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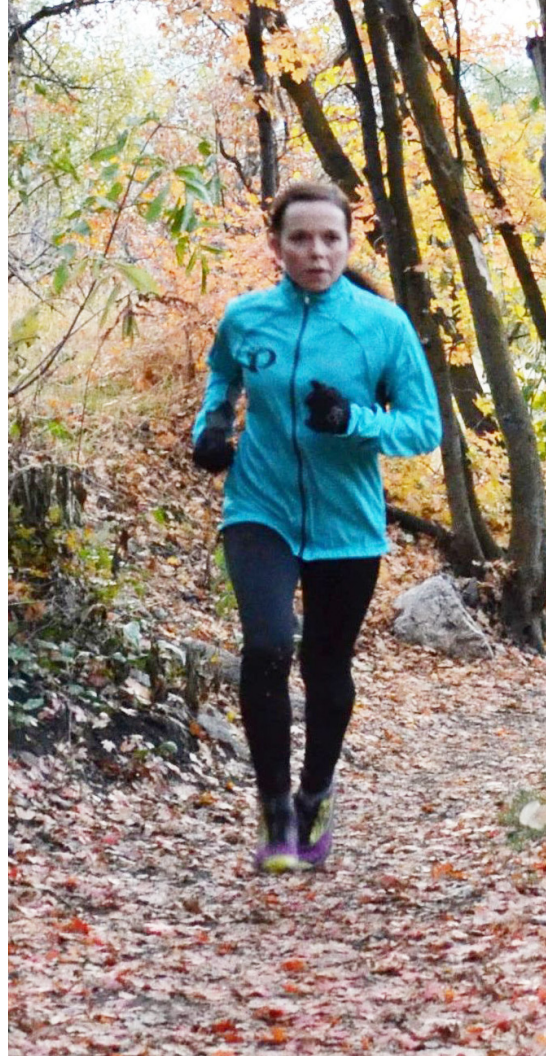
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As we've reflected on the year 2013, we've had a lot of changes and unexpected challenges for our little family. Despite the ups and downs that life has thrown at us, running has been our constant. At times it hasn't been to the same intensity or volume as maybe we would have liked, but it has kept us sane and grounded as we've set off on new adventures...and that, ladies and gentlemen, is what this edition of Run Utah is all about-keeping our running alive through the ups and downs of life.

For example, check out the interview with Bryant Jensen where we discuss his recent wedding and then his 2:15 St. George marathon course record. Take a look at Amy Donaldson's article about how running has soothed her soul through the loss of loved ones. Whether it is pregnancy, injury, or another curve life throws at you, be inspired by the content of this Run Utah issue and let your passion for running get you through whatever experiences life hands you.

Ken and Janae Richardson
UtahRunning.com





TORI COX

Run Utah Managing Editor

I'm thrilled to be back in the Utah running scene! Though I loved living in St. Louis, there's nothing like Utah running for its scenery, weather, and community. I ran for Weber State University from 2002-2007, under James Blaisdell, Chick Hislop, Paul Pilkington, and Dan Walker. With two little girls, I've traded in my spikes for distance shoes and a BOB stroller, but enjoy experiencing all that running has to offer throughout the seasons of my life.



Amy Donaldson is a sports writer and columnist for the Deseret News. She spent eight years covering crime and corrections and has covered high school sports, outdoor recreation and fitness for the last 12 years. Originally from Anchorage, Alaska, she graduated from Snow College and the University of Utah, and is proud to call Taylorsville home.



Kristi Spence - MS, RD, CSSD
Director of Health & WellnessUtah Dairy Council

Currently the Director of Health & Wellness for the Utah Dairy Council, Kristi Spence is a registered dietitian and certified specialist in sport dietetics. Kristi blends her passion for food and cooking with her science background as she strives to translate scientific concepts into practical lifestyle applications to improve the health of our community. As the sport dietitian for The Orthopedic Specialty Hospital (TOSH) in Salt Lake City, Kristi developed programs for youth and adults to promote healthy eating and provide sport-specific nutrition education. She completed her master's degree in nutrition at the University of Utah and earned her undergraduate degree from Princeton University. As a lecturer in the University of Utah's Division of Nutrition, Kristi's Healthy Weight for Life course addresses issues in weight management, healthy living, and sustainability. Still a competitive distance runner, Kristi qualified for the US Olympic Marathon Trials with a personal best time of 2:45:38 in the 2006 Chicago Marathon. She was 20th at the 2007 New York City Marathon and competed in the 2008 Olympic Marathon Trials in Boston. Kristi is able to draw upon personal experiences with sport and nutrition to advise people of all ages.



