



The Runaround

The Inside Loop

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By Bernie Casserly

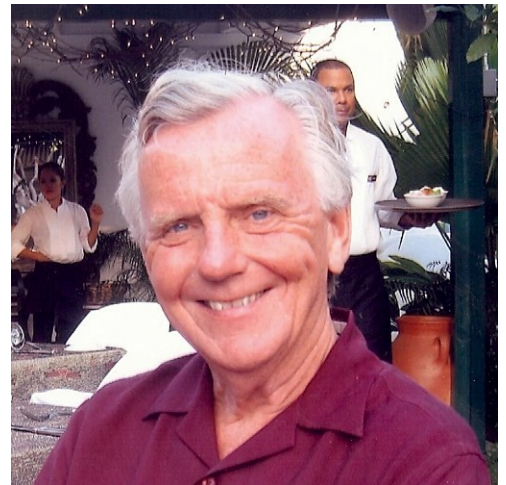
As we enter the fall marathon season, I hope your training is going well and this message finds you light, fast and injury-free. As I write this at the end of September, nine months have gone by with your NEW board. We have held four of our five annual races and are gearing up for our biggest challenge, the Turkey Trot.

On the positive side, our first four races – the Hook Half, the Marisa Run, the Women's Distance Festival and the Nyack 10 Miler – were professionally run and well received. They have all attracted larger fields and in most cases raised more money for their respective charities than last year. Total donations made by the club from these four races were \$120,000. Next year we face new challenges in that four of our five races will have new race directors who will need lots of help to insure that our events continue to grow and be professionally run. The biggest challenge we face is maintaining a willing and experienced group of race volunteers. While our membership is around 400, our core of volunteers is about 60 to 70, and is declining. In order to try to change this, the board will try to put together some kind of incentive program to expand our volunteer base. If you have any thoughts about what form this should take, send your ideas to the club mailbox.

At our last event, the Nyack 10 Miler, we had a great group of RRR volunteers which included, but were not limited to: Kathy Daly, Rich Tinger, Becky Thurn, Angelo Gallo, Larry Wolf, Amy Stern, Alison Luscher, Marie Killeen, Teresa Kenny, Steve Borton and Dan Hogan, just to name a few. Also very special thanks to our volunteer groups from Clarkstown North and South track teams and also a strong group from the St. Thomas Aquinas College track team. The three combined brought RRR over 40 volunteers, without whom the event would have had serious operational problems. Our thanks go out to these groups, but especially to Ray Kondracki and his athletes from Clarkstown South, who have volunteered for this race for over 15 years.

Please mark your calendars, as our next general meeting will be Nov. 4 at the Nanuet Restaurant and our annual holiday party is scheduled for December 11. More information will follow. Don't forget the Turkey Trot on Thanksgiving morning: please volunteer—we need you!

Good luck on your upcoming races.



Rich Tinger Receives Founder's Award

Reprinted from The Reporter Spring 2010

Rockland Road Runners promotes running and jogging in Rockland County. Membership is open to all. Yearly dues are \$25 (individual), \$15 (junior- under 18 and senior - over 64) and \$45 (family of two or more).

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The following stores offer members a 10% discount on running shoes and gear: The Running Company, NJ (various locations); Cleats & Sneaks, Nanuet. Orange County Sporting Goods in Middletown offers 20% off its list price on shoes. Gracie's Ravioli in Nyack offers a 10% discount to members and families.

The Carol Selinske Founder's Award is bestowed on an individual or group of individuals for their outstanding efforts on behalf of hospice and palliative care and the needs of the terminally ill in New York State. Winners of the Selinske Award consistently and professionally represent hospice and palliative care and the needs of the terminally ill in New York State, make outstanding efforts to enhance the awareness of the hospice concept and display exemplary leadership in local, New York and/or national hospice and palliative care efforts. This year's award winner, Rich Tinger exceeds the award criterion.

