



Valley Stream Crossroads



July 2011

Letter from the Editor Change is Good...Right?

What is change? Change can mean many things throughout a life. Change is a very scary concept that many people avoid, including myself. We get comfortable with what we know. We get stuck in the same patterns and routines. If it's not broken then why fix it?

Running can be very predictable. We all have our favorite running shoes or socks. We have mapped out runs to fit the mileage we need. We run endless loops in our very own park. We have our fancy watches that tell us everything from soup to nuts. I know each and every one of those categories personally. Some may even say that I have OCD (obsessive compulsive disorder). Maybe I do to some extent. I think maybe all runners have a bit of it. The question remains: are these predictable patterns a bad thing?

It was pointed out to me recently that I am rather rigid when it comes to training. For example, I was told that if I have to run 7 miles, then that's what I run. No more and no less. This is true and I never even realized it. My rigid running patterns and routines have left me running solo. Running solo? I belong to a running club...don't I? So, maybe when predictable patterns and routines become rigid then they are bad.

My personal life is also headed for big change. This time the change was not voluntary. After teaching elementary children for 12 years I will be now teaching high school English. Talk about scary. Some of the required reading I don't think I even read when I was in high school. What better time for change than the present.

So, were my patterns and routines broken? No, but maybe they were a bit stagnant. I have to now focus on my journey not my destination. Happiness will be found in my journey to wherever it is that I am going. I am a little scared of all the change that is headed my way. But change is good. I may not know where I am going, but I will trust myself and just go.

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Training Tips

Injuries...we all get them, sometimes we run through them other times we can't. So what's the best thing to do when you are nursing an injury?

RICE Is the Key Ingredient

Most running injuries respond well to the "RICE" treatment: Rest, Ice, Compression, and Elevation. Ice the trouble spot for ten minutes on, then ten minutes off, repeating as necessary. You should ice as soon as possible after you have been injured, and immediately after a run if you are running with an injury. Combined with compression (with a cold pack, for example) and elevation, icing goes far to reduce pain and swelling. Heat should only be applied to an injury after the inflammation is gone, probably after about 72 hours. If your swelling has gone down quite a bit, but there's still a little bit of inflammation, try alternating heat and ice after a few days of ice-only treatment.

Information courtesy of:
<http://www.coolrunning.com/engine/tips/>

"Courage is the power to let go of the familiar."

*Raymond
Lindquist*

Race Results

BELLMORE STRIDERS INDEPENDENCE DAY 4 MILE RUN

EDWARD P. 38:56 9:44
THOMAS Z. 41:29 10:23
MARY O. 45:51 11:28
DONNA H. 49:18 12:20
STANLEY F. 52:20 13:05

Bellmore 4 miler 7/4/2011: It was very crowded in Bellmore as 600 people ran the 4 miler. It was hot and humid so everyone got soaked during the race. The raffle after the race took a long time. I didn't see anybody that I knew win a prize. Note that the race times recorded were start times - the actual run times are shorter. Eddie did a great job photographing the finish. We thank him

Stan

He Said, She Said

HE SAID: DRINKING A SPORTS DRINK IS BETTER

MANY ATHLETES, INCLUDING RUNNERS, DRINK A SPORTS DRINK LIKE GATORADE. BUT DO DRINKING THESE TYPE OF DRINKS HAVE ANY BENEFITS TO THEM? HERE'S WHAT I HAVE TO SAY ON THE ISSUE.

ELECTROLYTES. WHAT ARE THEY? IN SIMPLE TERMS ELECTROLYTES ARE MINERALS (SALTS). THEY ARE RESPONSIBLE FOR KEEPING THE BODY PROPERLY HYDRATED IN ORDER FOR THE MUSCLES AND NERVES TO FUNCTION PROPERLY. WHEN RUNNING WE LOSE ELECTROLYTES THROUGH OUR SWEATING. IT IS IMPORTANT TO NOT ONLY REFUEL WITH WATER BUT ALSO WITH ELECTROLYTES. BY DOING SO WILL ENSURE THAT THE MINERALS THAT ARE LOST ARE PROPERLY REPLENISHED.