Danielle Longhurst is a native of Ogden, Utah, and is a writer, runner and mother of three active children. She was a former mid-distance runner at Weber State University and now enjoys doing road races. She can be reached at danielle.longhurst@gmail.com



Bryant Jensen is the recent winner of the St. George Marathon, with a blazing fast time of 2:15. He has had a phenomenal 2013 racing season, including his first place finish in the Ogden Marathon (2:23) and the Utah Valley Marathon (2:20). He ran collegiately at Weber State, but has now taken to the roads and has obviously developed himself as strong, competitive, consistent marathoner.

Interview with Bryant Jensen: St. George Marathon Record Breaker!

To listen to the full interview, [click here](#)

Utahrunning.com: Why don't we start by telling us some of your running background and some of your experiences with running.

Bryant:

I began running about fifteen years ago, kind of the tail end of junior high and into high school. At first it wasn't a real love. It took a bit of prodding from fellow runners and my teammates. Over time, especially once I joined cross-country, I started to have a real love for running. I didn't start cross-country until my junior year at Fremont High School.

My first year doing cross, I took third at state behind Seth Pilkington and Romney Stevens. I think running that well my first year in cross-country kind of sparked a flame in me or something, because since then I've really enjoyed it. After that I ran at Weber State University, where my college career wasn't phenomenal but wasn't that bad either. I enjoyed it. I finished in the top-10 at Conference three or four times, mostly in cross country and I believe one time in the 10K.

Utahrunning.com: You've been running quite a bit since college as well. I'm excited to hear about St. George. How did the race play out and how did you feel about the experience?

Bryant:

It's kind of interesting. Going into the race I was a little – my confidence wasn't as high as it had been, partly because the St. George Marathon is very competitive, the most competitive marathon in the state. I knew there would be plenty of guys that would be there to run their hearts out, and I imagined there would be a lot of PRs coming from this race.

I had that in mind, but my training kind of dipped a bit. I recently got married. I wasn't sure where I was going to be but my plan was kind of to hang with the leaders and not go out too hard. But the first mile went and I felt pretty good. I

was with the main group of guys in the front, and by mile three I took over the lead, and from there to the end of the race there wasn't - I could hear footsteps through about mile seven, the start of Veyo. I imagine that was Fritz, maybe Riley, right behind me. But after Veyo, I felt I was pretty much all alone the rest of the race. I maintained a pretty quick clip and really had no mishaps the entire race.

Utahrunning.com: **That's great. Tell me about your experience before the race. What aspects of your training over the past year do you feel contributed most to your performance at St. George?**

Bryant: I trained in Ogden, Utah with a group of guys, Ken, you're one of them that I trained with. I think that's probably where it started. It was about November of last year, Riley Cook was starting to ramp up his training and we began getting a group of guys to come out in late November. We maintained a tempo run about once a week.

I think I started out at a six-minute pace. For me that was a bit slower than I'd done in the past but I was just coming off a break from running. I had finished grad school, and I hadn't been training too thoroughly through summer and early fall. But in 2012, I decided I wanted to get back into it.

Riley Cook got a group together and we hit these tempo runs weekly. I went from that six-minute pace to where I've been able to maintain a 5:15/5:10 for eight miles on a regular basis.

Utahrunning.com: **I do know those tempo runs have definitely made a big difference.**

Bryant: We've seen it in Riley Cook as well. He's excelled off of the tempo; his performance improving as well.

Utahrunning.com: **How about for you individually? Why the marathon? The marathon is something that takes so much training, so much dedication. What inspired you to pursue the marathon races?**

Bryant: I began running the marathon in 2009 after I graduated from Weber State. My first thought was, "Well, I'm in the best shape of my life, I've got to get a marathon under my belt." So I signed up for the Top of Utah in fall of '09. I ran it and probably for the next four marathons, I struggled to handle the distance and the pain or mishaps that we face in the marathon. But after about five of them, I kind of learned. I think I just got mentally and physically used to the distance, and learned what was necessary to run well in the marathon. I liked the challenge. I've always been one to enjoy the difficult challenge. With the marathon, we got quite a bit of prestige in the running world. I thought about the history of the marathon in Utah. I don't know if we've had a guy run around the time that I did, 2:15, since the Paul Pilkington, Paul Cummings, and Ed Eyestone era, which must have been 20-30 years ago. That's been on my mind as well. I was thinking, "Somebody has to step up and do well in the marathon again."

Utahrunning.com: **I think it's fun to see someone from Utah step up to that level and show that somebody here in Utah can do that.**

We talked about those tempo runs. Maybe you can give me a few examples of workouts you feel best prepare someone to run a PR in a marathon, and what your favorite pre-marathon workout is.