For nearly thirty years, Rich has directed his time, talents and philanthropic efforts to support hospice and palliative care providers across New York State. Rich has served multiple terms of office as a Board Member of Hospice & Palliative Care Association of New York State (HPCANYS). There have been few representatives from the business sector who have worked on behalf of the Association for as long a period as Rich. He has served multiple years on the Finance Committee, often as chairperson, and served for multiple terms as HPCANYS' Treasurer. In addition, he has always made sure that the businesses for which he has worked have supported the Association at all its educational programs.

Rich's understanding of hospice reimbursement has enabled him to structure mutually satisfying relationships between the businesses he has represented and downstate hospices. He has made it possible for hospice patients and families in downstate New York to receive the pharmaceuticals and durable medical equipment that they need, while structuring rates that were affordable for those hospices. In the early 80's, it was extremely difficult to find a pharmacy that would start the narcotics necessary to manage the patient's symptoms. Because Rich understood the need for such medications, the pharmacy for which he worked could be counted on to meet the needs of hospice patients in NYC.

Rich has demonstrated his commitment to hospice and palliative care in a multiplicity of other ways. Rich sits on the professional advisory committees of multiple hospice programs in the New York City metropolitan area. Several years ago, Rich served on a committee of representatives from several New York City hospices to plan the educational program, "Crossing Jordan," a program focused on expanding services to reach the African-American communities in New York City. He has been quick to refer friends, family and business associates for hospice care when appropriate. Rich has served on the advisory panel for two pandemic flu grants that HPCANYS received from the New York State Department of Health. He is also an invaluable member of this year's 30th Anniversary Gala Fundraiser Committee.

On the Web

www.rocklandroadrunners.org

Weekly E-News:

www.rocklandroadrunners.org/RRRNews.html

Group Runs:

<http://www.rocklandroadrunners.org/RRRtrack.html>

USATF Announces Results of Pre-run Stretch Study

To stretch or not to stretch? That's a question millions of runners ask themselves daily, but results from a USA Track & Field-sponsored clinical trial involving close to 3,000 runners confirm there is no difference in the risk of injury for those who stretched before running and those who did not.

The study randomly assigned people to perform a specified pre-run stretching routine or to perform no pre-run stretching for a period of 3 months. Those people who completed the study and complied with their group had the same risk of injury (16%) regardless of which group they were in. Overall, stretching did not provide protection against injury.

The study manager, Alan Roth, Ph.D., said, "For the study's specified pre-run stretching routine that millions of runners commonly use, the study puts to rest claims for and against it, but the devil is in the details. Using scientific method, we have arrived at some overall conclusions and learned some important details. If you've been doing pre-run stretching, it is best to keep doing it. A surprise finding was that many variables that we thought would strongly influence injury rates, didn't. For example, injury rates among women and men were similar while mileage, flexibility or level of competition also did not appear relevant. In general, younger runners fared no better than the older runners."

The study's Principal Investigator, Dr. Daniel Pereles, a Maryland-based orthopedist, said that participants provided information on many relevant variables when they enrolled in the study, permitting a thorough analysis of potential risk factors for injury. Participants provided information on such things as age, gender, usual stretching regimen, miles run per week, years running, warm-up activities, measurements of flexibility, concurrent diseases and medications, level of competition and so on.

Two of the variables recorded were found to strongly influence injury rates; people with a higher body-mass-index were more likely to be injured as were people with a recent or chronic injury prior to participating in the study. Participation was limited to runners who had no injuries for the six weeks prior to the study.

One additional risk factor was identified for people who informed us they normally stretch before they run. If they were assigned to stretch, they had a low risk of injury but if they were assigned not to stretch, the injury risk was double those who kept stretching. It's this result that most startlingly exhibits why people consider stretching to prevent injury. This study shows that those who are comfortable with their pre-run stretching routine should maintain it. They risk injury if they discontinue their pre-run stretching. For runners comfortable without pre-run stretching, they don't necessarily improve their injury protection by starting a pre-run stretching routine.

