

# Crossroads



## Crossing Training: What's It All About?

By Casene

It's that time of the year when the streets, parks, every trail and path, are filled with runners preparing their bodies and minds for a fall marathon. It seems that running has become the new sport of choice and everywhere you turn, you can spot a runner out for that long Saturday or Sunday run. We all know what they look like: the water belt around the waist, the GU gels packed in every pocket, the cap and sunglasses to protect from the sun and let's not forget the bright, florescent, compression socks!

If there is one thing I remember from my running class in college (yes, I actually took a running class), it's that training is specific. If you want to be a basketball player you practice by playing basketball. If you want to be a swimmer, you practice to swim. And just because you swim does not mean you can play basketball and vice versa. Same holds true for running. Runners must run in order to become better runners, and we usually do a lot of it, or in some cases, too much.

But, is running alone good enough to give us the results we want or even the smart way to train?

Over the past few years, there has been a shift towards a total body conditioning for athletes. Runners have picked up on the trend and are benefiting from this type of training. No longer is it necessary to log 50 – 70 miles per week, or run junk miles (running just for the sake of running to get miles in for that week). We have narrowed down our training to be more specific and deliberate. Each work out is now designed to yield a specific result. We have incorporated cross-training to help build strength, rest the legs from the impact of running, lessen the chance of injury from overuse, and help with boredom. Some runners have added yoga to help with flexibility and stretching.

Cross-training can be divided into 2 categories: aerobic workouts or strength exercises. Both of these are very beneficial in different ways.

An aerobic workout will help to increase your endurance, but, unlike running, should be non-impact. Examples of these types of workouts include pool running, cycling, elliptical, or rowing. These cross training workouts are most specific

to running and have a lower risk of injury.

Strength exercises include core work and body weight exercises and helps us to maintain our form when we fatigue. Strength exercises also increases our running economy, (a measure of how efficiently a person uses oxygen while running at a given pace), and help to prevent injuries.

Now, you are probably asking yourself, "When will I have time to do all this cross-training with all the running I have to do?" To start, you will have to asset how many days you truly need to run to get the job done. This, of course, depends on your individual goals. Most running schedules that incorporate cross-training, suggest you run 3-4 days, and do 2 days of cross-training. Your schedule may look like this:

- Day 1: Cross-train or Easy Run
- Day 2: Speed work out
- Day 3: Cross-train
- Day 4: Tempo Run OR Marathon Pace
- Day 5: REST
- Day 6: Long Run
- Day 7: REST

I understand there are runners who feel they need to run at least 5 -6 days a week, and, again, depending on your goals and your own running experiences, you can and should stick to a schedule that works best for you. Keep in mind, however, you should always listen to your body and your rest day is just that, a day of rest.

If you've never cross-trained, you may want to switch out one of your running days for a cross-training day to see how it works for you. You may be pleasantly surprised to find you feel more rested and fresh on your next run.

Happy running!



## MARK YOUR CALENDAR



### 3rd Annual Hope Runs Here 5K

**Saturday, August 17, 2013**

Location: Massapequa, NY

Time: 08:30AM - 09:30AM Website: [www.hoperunshere.org](http://www.hoperunshere.org)

### 14.2 Mile Manhattan Training Run

**Sunday, September 1, 2013**

Location: New York, NY

Time: 07:30AM - 10:30AM Website: [www.finestsports.net](http://www.finestsports.net)

### ING New York City Marathon Tune-Up (18M)

**Sunday, September 15, 2013 7:00am**

Location: Manhattan

### The Great Cow Harbor 10K

**Saturday, September 21, 2013 8:30 AM**

Laurel Avenue School - Laurel Ave

North Port,, NY

[raceinfo@cowharborryace.com](mailto:raceinfo@cowharborryace.com).

### Bethpage Ocean to Sound Relay

**Sunday, September 29, 2013 8:00am – 2:00pm**

Location: Jones Beach to Oyster Bay with a party to follow.

[http://www.glirc.org/events/Bethpage\\_Ocean\\_to\\_Sound\\_Relay.php](http://www.glirc.org/events/Bethpage_Ocean_to_Sound_Relay.php)

### NYRR 5-Borough Series: Bronx 10-Mile

**Sunday, September 29, 2013 8:00am**

Location: Bronx

## SPOTLIGHT

*I AM A RUNNER* By Liz

Hi, my name is Liz F. and I am a runner. I love running, I am addicted, and I hope I run until I die. It is hard for me to even explain this passion.

