



NORTH FLORIDA NEWS

(Some Headlines From The Road)

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MICHAEL'S MANIC MOMENT FOR THE MONTH: HOT, HOT, HOT...

Hot. Hot. Hot. Not much more to talk about around this place. When I left for Annapolis a week ago the high temperatures were in the low 80s. Now I'm wishing for a low temperature in the low 80s. But I'm looking at the thermometer and steeling myself for my afternoon 60-minute run (which in hindsight turned into a 40-minute run). I think it's a subtle reminder to hydrate, run smart, and let someone know where/when you are running.

It's easy to crack open a cold one from the fridge as a way to hydrate, or rehydrate. Don't forget to take in water or sports drink also. Beer, even that light stuff my friend Betsy Boudreaux loves, has alcohol, a diuretic; that means you may lose more water than what you're taking in 12 ounces at a time. And worse, if you're not at home when you're taking in that drink...or drinks...you might risk bending (or breaking) the law...or something...or someone. As my father would say, "Nuff said."

I started running my favorite Sunday morning route along Bayou Texar last weekend. While it's fairly shady it was still warm; we make certain to stash bottles along the way and take an extra stop at a local park. One extra bottle of water hidden along a course, or carried in a bottle holster, can make the difference between a tough day and a bad day.

Since my wife runs at a more-relaxed pace than I, we make certain to run the same route (or in her case, nearly the same route) together, or carry a cell phone, and mention what time we'll be back at the meeting place. If something funny (funny oh-oh, not funny ha-ha) happens, say, someone decides to fall over on their bike and break their arm (like this state rep did a year ago!), there's always someone close by who can come around with the car and give a ride back in.

And, if you're not pressed for time by the rest of your life (will the two of you who are not pressed for time by the rest of your life please raise your hand?) you can adjust your workout times toward the first hours of the morning or the last hours of the afternoon, when the sun isn't as intense. That might mean splitting your run from one long one into two shorter ones, too; those fall marathon performances at Marine Corps, Chicago and New York won't be adversely affected by splitting the mileage up. You might get used to the conditions sooner.

Planning for heat and adjusting your workouts accordingly makes the difference between a tough day and a bad day.

COACHING CERTIFICATION - The RRCA will be holding coaching certification seminars throughout the country over the next several months. Dates and locations include:

June 28 & 29 in Arlington Virginia.
July 19 & 20 in Orangeburg South Carolina.
August 1 & 2 in Palo Alto California.
August 22 & 23 in New Orleans Louisiana.
September 20 & 21 in Hammond Indiana.
October 3 & 4 in Portland Oregon.
October 24 & 25 in Arlington Virginia.
October 31 & November 1 in Richardson Texas.

The certification is designed for coaching adult endurance runners for road running. The 2 day program includes 16 hours of coursework and an online multiple choice exam with immediate results.

Curriculum includes Fundamentals of Coaching, Rules of Training, Physiology, Psychology, Injury Prevention and Nutrition. Techniques of Training, to include developing training plans, cycles, and progressions, speed work and other related topics, are covered on the second day of the seminar. Group exercises provide opportunities to apply the topics covered in the seminar.

The certification courses will be taught by Patti & Warren Finke, RRCA certified running coaches. The Finkes have been coaching runners and walkers for over 25 years, and have earned records on the track, in the marathon and in ultradistance events.

Cost for the 2 day certification class is \$250. You must register for the certification class at least 2 weeks prior to attending or before it is filled, (limited to 30). Classes tend to fill early, so register as soon as possible. For additional information and to register visit <http://www.rrca.org/programs/coaching> .

For those who need to develop continuing education credits, the American College of Sports Medicine's Professional Education Committee certifies this offering meets the criteria for 16.0 ACSM credit hours.

RUN @ WORK - September 19, 2008 is the 3rd Annual RRCA National Run@Work Day®. The purpose of National Run@Work Day is to promote physical activity and healthy living through running or walking.

Running clubs, company-based wellness programs, HR departments, and individuals nationwide can plan activities. Run@Work events will help individuals incorporate at least thirty-five minutes of exercise into their daily routine either before work, during lunch, or immediately following work. Daily exercise can improve physical health and

can help alleviate health-related medical costs associated with excess weight and obesity.

Sign the FREE pledge at <http://www.RRCA.org/programs/runatwork> to run or walk at least thirty five minutes on September 19, 2008 in support of the RRCA National Run@Work Day.

The RRCA has developed a "Planning Kit" which can be found at <http://www.rrca.org/programs/runatwork>. The "Kit" contains a sample press release for announcing local events, ideas for planning and promoting the event, and information on nutrition and running that can be shared with event participants. In addition, Run@Work Day events can be posted on the RRCA Calendar for FREE at <http://www.RRCA.org/calendars> . Use the special event code, Run@Work Event, when posting the event. Be sure to encourage your participants to sign the pledge of participation.

NEW STATE REPS - Mark Ward of the Peachtree City Running Club has been named the RRCA State Rep for Georgia. Mark was born and raised in Delta, Ohio. He attended Embry-Riddle Aeronautical University and received a BS degree in Professional Aeronautics. Mark served in the US Air Force, US Army and Army Reserves. He holds multiple aircraft and flight instructor licenses.

Mark has been running for over 31 years. He started running to lose weight; while there have been lighter years he has never stopped. Mark has also completed some 20 triathlons of different lengths. In 1997, Mark became a member of the Peachtree City Running Club. Since 2004 he has completed 7 marathons, including three completions of the Goofy (Race and a Half) Challenge at Disney World. (Of course, he signed up for Goofy for 2009.)

Mark is currently the Vice President for Activities and the New Membership Coordinator for the PTC Running Club. Mark's outside interests include running, woodworking, motorcycles, and flying his 1979 Piper Dakota.

Sandy Walton of the Maine Track Club has been named the RRCA State Rep for Maine.

Sandy has three mottos that help her to achieve her goals: "practice makes perfect," "you get back what you put into it," and "many hands make light work". Sandy received the Maine Track Club's President's Award in 2004 and the Outstanding Contribution to Maine Running Award in 2005 for her involvement as membership chairperson, newsletter editor & layout, as well as founder/leader of the MTC Roasters Run that has met every Saturday morning since March, 2004, running even through blizzards and sub-zero temps. As editor of the MTC News*Run, Sandy has also won the RRCA's National Journalism Award for Best (Mid-Sized Club) Newsletter in 2005.

Sandy majored in Fine Arts at the Maryland Institute College of Art, Virginia Tech, and Maine College of Art. Her running career includes completing the Marine Corps Marathon.

Her husband, two daughters, two sons, German Shepherd dog and two Siamese cats have been very supportive.

To find a list of all RRCA State Reps visit <http://www.rrca.org/rrca/reps/>.

ONE LAST THING ...

I hope you like the weekly e-mails passing on what your fellow clubs have on their immediate agenda. If you're close enough to commute or are fortunate enough to have more than one club in your city, please don't hesitate to link up with each other. I'll try my best to keep up with you, too.

Have a safe, mileage-filled day!