Darby Thompson, the study statistician, commented, "With the number of runners who contributed to this study, we have shown that the difference in injury rates between those performing pre-run stretching and those who did not is negligible. Although we identified other very important risk factors (weight, prior injury, stopping a stretching routine), because this study was specifically investigating the effect of pre-run stretching, other risk factors may influence injury rates but were not identified. More studies like this one should be conducted to confirm or refute the importance of other risk factors."

For more information on the stretch study, please contact Alan Roth at alan@alanroth.net or 301-928-6314.

For more details or to read the clinical findings, visit - <http://www.usatf.org/stretchStudy/index.asp>

Gunther Reclaims his Title

By Casey Tolfree

Art Gunther is something of a local legend when it comes to the South Nyack Ten Miler. That's because until last year when he was sidelined by a hip injury, the 39-year-old had won the race 11 years in a row.

The Nyack resident returned Sunday for the 22nd annual South Nyack 10-mile run at Franklin



2010 Winner Art Gunther (towel on shoulder)

Street Park and reclaimed his title with a time of 53 minutes, 38 seconds. Unlike in prior years, however, his competition was right behind him. Second place finisher Nicholas Roosa finished in 53:57.

"There was a lot of competition this time," Gunther said. "I expected to run a 55, so not only did I win, but I ran it a lot faster than I was expecting. It feels great"

The race is hosted by the Rockland Road Runners, and proceeds from the event have gone to various charities over the years. This year they are going to the South Nyack and Piermont volunteer fire departments and ambulance corps.

"We usually do pretty well for a small race," meet co-director and former Rockland Road Runners

president Michael Angarola said. "We usually end up giving close to \$5,000 to our designated charities. Since 9/11, we've been giving money to first responders in the area."

A field of 487 crossed the finish line. Many were from the tri-state area, but people come from all over the state to participate.

The race attracts people young and old – from 11-year-old Juliette Van Schaik, who finished in 1:59:39, and 13-year-old Liam Mallon of Garnerville, who crossed the line in 1:14:42; to Fernando Ruiz, who completed the race at age of 78, finishing in 1:53:34.

"Usually we attract runners from all over the metropolitan area; sometimes people who are visiting have run the race," Angarola said. "A large part of our runners are local people who enjoy the area and enjoy the run."

Mallon, who also ran the race last year, cut almost 13 minutes off his time from last year and exceeded his goal for this year's race. "I wanted to get some mileage under my belt for cross country season," the Fieldstone Secondary School student said. "It feels pretty good. I wanted to beat 1:20 which I did by a few minutes, so it feels good." Gunther has run the race 16 times. The people and the scenic views draw him back year after year.

"The people who run the race are always the best: the Rockland Road Runners, particularly the people in charge," he said. "It's probably the best race in Rockland, if you ask me. It's one of the prettiest courses; you run along the Hudson."



Past President Mike Greco

With This Rinse, Performance Improves

By Gina Kolata, New York Times July 20, 2010

Exercise scientists say they have stumbled on an amazing discovery. Athletes can improve their performance in intense bouts of exercise, lasting an hour or so, if they merely rinse their mouths with a carbohydrate solution. They don't even have to swallow it.

It has to be real carbohydrates, though; the scientists used a solution of water and a flavorless starch derivative called maltodextrin. Artificial sweeteners have no effect.

And the scientists think they have figured out why it works. It appears that the brain can sense carbohydrates in the mouth, even tasteless ones. The sensors are different from the ones for sweetness, and they prompt the brain to respond, spurring on the athlete.

Many athletes depend on sugary beverages to keep them going. But often, when blood is diverted from the stomach to working muscles during intense exercise, drinks or foods cause stomach cramps. So a carbohydrate rinse can be a way to get the same effect.

"You can get an advantage from tricking your brain," said a discoverer of the effect, Matt Bridge, a senior lecturer in coaching and sports science at the University of Birmingham in England. "Your brain tells your body, 'Carbohydrates are on the way.'" And with that message, muscles and nerves are prompted to work harder and longer."