Bryant:

I consulted with Paul Pilkington early on in my marathon training. I remember one thing he mentioned and I felt it strongly. I'm like, "I'm going to be running this marathon; how am I going to prepare for it?" In my mind, after I ran a few marathons, I thought, "Really the only way to prepare for a marathon is to run a marathon." That's probably the best way. But then if you look at the tempo run, where you try to maintain a set goal pace, your race pace, or close to your race pace when you're training for it, a set number of miles, whether eight miles or four miles or sometimes I'll get up to about eighteen miles.

I think that's the best simulation you can have of a marathon, is to do a tempo run. Go out and run your goal pace for that set number of miles. If you do that, it definitely helps out and pays off dividends.

I think another thing we've done is St. George is a downhill marathon. A lot of marathons in Utah have quite a bit of downhill marathons. We've done some downhill training with tempo runs, kind of got the pounding - we pound our bodies beforehand and recover before the marathon so it's not so hard on our bodies when we actually run the marathon.

Utahrunning.com: I think it definitely makes a big difference to get the downhill training in. I know there's a lot of people out there who will find an area that kind of mimics that downhill training for St. George. It's definitely something that helps.

Bryant:

Exactly.

Utahrunning.com: I heard also that you recently got married. How did you maintain a balance and focus on your training through this life-changing event?

Bryant:

That's the question. I wonder if getting married helped - it obviously helped in some ways. I was very happy to marry Lisa Frischknecht, who's actually been in the running community in Utah for most of her life. She ran at BYU and has done some half marathons since then. We recently got married on September 20th, which was two weeks before St. George.

My training starting in August, the beginning of August and tail end of July, I was running more miles than I ever have in my life. I finally crested over 100 miles in a week and maintained that. I only maintained that for three weeks, with a couple of weeks right around 90, but as I got close to the wedding my training kind of tapered off a bit.

That's what kind of caused me a bit of hesitancy, whether or not I'd run as well in St. George as I had in the past. My training dipped quite a bit with the wedding. But I think that taper actually played well in my favor. Two weeks before St. George I only had about 40 miles, and then the weekly mileage coming up to the marathon before St. George was just over 20 miles, when I had been doing 100 miles a week for a month prior.

I don't know where I really had the balance, but I just fit running in when I could. I focused on having a great wedding and everything around the wedding. Just enjoyed life, and I was happy with what was going on. I think all of that played in my favor, just being happy with what was going on, to feel confident in my ability when it came to the race.

Utahrunning.com: **I think something definitely worked out in your favor. I think it's going to be great for you too, to be married to somebody that knows running and understands running. We're excited for you and Lisa.**

Bryant: Thank you.

Utahrunning.com: **What do you see on the horizon for you? What are some of the things you'd like to accomplish in the future with running?**

Bryant: First off, I'm pretty thrilled with the St. George time. I went into that race with the goal of going under 2:18 which would've been about a 2.5 minute PR. I had high expectations. I was thrilled to have run a 2:15. I exceeded my goal by a couple of minutes. And bested my previous best marathon which was actually Utah Valley Marathon in 2013 in June. I ran a 2:20. I improved that time and I'm pretty thrilled about that. With the 2:15, I'm actually underneath the B-Standard for the Olympic trials which is 2:18.

Unfortunately St. George is not a qualifying trial course, so I definitely have to go out and run 2:15 again or better at a qualifying race, in maybe Boston, which I'll be running this coming April.

Utahrunning.com: **Maybe based upon your years of experience, and the things you've done, what would be some advice you'd give to aspiring marathoners out there in the utahrunning.com community?**

Bryant: Good question. I think some advice that I would give, well there are a lot of things that have played into where I am, but I think what I've really enjoyed lately post-collegiate running, is that I've been training for myself. I don't have a coach. I run with a group of friends and I really enjoy the running community, getting to associate with so many great runners. I think the advice I'd probably give is enjoy it. Keep pounding the pavement. I don't think anything - I've been running for 15 years and I think the last 9 years I've maintained an average of about 70 miles per week. That hard work and that consistency pays off. I think that's one thing I've learned as I've aged as a runner, that the years I put in long ago have played huge benefits on where I am today.

Utahrunning.com: **That's great advice. We appreciate you sharing it with us. We hope that everybody out there enjoys the time we've had with Bryant and the things that he's shared with us. Again, congratulations, Bryant, on your win and your course record, and also congratulations to you and Lisa.**

Bryant: Thank you, Ken. I appreciate it. Have a good one.