MANY OF THE SPORTS DRINKS CONTAIN ELECTROLYTES. IT IS A QUICK AND FAST WAY TO REPLENISH THOSE LOST ELECTROLYTES. PROPER ELECTROLYTE BALANCE IS ESSENTIAL FOR CERTAIN BODILY FUNCTIONS LIKE YOUR HEARTBEAT.

IN ADDITION, YOU WILL ALSO INCREASE YOUR STAMINA. THIS IS BECAUSE YOU ARE ENSURING PROPER HYDRATION.

IT IS IMPORTANT TO STAY HYDRATED DURING RUNNING. IF YOU BECOME THIRSTY YOU HAVE ALREADY BECOME DEHYDRATED.

I SAY, "YES" TO THE SPORTS DRINKS. THEY GIVE YOUR BODY WHAT IT NEEDS TO REFUEL PROPERLY.



She Said: No it's Not!

People have been running for centuries...long before these so called sports drinks ever existed. There is no denying that electrolytes need to be replaced. However, it can be done naturally instead of these sugar laced drinks that only deplete the body of necessary minerals.

The most natural way to replace lost minerals, including electrolytes, is through the food that we eat.

There are many fruits and vegetables that are rich in electrolytes. Some include: apples, corn, beets, carrots, lemons, limes, oranges, sweet potatoes and all types of tomatoes and squash. Bananas are also a great source of electrolytes as they are rich in minerals. Potassium is a key form of electrolytes.

Nuts and seeds are also high in electrolytes. Almonds, cashews, walnuts, sunflower seeds, peanuts, and pumpkin seeds are some of the nuts and seeds that can be eaten alone or added to a morning cereal

Dark leafy greens are a terrific source of the major required electrolytes. Adding more greens into your diet will not only replace electrolytes but foster good digestion. Some of the best include: spinach, kale, mustard greens and chard.

When you need to replace lost electrolytes quickly simply add a pinch of Celtic Sea Salt and a teaspoon or so of organic raw apple cider vinegar into your purified water.

***Please note that it is always best to choose organic and unprocessed foods when you can.*

A healthy well balanced diet will give your body all of the necessary vitamins and minerals needed for an active lifestyle. Don't be afraid to go back to the basics. Give it a try. Your body will thank you for it.

What's your take on this issue? Any comments or feedback will be printed in next months *Valley Stream Crossroads*. Please have to laracummo@gmail.com no later than the 20th of every month.

Upcoming Events- August 2011

Aug 1	LI State Park Summer Series -	Bethpage State Park 5K 7pm Bethpage State Park
Aug 3	LIRRC Wed Night Summer Series 7pm Eurice Harris 5 K	6:25pm Pee Wee 200 Meter Fun Run; 6:35pm Youth 1 Mi Fun Run; Eisenhower Park; Field House near parking lot #2
Aug 6	Merchant Mile	from 9am Park and Clark Blvd Massapequa Park Village
Aug 6	Hon. John P. Cohalan Sayville Summerfest 4 Miler (part of Sayville Summer Series)	9:20am- Sayville Running Co 55 Main St; Sayville 631-589-5700, brendan@sayvillerunning.com
Aug 7	Smith Point Triathlon Sprint (Swim: 500 m, Bike: 20K, Run:5K)	6:45am Smith Pt. Cty Park Shirley, NY
Aug 8	LI State Park Summer Series Jones Beach State Park 5 Mile	7pm Jones Beach
Aug 10	LIRRC Wed Night Summer Series	6:25pm Pee Wee 200 Meter Fun Run; 6:35pm Youth 1 Mi Fun Run; 7pm 5 K; Eisenhower Park; Field House near parking lot #2
Aug 13	New Suffolk Waterfront 5K	9am New Suffolk Village
Aug 14	5th Annual Fire Island 5K Run for Rose	10:30am Ocean Bay Park; Fire Island
Aug 17	LIRRC Wed Night Summer Series	6:25pm Pee Wee 200 Meter Fun Run; 6:35pm Youth 1 Mi Fun Run; 7pm 5 K; Eisenhower Park; Field House near parking lot #2
Aug 17	Brentwood Cookie Run 5K	7pm NE Elem School; Arlington Rd Brentwood
Aug 21	Dirty Socks 10K	8am Babylon Grade School Park Ave Babylon
Aug 24	LIRRC Wed Night Summer Series	6:25pm Pee Wee 200 Meter Fun Run; 6:35pm Youth 1 Mi Fun Run; 7pm 5 K; Eisenhower Park; Field House near parking lot #2
Aug 28	Jamesport Fire Dept 10K	9am Jamesport Beach Town Boat Ramp Facility Jamesport
Aug 31	LIRRC Wed Night Summer Series	6:25pm Pee Wee 200 Meter Fun Run; 6:35pm Youth 1 Mi Fun Run; 7pm 5 K; Eisenhower Park; Field House near parking lot #2