It's a relatively small effect, said George A. Brooks, an exercise researcher at the University of California, Berkeley, who was not involved with the research. But a small difference, he added, "can make a big difference in competition."

The discovery began with some puzzling findings dating to the 1990s.

Until then, exercise scientists thought they knew why it could help to eat or drink carbohydrates during a long endurance event like a marathon. Muscles can use up their glycogen, the storage form of glucose, during long exercise sessions. But if athletes consume carbohydrates, they can provide a new source of fuel for their starving muscles.

That theory predicts that carbohydrates should have no effect on performance in shorter races, an hour or less. Muscles can't use up their glycogen that fast, and by the time the body metabolizes the carbohydrates for fuel, the race is almost over.

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Then came a handful of studies showing that carbohydrates did have an effect in short exercise sessions. Athletes, often trained cyclists, rode hard and fast for an hour or so after drinking either a beverage containing carbohydrates or one that tasted the same but contained an artificial sweetener.

In intense exercise sessions lasting more than half an hour, the athletes were able to go faster or keep going longer when they had the drink with carbohydrates. Their performance improved as much as 14 percent.

Some studies, though, did not find an effect. And the difference seemed to be that athletes who were hungry showed improved performance.

It made no sense. Could the body somehow have metabolized the carbohydrates in the drinks and put them to use in such a short time? Did the muscles even need carbohydrates in such short bouts of exercise?

Asker Jeukendrup, an exercise physiologist at the University of Birmingham, and his colleagues put that idea to the test. They were among the first researchers to discover a carbohydrate effect in cyclists riding hard for an hour, and they had been puzzling over what could account for it.

So they gave trained cyclists intravenous infusions of glucose or, as a control, intravenous salt water, before asking them to ride as fast as they could for about 24 miles, about an hour. The intravenous glucose meant the athletes had large amounts of sugar available right away — no digestion required. But it had no effect on their performance.

Next they tried what seemed like a crazy idea. They asked the cyclists to do the same ride, but first to rinse their mouths with the maltodextrin solution (or, as a control, with water).

“The results were remarkable,” the researchers wrote. Just rinsing with a carbohydrate had the effect as drinking it.

Other scientists repeated the experiment. One group used runners, asking them to run for 30 minutes or, in another study, 60 minutes. Rinsing the mouth with carbohydrates consistently led them to run farther, as compared with rinsing with placebos.

Dr. Jeukendrup and his colleagues continued to tweak the study conditions. What happened, they asked, if athletes ate breakfast before rinsing with carbohydrates, or drinking a carbohydrate solution? Then, they found, carbohydrates had no effect.

Meanwhile, neuroscientists found that rodent brains, at least, responded to carbohydrates in the mouth independently of their response to sweetness. It is carbohydrates that matter, and so artificial sweeteners do not stimulate these pathways that go from the mouth to the brain.

Then Dr. Bridge and his colleagues in Birmingham used functional magnetic-resonance imaging to determine whether glucose, which tastes sweet, has the same effect on the brain as the tasteless carbohydrate maltodextrin. They also tested artificial sweeteners for comparison. The brain scan results confirmed the exercise study results: Carbohydrates activated brain areas involved with rewards and muscle activity. Artificial sweeteners did not.

Is rinsing worthwhile for most athletes? Scott J. Montain, an exercise researcher at the United States Army Research Institute of Environmental Medicine, thinks not. The effect is real, he said, but added, “Endurance competitors are better off just consuming the calories.” That way they get real fuel, instead of “sipping and then spitting out expensive, sticky spit.”

Dr. Jeukendrup and Dr. Bridge, though, say they use the mouth-rinsing trick themselves.

“You do notice a benefit,” Dr. Bridge said. But he noted that in a study, the athletes don’t know if they are getting carbohydrates or not. “If you know you are doing it,” he said, “then there’s a chance it’s a placebo effect.”

