



# RACE MONTANA

*We've got the RUNS...and so much MORE!*

Volume 2, Issue 1

First Quarter 2013

## President's Message...

Hello Everyone,

Well 2012 has come to a close and the New Year is underway. We had a White Christmas which is always a blessing for us Montanans. I hope your 2012 was what you had hoped it would be or better. If things did not work out so well, it's best to let what is in the past stay there and look ahead to 2013.

Race Montana, Inc. had a busy year organizing and directing a number of new races in 2012. Several races we had promoted in the past were planned to be discontinued by their race directors. Instead of letting these events be cancelled, we decided to keep them going by running the events ourselves. It presented many challenges for our group; but, we learned a great deal about how to promote and direct running events. We go into 2013 with many challenges conquered. We are well aware that this is a process that will continue to be refined each year as we move forward. We are indebted to all the volunteers from across the city that helped at our events throughout 2012, especially those men and women from Malmstrom Air Force Base. Their service at our races was invaluable. Furthermore, we are blessed to have numerous sponsors who have donated funding, products, services, time and so much more. Without these individuals and businesses, our ability to function would be nearly impossible. Please see the listing of sponsors who contributed to our efforts in 2012. I would ask that you support these businesses throughout the year. Let them know you are a member of Race Montana, Inc. and that you appreciate what they provide to our organization.

In 2013, we will be promoting and directing many of the same events as last year. Please see the race calendar in this issue to see which events you may want to be a part of. We will be promoting our trail series again which is directed by Kristina Smith. There will be three events this year that will have components for runners as well as for those who wish to walk. These events will start at the Ryan Dam North Shore Trailhead, the South Shore Trailhead heading towards Cochran Dam and a final event starting from Marony Dam. We will also be involved with the Cruise for Kids, The Walk It/Save the Ta Ta's Run, The Race Montana Triathlon, What Women Want Fun Run, the Kickin Half Marathon & 10K, Burn The Bird, as well as two new events sponsored by Scheels ~ the Red, White and Blue 5K / Duathlon and the Halloween Scare 5K and Kiddie Run. There is really something for everyone. We urge you to get involved and get fit with your friends. Although we will have registration forms available, we urge you to sign up EARLY online at WWW. PRERACE.COM.

Finally, you hear the name Race Montana, Inc., but do you know who the individuals are behind the name? Our group is made up of outdoor enthusiasts (much like yourselves) with a desire to see others succeed and become more fit and healthy. All of our members volunteer their time outside of their full time job or in some cases jobs. These individuals have a passion for service and without them this organization could not exist. If you know one or more of them... next time you see them, please take the time to acknowledge their efforts: Tina Hart. Wendy Lee. Peggy Ray. Melissa Guzman. Kristina Smith. Jacque Malliet. Ann Whittlesey. Melissa Widseth.

We look forward to serving your race needs in 2013. I pray that your New Year is blessed and 2013 is fruitful.

Take care.

Ronald G. Ray  
President, Race Montana, Inc.

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# BODY SHOP...

I learned a very valuable lesson while running the Wolf Creek Canyon Relay this year.

I learned how to effectively treat ETAP. ETAP? What the heck is that?

ETAP is the acronym for exercise related transient abdominal pain ... more commonly known as “side stitches” or “side ache”.

It was a cool morning. I was only a mile or so into my leg of the relay. I had started out faster than I routinely train for and my breathing had not settled into a comfortable rhythm. I began to develop a pain under the right lower edge of my ribcage. Thankfully, Branch Brady (former CMR Cross Country Coach) drove by and saw the pain in my face and my right arm stretched over my head. He immediately went into “coach mode” and began to direct my breathing. “Breathe in as deep as you can. Hold it for a moment. Now, blow it out as hard as you can!” After quite a few breath cycles, it worked!!! I could feel the pain subsiding. As he drove away, Coach Brady shouted, “Keep that up!” ... you get side-stitches from “lazy (shallow) breathing”.

There is actually very little consensus and no proof about the cause, cure or prevention of side stitches. An internet review revealed a variety of probable causes...

- “dual pinching” effect - caused by the pumping action of the legs putting pressure on the diaphragm from below, while rapid breathing expands the lungs and puts pressure on the diaphragm from above. (The diaphragm is the large, flat, muscular membrane that separates the chest and abdominal organs and helps force air into and out of the lungs during breathing.) This shuts off the flow of blood and oxygen, and causes pain, cramps or both.
- stretching the ligaments that extend from the diaphragm to the internal organs, particularly the liver, due to the repetitive jarring motion of running. This seems to be even more of the case when runners exhale when their right foot hits the ground (side of the liver).
- Dehydration
- Drinking sugary carbonated beverages prior to exercise
- Eating (esp. fatty foods) within an hour before exercise
- Imbalances in the thoracic spine – scoliotic curvature or kyphosis (hunching) that increases friction on the peritoneum, a membrane that surrounds the abdominal cavity.
- Weak abdominal muscles.

Whatever the cause may be, “side stiches” are to be avoided! ... or gotten rid of as quickly as possible, especially during a race! There are many suggestions for avoiding or alleviating “side stitches”.

