# Footprints

STRIDERS

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## Intro by Nick Hibbins

Hello Fellow strikers! Just when you thought that training is going well, there's always a monkey wrench. This weekend it was strong Tornado warnings. I had a Saturday morning long run planned and was looking forward to a nice 7mi next day, but was feeling well enough for a super easy run later that day. But I probably should have rested more. Like Tuesday after Boot Camp. I came home, ate while practically falling asleep, and wasn't going to attempt to finish the newsletter. Think it's time to make this a rest week.

We will be about ten days from the Women's Distance Festival when this issue hits your mailbox. Our Footprints editor Ann Marie is introducing The Dude Ranch. It's for volunteers to get some easy miles in after their duties. But "Dude Ran" is in some only and is just a plug on the WDF. Everyone is invited! It will start from the Dude Ranch after the events. Details are below. Hang out and get some coffee afterwards if you have the time.

Local personal trainer Stacy Kay has moved to a new location and is now offering Footprints members a discounted rate. Stacy's class focuses hitting muscles weakened. Finally, this Sunday is the Afrifruit Relay! Get your team together and pick your first leg. If you don't have a team, come out anyway and team up with others looking for a team. Priority prizes will be given to the winning team. And yes, it's not the Schmidt Bill Athletic and Wellness.

## Coach's Corner by Nick Hibbins

I don't know if you have noticed, but it's getting warm. And soon, it will be dreadfully hot and humid. And you might want to hide from the sun. Right now is critical time. This article is about how to prepare for summer. Not just the physical part, but the efficient training. Not physiologically, it does the same thing.

That said, training in the heat is added stress, which can be a lot of added stress. So make sure you are healthy enough to handle it.

When it first starts to get warm, your body produces more blood plasma to try to keep you cool. The problem is that with the increased blood volume comes increased pressure. Your body supplies oxygen to your muscles drops temporarily. So that stretch, running can get tough. Your red blood cell percentage has dropped. So, it's harder to get oxygen to your muscles. Your metabolism is gone. And doing that strenuously hands to injury. So resist the urge to keep your spring pace up and run to effort. In other words, your body will have produced enough red blood cells to fill the new expanse of blood plasma, and you will notice some faster or easier pace.

You'll have to figure out what works for you. Maybe all your training runs are slower. Maybe you need to cut back on the high and relying to do your workouts when it's cooler or shaded. You might even throw on a light jacket on a cooler day. You can get overheat benefits, but you must find out your limits. And always bring water. Dehydration is going to be even more critical. Hydration is critical for proper muscle function and electrolytes, whether you are specifically doing heat training or not.

When you consider it being hot and miserable and no part of training, it also makes it slightly less terrible, so there is that benefit, too!

## Race Reception by James Scarborough

Ed note: James has been a long time regular at the Sunday Strikers runs and was one of the first recognizable faces when I started coming out to the runs. He travels quite a distance to participate.

It is odd how I came to run Howard County Strikers races...the more apparent was the Sunday afternoon series, which has been absolutely wonderful for the low-energy atmosphere and camaraderie, all I needed at the time. I was in a very dark place, and I was looking for something working have that require pre-registration and a lot of effort to plan and get to. Granted that I still run the Patrick Marathon and the Fall Challenge Trio Relay. I enjoy tonnamint the punishment of Virginia Creeper Century, and of summer track meets.

Now did a Virginia resident get so involved in Howard County? Some questions...it's a very attractive place to run, and sometimes it seems like a lot of the best runners are concentrated in Howard County area with Calvert and St. Mary's Counties...I have many friends down there and drive even further to make those races. I also go crewed, early morning races in Alexandria or DC with the same and same old courses. But since I'm retired, life is more flexible, for me! Really, but theoretically.

## Coaching Programs

**Boot Camp 10k/10M**

The 10k/10M program includes each Tuesday. A lot was now with this program this year. Jaclyn Hansen and myself take over for long time coordinators Bob Stanton and Bill Ackerman. We had some serious shoes to fill, but we are ready to take the program and run with it. Bob helped us set up a great program. Unfortunately, we didn't have enough coaches, so Jaclyn and I also coached the "slow" group. I'm sorry that I didn't get to know the slow group better, but they were with the runners get to. This group was so different. They were ready to work! Even with some aggressive workouts and my surprise extra intervals or hill on the calendar, I couldn't be more impressed. Many runners have told me how good their coaches are, and I can now confirm that I have the best coaches in the area. Hopefully, we can build on this and make the program bigger and better next year. The graduation run will be on the Sunday Strikers' race on June 8th at Jeffers Hill Elementary.

**Boot Camp Half/Full**

Registration is now open for the Half/Full program, and you little big-hearted people need to ensure your spot so you can be ready for your full race! Information and registration at https://docs.google.com/forms/d/e/1FAIpQLSfqNzTbqzzz