Adopt-A-Road Cleanup

By John Melican and JoAnn Hodges

Thanks to the following members for participating in the cleanup on Saturday, October 2: Rich Tinger, Larry Wolf, Jack Ingrassia, Amy Stern, Gary Stern and Tim Hodges.

We find it disappointing that, in spite of many members enjoying the use of the road around the lake, few if any are willing to spend less than an hour's time a few times during the year to help keep it clean. This is not directed towards those who have regularly attended the cleanup but have had other commitments nor those of you who are actively involved in other club activities.

We look upon this as not only a club function but in taking pride in our community.

Getting Faster, Fitter With Summer Track Workouts

By Jamie Kempton

The club's 2010 Summer Track training program was an unqualified success. We met every Wednesday evening at Pearl River High School from May 5 to August 25. The workouts were designed to help runners of all abilities increase their fitness level, become more comfortable at faster training paces, and prepare for races if they were so inclined.

The workouts attracted a mixed group of between 20 and 35 runners for each session. Our first and last workouts consisted of a 3-mile time trial so we could gauge the improvement of those who continued the program throughout the season. Invariably, workout participants saw sizable gains in fitness levels from the beginning of the program till the end.

The heart and soul of the training program were the interval workouts, with distances ranging anywhere from 200 to 2,400 meters. Early in the season we concentrated on shorter intervals such as repeat 400-meter runs as the group adapted to the workload. As the season progressed, we increased the interval distances as the runners became fitter and more confident in handling the longer, stamina-building runs.

Highlights of the program included the popular (and challenging) 4-mile run up Perkins Memorial Drive at Bear Mountain, the repeat hill workout at Rockland Lake, and the Prediction Run Mile at the track. At the conclusion of the last workout we celebrated completion of another year with a mini-party at the track, complete with hero sandwiches, beverages and lots of good cheer.

The workouts were supervised by coaches Jesse Hackell, Jamie Kempton and Bernie Casserly. We encourage runners of any ability level to come join us for the 2011 Summer Track program. Remember, not everyone can win the race, but everyone *can* improve on their personal best. You don't need to be a speedster to run these workouts. All are welcome!



2010 Track Workout Participants

How to Choose Proper Shoes

Reprinted by permission of Dr. Bruce Pinker

Now that summer is nearing its end, many of us will soon be stepping out of our sandals and stepping into our shoes. Choosing proper shoes is very important since improper footwear choices lead to most foot conditions, foot deformities, and foot pain.

When choosing a pair of shoes, it is essential for us to know our *"*foot type.*"* There are three distinct types of feet: the flatfoot, the high-arched foot, and the normal foot. A simple test will help you determine your *"*foot type*"*: "The Wet Test."

To perform "The Wet Test," simply place a large piece of paper on the floor. Next, wet your feet completely and step across the piece of paper - you will see an outline of your feet on the paper. If your outline is oval-like, then you have a flatfoot. A skinny question-mark outline indicates that you have a high-arched foot. An outline in between these two just mentioned points to a normal foot.

If you have a flatfoot, your feet have a tendency to pronate (flatten), and you should wear anti-pronator shoes/sneakers. For the high-arched foot, your feet have a propensity to supinate (roll outward), and an anti-supinator shoe/sneaker is most appropriate for you. Normal feet have more leeway in choosing footwear, but quality should never be compromised.

In terms of running shoes, the highest quality brands, which are available at most footwear stores, include: New Balance, Asics, Brooks, and Saucony.

Taking good care of your feet can be your first step towards good health. Remember, your feet are the foundation for your body.

Best wishes for an enjoyable autumn season.

Yours in good health,

Dr. Bruce Pinker, DPM, AACFAS, AAPWCA

Adapted from "Exercise Safe to Lose Weight", an original PowerPoint Presentation, created by Dr. Bruce Pinker, Copyright 2009

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The Runaround

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or mail to RRR, Box 132, Congers, NY 10920**

Next Club Meeting

7:00 p.m.

Thursday Nov 4, 2010

Nanuet Restaurant