sent the October 2021 bank statements to the executive board. His comments: Note on the P&L that the Race Receipts line item of \$2,139.46 is offset by the Membership Fees-Race of \$2,276.76. The difference is the cost of issuing refunds and by the collection costs charged by RunSignUp. Thanks to money received from three sponsors, we are showing an improvement, with an increase of \$800 over last year. Additional revenue is a result of the Funds4Sneakers initiative. But year to date, we still show a loss of just over \$1,000. We have outstanding bills of approximately \$1,300, mainly coming from the post Marathon party at Score Board and from the Alpine room for our runners at the Chicago Marathon. But, despite a second year of losses, we are still in decent shape, as shown on the Balance Sheet.

Alpine Races — Brian/Bob: Chairperson transitioning to Bob, while Brian will remain on the committee. The date, distance, and course will need to be determined by the committee for 2022, with pricing made accordingly.

Sponsorships — Bill: Sponsors have been making contributions/donations. Bill has reached out to past sponsors for 2022 sponsorships and will continue to contact all companies, while also thanking them for their past support. Four levels of funding are available from \$300 on up. Bill will include the sponsorship letter in the next membership newsletter.

Alpine Website — Bob/Ted: Committee is seeking members who would like to do the content publishing / programming.

Social Media & Communications — Mary: Committee is seeking members who would like to help with social media postings and communications.

Board Minutes (continued)

Alpine Membership (318 current) — Beth: Janet and Jeannette will send out a letter to non-paying members with explanation of how dues are spent during the year and membership benefits.

Alpine Colors — Janet: 28 orders have been placed through Squad Locker in the past two years. Janet posted current merchandise quantities and prices on Facebook page. Will rotate featuring an item with photo to try to increase demand.

Water Stops — Bob: Chair role transferring from Bob McCann to Tim Lewis.

Alpine Runner Newsletter — Mary: Deadline for next newsletter is November 15.

Adopt-A-Highway — Mary Ann (report sent): IDOT confirmed with Mary Ann that the Club should plan on highway clean-up next Spring/Summer once we hope to be ahead of the pandemic. Our "Alpine Runners" sign will be there, and IDOT is happy we are still willing to help out in the community. Our obligation for this year is taken care of and IDOT completely understands any hesitancy the runners had in picking up garbage.

Proposed 2022 Budget: Club account signatures need to be updated to be current.

Group Training Runs (greeters, pace groups): Less structure at start of group runs continues to be an ongoing struggle for greeters and pace group leaders to welcome new runners and members.

Upcoming Events: On Thanksgiving Day, Alpine will continue the free group run in Long Grove starting at 7 a.m.; Wauconda has a turkey trot for \$40 starting at 9 a.m. The Club will continue the Christmas Eve and New Year's Day holiday runs and will do a Jingle Bells run around Wauconda on a Thursday in December. The Club will also look into holding a RRS sponsorship event.

Training Programs for 2022: Club will probably do something similar for marathon training as was done in 2021. Some ideas included focusing on training topics in the newsletter and hosting a monthly event at a meeting place like Scoreboards or the pavilion and inviting other running clubs. More discussion to follow in the spring.

2022 Alpine Board Declarations / proposed candidates and job responsibilities: Current board members commented on whether they would continue. Will be needing four new board members to fill vacated seats to complete a full 13-member board.

Any other new business: Participate in Lake Zurich Christmas Tree decoration.

Adjourned at 9:00 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 = \$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**, 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:

Date: _____

Parent's Signature if under 18 years:

Date: _____