



We've Got the Runs...and So Much More

PRESIDENT'S MESSAGE

By: Dr. Ron Ray

Welcome to Race Montana's 3rd quarter newsletter. I hope your summer was enjoyable and fruitful if you decided to compete in any races. We actually had a fantastic summer once the snow melted and the run-off subsided.

As some of you may know Race Montana, Inc. organized and directed the 5th Annual Harvest Thunder Triathlon on August 13, 2011. The event took place at the Electric City Water Park. We had 145 participants of all ages. The day was fantastic and a success. Not too hot and not too cool for the triathletes. The swim portion took place in the Electric City Water Parks 50 meter pool as a "Snake Swim." Participants swam up and back across 5 lanes of the pool to complete 500 meters for the adults and the youth completed less. The bike portion (out and back for a total of 12 miles) went out lower river road and returned to the Water Park. The 5K run left the Water Park and crossed the Missouri River and went out and back through West Bank Park on the Rivers Edge Trail. Participants finished in front of the main building of the Water Park. We had 70 plus volunteers from multiple local organizations. We are indebted to our sponsors for their support of this event: Foot and Ankle Clinic of Montana, Steel Etc., Elkin Family Dentistry, KRTV, Meadow Gold, Big Horn Wilderness, TBID, Wendy Weissman CPA, JCCS CPA's, Allegra Signs and Graphics, Hammer Nutrition, Geoff L'Heureux Multi-Sport Coaching, Biofreeze, Golds Gym, Scheels All Sports, Trevor Niswanger, Pepsi, Doors and Hardware, GU, and Shortgrass Web Development. Please, please take the time to seek out these businesses when you need to make purchases in an effort to show our support of their efforts to assist Race Montana, Inc and the Harvest Thunder Triathlon. Tentative date for the 6th Annual Harvest Thunder Triathlon is Sunday, August 5th 2012. Consider competing as a single or get a team together and have some fun.

Race Montana, Inc has several upcoming events before our season comes to an end. On October 8th come be a part of the What Women Want 5K run or walk, whatever suits you. It will start at 9:00 AM in West Bank Park and will follow the Rivers Edge Trail. Don't forget the Montana Cup on Saturday October 29th, at the Anaconda (Black Eagle) Golf Course. Start time is 1 pm. The Montana Cup involves a 3-5 mile run course that moves from city to city across Montana and is directed by the host city. Each year the Montana Cup is in a different city. Cities from across the state will be sending their runners to compete in this event. Come out and represent Great Falls at the Montana Cup. We also have Save The Tah Tah's 5K run or walk on October 29th. Start time is 5:00 pm. Our last event of the season will be Burn the Bird Run on Thanksgiving Day. It may be a little chilly by Thanksgiving, but we usually have a great time. Look at your schedule and see which events you can attend and support our final events for 2011.

Don't forget we have two running groups in Great Falls, the Grrrranimals and the Blister Sisters and Misters. The Grrrranimals are currently meeting on Tuesday and Thursdays at 7:00 am and 6:00 pm. The primary organizer for this group is Kristina Smith and she can be reached at trailtigger@yahoo.com to receive the schedule for

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RACE MT

FEATURE EVENTS

Saturday, Oct. 29
Save the Tah-Tah's
5k fun run/walk

3:00-4:45 p.m.
 registration and
 packet pickup
5:00 p.m. Start!

Thursday, Nov. 24
Burn the Bird
5k/10k Great Falls

7:00 - 7:45 a.m.
 packet pickup and
 registration
8:00 a.m. Start!

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INFORMATION FOR
OUR NEXT
NEWSLETTER!**



Stay on top of your
game when it comes
to hydration!

PRESIDENT'S MESSAGE CONTINUED...

where they meet each week. The Grrrranimals runs involve a combination of the following: running/jogging, intervals, hill training, plyometrics (jumping activities or drills), Core (trunk) exercises, upper as well as lower extremity strengthening activities. The workouts last less than an hour. On the weekends the Grrrranimals will schedule a long run, usually on the North or South Shore Trails along the Missouri River.

The Blister Sisters and Misterys are organized primarily by Wendy Lee. You can reach her at wlee@silverstatelaw.net for a schedule of their activities. Generally they meet at Golds Gym on Wednesdays and Saturdays for runs of varying lengths. Please contact Wendy for their current schedule.

