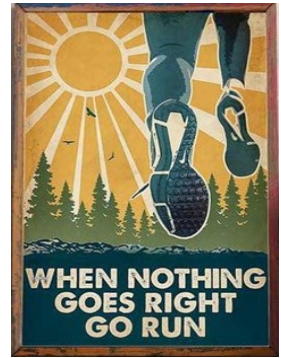




SUMMER HOT FUN RUNS

River Region Runners Report!

JUNE 2023 VOL. 5: ISSUE 2



Stay Hydrated During The Summer Heat

When the temps start to heat up, think hydration. It can literally make or break your workout. In fact, it can be a major factor to a race day DNF (did not finish) or PR (personal record). Whether it be from over-or-under-hydrating. Making sure you're hydrated will get you to the finish line feeling good. How will you know you did a good job? **First, you could weigh yourself before and after your run.** If you've lost weight, up your intake a bit. Weight loss of 2% may cause decreases in performance and negative health implications. If you have gained weight, slow down! Weight gain may indicate excessive hydration which can lead to hyponatremia or 'low blood sodium.' This results from having too little sodium in your bloodstream as a result from either unsuccessfully replacing the sodium lost in your sweat and/or overdoing it on the water stops. It's much rarer than dehydration but the consequences are more severe including bloating, nausea and in extreme cases brain seizure or even death. Another way to check your hydration status is to use the "pee test". If the color of your urine is clear yellow – not too dark but also not too light – then you are likely adequately hydrated. You should also be visiting the bathroom at least every 2 to 4 hours. Any less and you may need to up your intake throughout the day as well as during your workout. So how much do you need? **Pre-Workout or Long Run:** In general, aim for 1.5-2 cups (12-16 oz.) of water or sports drink at least 2 hours in advance of a long run or big workout. You can drink about 1 more cup (8 oz.) 15-20 min before. **During Exercise:** Drink 1/2-3/4 cup (4-6 oz.) every 15-20 minutes. That is equivalent to a couple of gulps every 15-20 minutes. If it is hot (over 75 degrees) or you are an excessive sweater you may benefit from more than this, so it is important to practice now and find that sweet hydration spot for you. Also, the bigger you are, the more you'll need and vice versa. The best way to know exactly how much is to practice seeing what you can tolerate and what feels best for you. Just be aware of how you are hydrating as the consequences are not pleasant.



Date	Race	Location
10-Jun-23	MGM 5K on the Runway	Montgomery AL
10-Jun-23	Share the Road, Remembering Raymond Butler 5K	Eclectic AL
17-Jun-23	Cornerstone Peach Run	Clanton AL
24-Jun-23	Ozan Wine Run 5K (R3 Team)	Calera AL
4-Jul-23	BTC Peavine Falls Run 8.2 Mi	Pelham AL
8-Jul-23	Whitewater 5K	Montgomery AL
5-Aug-23	Woodstock 5K (RRCA 5K Championship; R3 team)	Anniston AL
5-Aug-23	Bushwacker 5K	Pensacola FL
1st Sun J/J/ A	Sunrise Social Club Wildcat Summer Series 5K	Montgomery AL



Club Members share “Why join R3?”

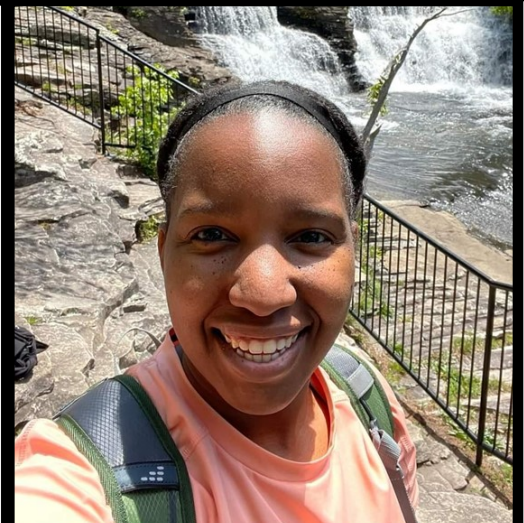
1999 and 23 years younger, the Sunday School Class I was in decided we needed to run the Jubilee 2 mile race. Dale Daniels had training sessions. I did the race, survived, one of the last to finish and decided that was one of the dumbest things I have ever done. I was done running. A few days later, I thought, I can't let the pavement beat me. I would sign up for a 5k, train for that race and stop until the next 5k. While waiting to start the Cruising the Creek 5k in Prattville, the sweetest person (Barb Gill) asked me about my running. She asked me for my email address and invited me to run with the group meeting at Shakespeare. That's where the real joy of running began. The joy continues and I now get to share it with my kids and grandkids. I can't imagine life without the support, friendships and camaraderie of the running community. Running is the smartest thing I have ever done.

Kathy Bond is faithful member of club and pictured right proves how fast she is! Trophy winner at Pancake Run! Go Kathy Go!



Newer Members also share their “Why?”

As early as middle school I've been drawn to sports. I've played in several intramural sports. Now that I am older, I maintain a minimalist home gym & use regular housekeeping chores to stay active. ***Summer of 2020, I became really interested in trying to find a group of people who share my interest in sports and outdoors.*** I craved a team like atmosphere with people who are caring, consistent and open to mentor me as I grow on this journey. The first step, for me was participating in the 2022 Jubilee, 2 mile walk. I had not trained, I came alone, & this was my first race in Montgomery. I was nervous. However, I met Patti Preston in the first 1/2 mile. I asked to pace with her. I was so amazed by the smile and openness that I received. We paced all the way to the finish line. I even earned a medal and a door prize! Who knew that day I'd find the group I was looking for? I would go on to register for three other races in 2022 - slowly meeting the rest of the River Region Runners. Each encounter I was welcomed with smiling faces and laughs. Through the help of this group have found a level of consistency I haven't had in years and I've reached some health goals. Most people cannot understand my need to walk 3-5 miles multiple times a week, or my joy after a good cardio session. This group understands which is precisely why I joined. ***R3 welcomes Bridgette King!***



Thank you Bridgette for sharing your “why” & how RS has helped you find “your people! We are glad to see your smiling face at the races, R3 Biscuits game fellowships and club meetings!