## **Prevention options –**

- Develop a rhythm to your breathing. For example, try three strides with inhalation and four strides with exhalation to promote gas exchange and oxygenation of the muscles.
- Practice your nutrition and hydration during training. Don’t try any new foods or beverages before or during a race.
- Insert a couple of intervals of fast running during your regular weekly training to strengthen your diaphragm.
- Don’t neglect your core strengthening.
- If the weather is cold, breathe through a scarf

## **Treatment Options -**

- “Branch Brady technique” - Breathe deeply (also referred to as belly breathing) . Hold for a second. Forcefully exhale through pursed lips.
- “poke and blow” technique - Push your fingers deep into your belly just below your ribs on the side of discomfort. At the same time, purse your lips tightly and blow out as hard as you can.
- Slow your Pace. Raise your arm (on the side of the pain) straight up and lean toward the opposite side. Hold for 30 seconds, release.

In my case, the “side stitches” never returned.

I was able to complete the race without losing my pace! (Thanks again Branch!)

Experiment with the options and find what works for you.

**Just remember... NO “lazy breathing”!**



# Meet a Member

## **Melanie Raffensperger**

**ABOUT ME:** I'm married, mother of 2, ages 5 and 2, work at Benefis as an occupational therapist. I have lived here in Great Falls since the fall of 2007, but grew up in Wyoming. I have a twin sister who lives in Helena, who is also a runner.

**I STARTED RUNNING:** In 2001, I was fresh out of college, started my first job as an OT in Scottsbluff, NE. My sister and a friend decided they were going to train for a marathon. I decided to join them for a 10 mile training run, even though my longest run prior was only 4 miles. It was easier than I thought it was going to be, so I decided I would start training too. We all completed our first marathon in the fall of 2001, the Boulder Backroads Marathon in Boulder, CO.

**MOST MEMORABLE RUN:** Big Horn Run 30K in 2008. Saw two moose when being bussed up to the start. A beautiful run, and challenging terrain. Have done it two more times.

**FAVORITE RACEMT EVENT:** The Lewis n Clark trail series run was a lot of fun. Loved the terrain, and I took first in the women's, a bonus for me!!

**MY GOAL:** An ultramarathon before I turn 40. I may start training for it this year!!



# Nutrition Corner

## Vegetarian Eating for Athletes

What do Martina Navratilova (tennis player), Dave Scott (Ironman), and Scott Jurek (ultra marathoner) have in common? They all adhere to a vegetarian diet.

There is no question that a vegetarian diet that includes a variety of plant based foods can contribute to good health for an athlete. However, if poorly planned a plant based diet may lead to a shortage of some valuable nutrients.

Vegetarians by definition do not eat meat, fish/seafood or poultry.

Vegetarianism in general, however, can encompass several variations:

- Lacto-ovo vegetarian: diet includes dairy foods and eggs.
- Lacto-vegetarian: diet includes dairy foods but not eggs.
- Ovo-vegetarian: diet includes eggs but not dairy foods.
- Vegan: diet excludes all animal products.
- 

If a vegetarian diet is not planned properly it may lead to deficiencies in protein, iron, zinc, calcium, and vitamin B12. If you are thinking of adopting a vegetarian lifestyle, or are already a vegetarian, here are a few tips to help you meet all of your nutritional needs.

**Protein:** meet your daily protein and amino-acid needs by eating a variety of plant-based protein sources such as legumes, tofu, texturized vegetable and soy protein, quinoa, nuts and seeds. Add dairy foods and eggs if lacto-ovo vegetarian.

**Iron:** include plant-based iron rich foods in meals and snacks such as legumes, nuts, seeds, whole and enriched grains, dark leafy vegetables and dried fruit. Consume foods high in vitamin C with iron-rich foods to boost iron absorption.

**Zinc:** eat legumes, tofu, tempeh, nuts, seeds, brown rice and whole grains regularly. Use sprouted legumes in salads and sandwiches.

**Calcium:** found in dairy products, dark green leafy vegetables, fortified tofu, fortified soy, almond or rice milk, fortified fruit juices, legumes and nuts.

**Vitamin B12:** good sources are dairy products, eggs, nutritional yeast, fortified foods (soy milk, cereal, meat analogues). If you are vegan, choose vitamin B12-fortified foods or take a vitamin B12 supplement daily.

Vegetarianism can be a healthy way of life as long as you follow these tips. Taking the necessary steps to ensure this dietary lifestyle is well rounded, balanced, and thought out will lead you down the path of a “fruitful” and healthy life style.

For more information on vegetarianism: [www.vrg.org](http://www.vrg.org)

Recommended book: “Becoming Vegetarian” by the Academy of Nutrition and Dietetics

Jacqueline Maillet

# 2013 RaceMT Schedule

## March

16 St. Paddy's Day Race (GF)

## April

28 Ice Breaker (GF)

## May

19 Buffalo Jump Half Marathon (Ulm)

25 Scheels Red White & Blue 5k & Duathlon (GF)

## June

15 Cruise for Kids (Cascade/Ulm)

## July

20 Save the Ta-Ta's 5k & RaceMT Walk! (GF)

## August

4 RaceMT Tri (GF)

10 Trail Series Race #1

31 Trail Series Race #2

## September

14 Kickin' Half Marathon & 10k (GF)

28 Trail Series Race #3

## October

6 Wolf Creek Canyon Relay

12 What Women Want Fun Run (GF)

26 Scheels Halloween Scare 5k & Kiddie Run (GF)

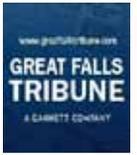
## November

2 Montana Cup (Butte)

28 Burn the Bird (GF)



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