Take some time to read our newsletter. We have information on hydration needs for the runner by registered dietitian at Malmstrom Airforce Base, Jacquie Maillet, MS, RD, CSSD. Check out the "Body Shop" for details on how to keep you body strong for running or walking. Our new "Body Shop" section is headed up by Peggy Ray, DPT, Physical Therapist at the Physical Therapy Clinic at the Evergreen Square. We will also be featuring other health-care specialists in this section to bring you updates on training and conditioning tips.

If you have any topics or areas of interest you would like us to cover either in our newsletter or as a small group presentation, please let us know. We will do our best to accommodate the requests of our members. Please see our tentative schedule of events for 2012 and find out which events you may want to attend. Enjoy the fall and we will be touching base with everyone after Christmas. See you out on the road and trails. Take care.

Best regards,

Dr. Ronald G. Ray
President, Race Montana, Inc.
www.racemt.com

FLUID NEEDS FOR RUNNERS

BY: Jacquie Maillet

A runner needs fluids for optimal performance and to prevent dehydration and its' negative effects. The following tips will help you stay on top of your game when it comes to hydration.

- Drink 2 cups of fluids 2 hours before running.
- Drink 5 to 10 ounces of fluids every 15 to 20 minutes during exercise. (Drink a sports drink instead of water if running for more than 1 hour).
- During a road race, grab the cups of water offered to you and drink at least five swallows before tossing the rest over your head. Remember that fluids poured on your body don't help to hydrate you.
- During training runs, carry bottles of fluid in a fanny pack or stash them along your route.
- Don't rely on thirst to tell you when to drink. By the time you are thirsty, you are already slightly dehydrated.
- After running, drink about 3 cups of fluids for every pound lost. This is especially important if you train every day.

Train yourself to drink on schedule to avoid dehydration.

Happy running!

Reference: American Dietetic Association

BODY SHOP**By: Peggy Ray**

Have you ever discovered the day or two after a great race that it was hard to go down to the basement?... hard to sit down on the toilet? If so, then you are in good company!

Delayed Onset Muscle Soreness, also referred to lovingly as DOMS, is a perfectly normal response to strenuous activity that is above the intensity level you are accustomed to training for. It affects virtually every adult at some point during their lifetime. DOMS develops 8-24 hours after unusually rigorous exertion and can last up to 7 days. Symptoms include pain, tenderness, and stiffness when attempts are made to stretch or contract the effected skeletal muscle groups. Functional decreases in strength and motion can also result. This sounds bad!... but is it?

DOMS was first defined in the medical literature in 1902. Our understanding of its etiology has advanced, but has not changed significantly in over a century. Microtears occur in the protein myofilaments within a muscle cell in response to repetitive eccentric forces. We experience eccentric forces when our muscles are lengthening during contraction, such as when we run (esp. downhill), or perform squats and lunges. Delayed onset muscle soreness is the inflammatory response that precedes our bodies' adaptive remodeling process. Muscle fibers are repaired to have greater stamina, strength, and resistance to further damage. These benefits last up to 8 weeks. This sounds good!... but is it?

Well, we all like the idea of getting stronger and faster! ...but, who wants to suffer? What can we do to lessen the ill-effects of DOMS? Sorry! There is no universal answer. I can only summarize the recommendations provided in the recent fitness and medical journals on the topic, but you will have to try them out and see what works best for you.

Active Recovery. By far, the most highly recommended treatment for relieving DOMS is low intensity exercise. The benefits include enhanced blood flow, reduced accumulation of waste products, and increased endorphin release – all of which help speed the recovery process.

Gentle Massage – either by your favorite therapist or the good ol' foam roller. Don't forget an effective topical cream - *Biofreeze* is one of our race sponsors!

Post-Exercise Recovery Drink/Meal - with the recommended combination of protein and carbohydrates. "Oh, so that's why Race MT has chocolate milk in the finisher's tent!"

Cold water immersion – effective if performed immediately post-exercise. Hot soaks are more effective on subsequent days once the soreness has settled in.

NSAIDs – such as Aleve, Ibuprofen, Motrin.

Proper Training – including warm-ups, speed/hill intervals, and consistent stretching.

Intensity/duration increases should not exceed 10%/week.

Hydrate! I've heard pomegranate and tart cherry juices have natural antioxidant and anti-inflammatory properties.

So... prepare well, run hard, have fun, and rest easy knowing that you are getting stronger - even if it's hard to descend the podium steps.