Long time R3 member or new to club, if you'd like to share your “WHY,” please contact Newsletter Contributor Kelly Owens. We would love to hear what the club has done for your running growth!

Why Exercise? The Importance of Movement!

Think of stirring the waters of your body when you exercise. Our bodies are approximately two-thirds water. Stirring the waters with exercise is essential for you to prevent “bodily stagnation.” Think of what happens when water sits for a long time in a cup, puddle or pond. It eventually gets covered with slime and gunk, breeds disease, and becomes toxic. That process is similar to what’s going on in many people’s bodies. Yet when you exercise, the waters move, life thrives. ***Running water is usually fresh water. Rivers and waterfalls are beautiful and inviting – alive.*** That’s a perfect picture of what exercise does. It refreshes your body and clears it of toxins and cellular garbage, sharpening your mind and giving you strength and energy. So when you exercise, think of it as the remedy to prevent death and “stir the waters of life” in our bodies. It’s time to take your health into your own hands and stir the waters with exercise. ***Your body also was designed to move. It needs water, rest, food and exercise to run smoothly.*** When you “park” yourself in a chair and don’t exercise, eventually you ruin your engine. Many people are sick because they haven’t stirred their waters with movement and action. Soon they will get to the point where they can’t exercise because their bodies get so broken. So what are you waiting for? Get out there and move your body to become a better you, both physically and mentally. Your body will thank you for it!



Enjoy the journey to a new improved you by finding fun through exercise!

President Pete’s Ponderings

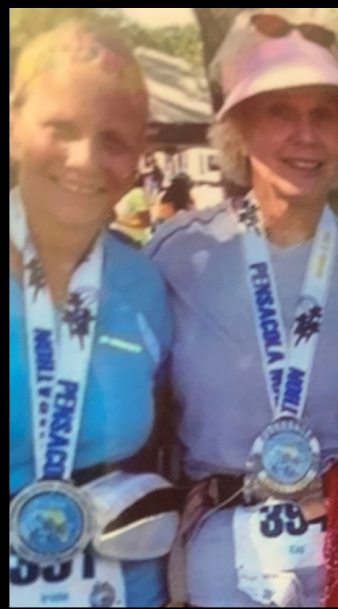
Can you believe it, the spring running season is already in the rearview mirror. And what a season it has been with some great running events all over central Alabama and beyond culminating with the Road Runners Club of America State 8K Championship at R3’s 44th Jubilee Runs. ***The RRCA championship designation attracted some great runners that broke not one, but two Alabama 8K records for 44- and 24-year-olds!*** Now as we transition into the summer running season, there are both iconic and new running events scheduled between now and, it will be here before you know it, the fall running season. Plan to take advantage of these race opportunities as many were not available just a few short years ago. With the much warmer weather ready to bear down on us till the end of September, please remember to hydrate, hydrate, and then hydrate some more! As always, keep one foot in front of the other...

Pictured right in Pete at Peavine Run on July 4th! Hot fun run!!!



“The Old Man Shuffle is JUST FINE!”

If you don't know the “old man shuffle,” then you are not old. It is a style of running for your later years that during my youth, I thought how strange it looked. When running marathons in my early 40's, I would see an older man or woman shuffle by. Moving slowly, but steady. *How odd it looked and I wondered why they were still out there pushing their old man body to its limits.* Now I know the answers as I'm doing the “old woman shuffle!” It is due to a number of factors. First, you jog slowly to see what body part is aching. Then you try to remember where it hurts and how to keep that gait going with no pain. *(But with old man body comes the old man mind so you forget!)* Walking is totally acceptable now as you need to make sure the body holds up until you get to the finish line. Yes I am soon to turn 69 years old and marvel when I am under a 15-minute pace. Last November was a high point as I ran walked the Battleship Park 7.5 miles in under a 15-minute pace! Long distance runs are kind out of the question these days but “my mind still wants to cash checks my body doesn't have the funds for!” So I still bravely sign up for the Double Bridge Run or a longer distance at times. My last marathon was to celebrate my 60th birthday. It was the Pensacola Marathon and I was the very last person that made the clock cut-off! So when running in your later years, you take the victories where you can. That was definitely a win for this Granny! So enjoy your running and if you are fortunate like me, you will one day be doing the “old man shuffle.” Many persons don't have the opportunity to challenge themselves in their later years. It is an honor to be the caboose these days. If I make it to the starting line, it's a win. Long may you run! *Kay Cannady, Run/Walker who wants to keep moving as long as she can!*



*Pictured far left is my first marathon at Disney age 40, The one where I am seated was after my last marathon to celebrate turning 60. In the middle is Irene Tyner who decided to do her first marathon at age 60 when she heard that I was training for my last one. That's the fun of being in R3! Where else would you meet someone to join you for a marathon at age 60! **R3 members ROCK!***



Running with a group NOT only makes you faster, it makes you meet new FRIENDS! Watch for R3 Training Runs before races and Fun Pub Runs to fellowship with like minded folks! You'll be faster