***All events were taken from: <http://www.lirunning.com/races.htm>

What's Up by Stan

Hi Everybody: We had a fun and productive meeting last Saturday. Present were Donna, Tony, Maria, Carol, Dorothy, and I. I thank them all for their excellent participation with nobody having any food fights.

Our discussion followed an agenda of mine and not only did I hear many good comments and ideas from all, but we actually ran out of time to cover all the issues raised. In fact, we found that we definitely will need more meetings just to finish working over all the details of the topics below:

Here is an account of what was done at this productive meeting: I am sorry if I have missed some things that were said, but I have done the best that I could:

1) **On future meeting times and places:** I have found during this past year that members have such busy schedules that I couldn't find times for our meetings where most members could come. I have been spinning my wheels trying to find a time that is good for everyone. I figured out this past week, how I could attack this problem, when I noticed at the Saturday meeting that we had 3 of our 4 officers present, and the meeting went well. So I understood that I can have productive meetings in the future, if I concentrated on getting a place and time suitable for the officers first, and then try to satisfy as many others as possible afterward. After all, the officers do most of the work and they are the ones we need most at the meetings. In summary, I will get a time and place first for the officers, and then satisfy as many as possible afterwards.

2) **On team(s) for the club:** I suggested at the meeting that the club form a year round team(s) as other clubs do. I feel that such a team(s) builds morale, get new members to the club, and helps members improve their racing abilities. I also proposed the name "TEAM VALLEY STREAM" for the team shirts. Most present liked the idea: We discussed whether we should have one team or separate male and female teams, and other details but there was much still left to consider. We agreed that any member who wished could join a team. We liked the idea of having team members join in the runs on Tuesdays at Runner's Stop. But there is still much to consider. In summary, the team idea was interesting to most of us, but we found that the details will need to be worked out in future meetings.

3) **On Ocean to Sound:** Carol reported that we do not have enough money to subsidize O to S as usual: Also comments were made that we need to find a good way to choose runners for our teams. The solutions proposed and accepted by us were that 1) runners would have to pay the full entry fee as the club couldn't do so, and 2) the members will get on the team(s) first paid, first served. That means that a member will get on the team(s) if there is a place available and also Carol receives their entry fee in a check made out to the club. This is how we will take care of paying for O to S and deciding on who goes onto the club team(s). Note that I have not yet seen the application for the relay so I don't know the fee that they are charging but I was told that it would be \$400 per team, which would be an increase from last year. I regret that this is expensive, as we would have to collect \$50 per person. But I see no other way out. I do have now a list of people of people who want to join our team(s) but even if you are on the list, you will not be on the team(s) until Carol receives your check.

4) **On New shirts:** I proposed that we get new shirts, as it has been a while since we got shirts. At the meeting we discussed for a while what the shirt would look like but time at the meeting ran out, and there were too many ideas floating around to finish the discussion then. I offered to soon talk to a shirt company I have worked with before. I pointed out that I would see if I could arrange it so members will have some freedom in choosing the cut of the shirt. It is far too early to have details about the shirts and the prices involved. This is something that will be discussed later when we have more info and at another meeting. I expect to have them for 2012.

5) **More details of the above, plans for 2012, elections, dues, and more, will be discussed and maybe decided at future meetings:**

Bless you all

Stan