I was 19 years old and working in the New York City when I signed up to join a basketball team. I already played softball (which is another passion of mine), and the coach wanted the team to warm up before each game by running around a small track that was on top of the basketball court. When I look back, I think it was 14 times around for one mile. The year was 1971. (I cringe to think that some of the members of our club were in diapers then). I felt good after these runs and decided that after the basketball season, I would continue to run. Running back then was not a popular sport, especially for women. Actually, nothing was popular for women back then until Title XI came into effect. I wore an old pair of paint covered sweats and ran around my block. Of course, my mom thought I was nuts and my older sister was very embarrassed. I kept adding on the blocks and finally

decided to run to Astoria Park. I was living in Sunnyside, Queens, and was tired of running down Queens Blvd. or down around Calvary Cemetery. My mom would not let me go alone (since there was no one else that ran the streets), so I bribed my younger brother to ride his bicycle with me and when we were done, he got his ice cream cone. My brother went on to become an accomplished sprinter at Archbishop Molloy and won a full scholarship to St. John's. I like to think I had something to do with that!

In 1972, a miracle happened and there was going to be a mini-marathon in Central Park for women only. It was called the "Legg's Mini-Marathon". I actually got to participate in this first race for women. That was it! There was no looking back. I ran miles and miles, and races upon races. I ran when I was pregnant until my seventh month when it was unheard of. I had three C-sections and a few Achilles problems but I always did everything humanly possible to get back

on the road again. That's my history but now I can tell you the most important part of running.

I can truly say how so very blessed I have been to have met so many good people. There is an unexplainable bond among runners. I have made best friends. These friends continue to lift me up and help to lift my legs up.

I will share one final story with you. I never dreamed I could run a marathon until I met Carol D. and Dorothy R. They helped me through the Marine Corps Marathon and I never thought I would stop crying when I came across the finish line. I went on to do the Long Island Marathon, but my dream, the impossible dream, was to do the New York City Marathon. I was injured and could not do it with my running buddies so I had to run it alone the following year; but I was not really alone. Casene D. was my coach who helped me stick to the running schedule she provided me with. Someone always accompanied me on my long runs. The day of the

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race came and I was scared to death. I finished and still feel that it was my greatest accomplishment as a runner; but that is not what I remembered the most. I cherish the memory at mile 23 when Bernadette C., Casene D., (her daughter), Ingrid, Dee, Carol D., Eileen and Dorothy jumped on the course with me. Their love and support gave me so much strength. Then later, Randy R. and his wife came in to join us at the after party. I could write a book about the friends I have made along the way.

My last race, the Miami

Marathon, I learned the lesson of what happens to your body when you are not trained well! I would have died if it wasn't for Dawn C. We have so much fun on our road trips and am looking forward to our next one in Delaware.

Running has been and still is such an important part of my life. I can't really explain it but it takes determination, will power, and strength to see it through to the finish line. I think that is what helps us through all of life's ups and downs. One of my favorite sayings is that if we can only bottle the feeling we get when

we finish a race, there would be no unhappiness in the world.

I would like to take this opportunity to thank the officers of the Valley Steam Running Club for all their hard work in making the club such a nice one. I have met so many new friends through the club. I thank all the runners who put up with my constant chatter on the road, my constant whining as to where the finish line is and for getting to the races two hours before they start. I hope that I will always have my running friends by my side and that God blesses me with many more miles to run.



**Liz F. (center), with a few of her running buddies at the Miami Marathon, January, 2013.**

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## Foods That Hydrate By Casene



When we think of hydration we automatically think liquids. But, did you know you can also choose certain foods to aid in the hydration process? Next time you hydrate, try incorporating some of the below food choices for more variety.

Here is a list of 20 foods that will help you hydrate:

### **CUCUMBER**

Cucumbers are primarily composed of water but also contains vitamin C and caffeic acid, both of which help soothe skin irritations and reduce swelling.

### **MIXED GREENS SALAD**

Most lettuce greens contain 94 percent water, making it a low-energy density food.

### **TOMATO**

Tomatoes are composed of about 95 percent water.

### **CHICKEN NOODLE SOUP**

Each cup has about 840 milligrams of sodium to help you retain the broth and 14 grams of carbohydrates to help you absorb it.

### **EGGPLANT**

Eggplants are high in fiber and water but low in calories, however, avoid recipes that involve frying as eggplants will absorb a lot of oil.