“Delayed Onset
Muscle
Soreness, also
referred to
lovingly as
DOMS”



**Avoid post
event DOMS by
trying the
recommended
activities listed!**

Club Running is Online: www.rrca.org

Club Running is the complimentary publication for members of the RRCA. Club Running is made possible from support by our advertisers and through a partnership between the RRCA and the Running Network LLC. Highlights from this issue includes: Preventing Burnout, Optimizing Your Diet, Q&A with the Running Doc, and more. [Read Club Running](#) today!

MEET A MEMBER: WENDY LEE

About Me: I grew up in Great Falls, and graduated from Great Falls High. I have been married for 15 years with one son and two step sons. I currently work as a paralegal. I am the Secretary/Treasurer for Cruise for Kids, and a Board Member of RACE MT. This photo taken after the Kickin 1/2 with two of my bestest running buddies...Michelle and Shawna. Shawna is the one that got me started running. Michelle is the one that keeps me going.

I started running: I decided I needed something to occupy my time when the boys were grown and gone, so I started running. It was April of 2005. My first race was the 2005 Burn the Bird - it was nice that day, we were in shorts. After only a few months of running, my friends (if you can call them that) talked me into running a full marathon. We started training, they bought my entry fee for a birthday present and in April 2006, I ran the Governor's Cup in Helena.

Most Memorable Run: I have a lot of great memories from all of my races. I think one of the most memorable was a trip our Blister Sisters & Misterys group took to Sequim, Washington. I picked the race (which they will never let me forget). There was no elevation chart online "due to the overall flatness of the course." I figured it was a perfect race. Ten of us took off to run Sequim to Port Angeles, Washington. Absolutely beautiful course along the Olympic Peninsula. However, it was anything but "flat" and everyone complained after the race about the hills we had to run. They still give me a hard time.

Favorite Race MT Event: Obviously, I truly enjoy the Cruise 4 Kids bike ride that takes place in June. It's a fun, fun ride and words cannot describe how I feel to see the excitement and joy on the children's faces when they receive their bikes. My second favorite Race Mt event would be the Kickin 1/2 in Great Falls. The weather is always wonderful. It's always a good time to run with friends on the River's Edge Trail.

My goal: My goal for 2012 is to compete in a 1/2 Ironman.

RRCA NEWS & INFO

www.rrca.org

Mapping/Logging Websites

[Gmap-Pedometer](#) - A quick and easy site for mapping your routes, determining your distance along with calories burned.

[USATF Running Routes](#) - This is the USATF mapping tool, which allows you to save your route and calculates elevation, too. The USATF website also has an archive of routes mapped by others that is searchable by location, terrain, length of run, etc.

[MapMyRun](#) - This site offers both free and fee-based membership and services. Users can map and log runs, but some of the other services on this website require a premium membership.

[Daily Mile](#) - This is a free site, but it requires registration. Users can use this to map and log runs as well as track training and network with others. The social networking component of the site allows you to connect with friends and even link your account to your Facebook account.

[Strands](#) - This is a free site, but it requires registration. Users can use this to map and log runs as well as track training and network with others. The social networking component of the site allows you to connect with friends.

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MONTANA CUP:

www.montanacup.com



**OCTOBER
29th
in
GREAT
FALLS**

The Montana Cup cross-country meet offers an exploration of Montana's magnificent open spaces. It is not a road race, nor is it an ultra-endurance trail run; it's a team event, which brings together runners from all of Montana's cities for competition, racing across country, for the glory of claiming a "traveling trophy" - the Montana Cup.

Great Falls Region Team Organizers - Team Color: Red

Open Women: Kristina Smith 231-2681; trailtigger@yahoo.com

Masters' Women: Jacquie Maillet 231-1651 (c); runacadie@yahoo.com

Open Men: Dave Chandler 781-2711 (c); davewchandler@hotmail.com

Masters' Men: Bob Boland 453-8377 (h), 788-6565 ©; bboland79@yahoo.com

Great Falls will host the 2011 Montana Cup at the Anaconda Hills Golf Course in Black Eagle on Saturday, 29 October. Contact the appropriate Team Organizer to get registered. There is no mail in registration or race day registration. **PLAN AHEAD!**

Males will race first at noon, and females will commence racing at 1 p.m., shortly after the males finish.

The Montana Cup's underlying mission is to unite the state's widespread runners & running communities, to foster continued training & racing among Montana runners of all ages, and to leave each participant thinking ... "that course was excellent, exciting & beautiful!"