### **APPLESAUCE**

Stick with unsweetened, natural applesauce and avoid high sugar brands.

### **ZUCCHINI**

Zucchini is one of the most hydrating vegetables you can eat and is 95 percent water by weight. A healthy serving has less than 25 calories and is an excellent source of folate, potassium, and vitamins A and C.

### **CANTALOUPE**

This melon is 90 percent water and only 56 calories per cup. One cup will give you 103.2 percent of the daily value for vitamin A.

### **POPSICLE**

Popsicles refill your fluids and cool you down after an intense workout, and boost your energy.

### **WATERMELON**

Watermelon has 92 percent water content and essential rehydration salts calcium, magnesium, potassium and sodium. This fruit can actually hydrate more effectively than water and sports drinks because of its combination of salts, minerals and natural sugars.

**BELL PEPPERS**

Bell peppers are 92 percent water and good sources of nutrients including vitamin C, thiamine, vitamin B6, beta carotene, and folic acid.

**PEAR**

One medium pear contains 6 grams of dietary fiber, or 24 percent of the daily recommended value. The soluble fiber found in pears helps you feel full which helps you lose weight.

**ROMAINE LETTUCE**

Romaine contains folate, vitamin C, and beta-carotene.

**PINEAPPLE**

Pineapples are juicy and have anti-inflammatory powers.

**CARROTS**

Carrots contain about 87 percent water and the powerful antioxidant beta-carotene.

**MANGOES**

There are only 135 calories per mango and they're a good source of vitamins A, B6, and C, plus fiber.

**APPLE**

This fruit is said to lower cholesterol levels, aid in weight loss and prevent cardiovascular disease, asthma, diabetes, and even certain cancers.

**GRAPEFRUIT**

Studies have linked grapefruit to weight loss due to its chemical properties that lowers the insulin levels and helps to control appetite.

**YOGURT**

When you become dehydrated, your body loses electrolytes and water. Yogurt has a substantial amount of potassium and sodium that can help replace the lost electrolytes and re-energize your body.

**GELATIN DESSERT (JELL-O)**

Sugar-free Jell-O is low in calories, but sweet enough to satisfy a sugar craving without all the sugar.

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## VSRC President's Message July 2013

*Be careful what you wish for..... It might just come true!*

I am sure you have heard this expression before. There have been songs with these lyrics and books and movies with this as a title. I just learned that Eminem (not a fan) has a song entitled "Careful What You Wish For" which by the way, you can buy the ring tone for and load on your smart phone if interested.

These past few months and more specifically the last few weeks, this expression has become my and perhaps your reality. I did most of my LI Marathon training solo to prepare mentally and because my schedule changed daily. Aside from my music which kept me somewhat focused, I didn't have a whole lot to think about or wish for on these long solo runs, except the weather. Every day I would wake up and check the Accu-Weather forecast to figure out the best time of the day or evening to run. What I wished for and what I received were two different things. I wished for and dreamed about those warmer days of summer with no wind to contend with or at least a wind that would come from one direction instead of swirling. Needless to say, my wish never came true in February, March and April leading up to the LI Marathon. However, that didn't stop me as I kept wishing for the comfort of those warmer days with the heat of the sun and the air against my skin as I run. **WHAT WAS I THINKING?**

Well... a few weeks into summer, we have had continuous temps in the mid to upper 80's and 90's with a heat index at or above 100-degrees; I'm done with summer. Now I am wishing for the cooler and colder days of fall and winter when I can add or peel off a layer or two. While I can't peel off a layer or two in July for fear of being arrested for indecent exposure, I guess I should accept the reality that there are two months of Summer to go. We can all plan ahead taking precautions to hydrate better and mix it up with cross training as suggested by Casene. Do the right thing before heading out for an early morning, midday or early evening run. Walk or bike ride this summer. Attached is a Heat Index Chart which you might find helpful as well.

Today, I am wishing for continued success to our members training for future events in the hope that it will come true for you. Stay cool, remain focused and above all, be careful what you wish for, for it might just come true.

I trust that you enjoyed Casene's first Newsletter and the Spotlight Story on Liz as much as I did. Well done Ladies!

Best Regards,  
Tony

PS... A link provided by Jack H. As Jack put it, "a race for crazies". 135 miles in 120-degree heat, albeit a dry heat ☺  
<http://photoblog.nbcnews.com/news/2013/07/16/19506427-runners-race-135-miles-in-120-degree-heat?lite=>

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