Utahrunning.com: **Thank you.**

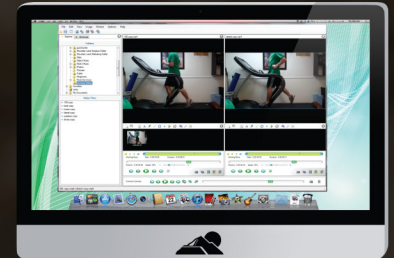
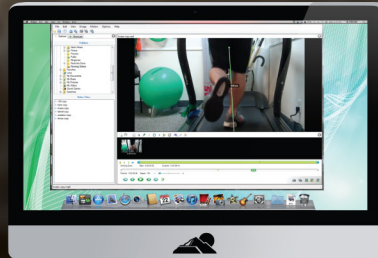


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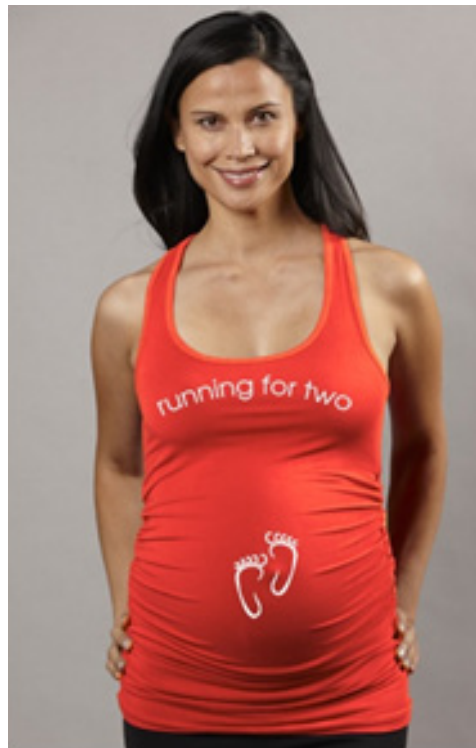


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The curves of life that require us to change our course can come in all shapes and forms. It could be a career change, a death of a family member or friend, a move to a new state/community, or an

BENEFITS OF EXERCISING DURING PREGNANCY

Mother	Baby
<ul style="list-style-type: none"> Improved cardiovascular function; head start getting back in shape after baby is born Limited weight gain Decreased musculoskeletal discomfort Reduced incidence of muscle cramps and lower limb oedema (swelling in feet/ankles) Lowers the risk of developing gestational diabetes and gestational hypertension (high blood pressure) 	<ul style="list-style-type: none"> Decreased fat mass Improved stress tolerance Advanced neurobehavioural maturation (status of the body's nervous system observed through behavior) <p><i>*Information from "Physical Activity and Pregnancy" (Melzer, Schutz, Boulvain, & Kayser, 2010) and Planning Your Pregnancy and Birth (ACOG, 2000)</i></p>

illness or injury. For women, one of the biggest curves (literally) they'll ever face is the baby bump of pregnancy. Although pregnancy can drastically change our daily life and running routine, we should be grateful we aren't living in the 1950s. Back then the tradition and culture of the time encouraged a pregnant woman to continue performing her household chores (of course), but to avoid walking more than a total of 1 mile per day! Even in the mid-1980s, the recommendations were to keep your heart rate below 140 beats/min and to avoid strenuous exercise that lasted more than 15 minutes. We runners would have gone crazy! Fortunately for us, the latest research is showing that continuing a running regime (even a vigorous one) during pregnancy is not only beneficial for the mother, but has added benefits for the fetus as well. Keep

in mind that continuing to run during pregnancy is safe only if there are no medical complications for mother or child and, as always, it is best to ask your doctor to make sure you have the green light to lace up those running shoes.

So the questions I believe many expecting mothers (who are addicted to running) ask, are: how intense and how long can my workouts be, how much mileage can I still put in, is core work still okay, and how can I mentally

handle the weight gain, slower paces, and discomfort as the pregnancy progresses?

Intensity

I recently re-read an interview conducted by Runner's World with world-class marathoners, Kara Goucher and Paula Radcliffe, when they were both expecting babies in 2010. They answered questions about their training, paces, and the changes they were experiencing during pregnancy. They talked about how their intensity and mileage had decreased from their pre-pregnancy levels, but that they were still working out twice a day (second workout was sometimes cross-training), doing some short intervals (150-300 meters) on the track once a

WARNING SIGNS TO TERMINATE EXERCISE WHILE PREGNANT

- Vaginal bleeding
- Dyspnea (shortness of breath) prior to exertion
- Dizziness
- Chest pain
- Muscle weakness
- Calf pain or swelling
- Pre-term labor
- Decreased fetal movement
- Amniotic fluid leakage

**Adopted from "The Pregnant Athlete" (Zaslow&Hame, 2011)*

week, and a second harder workout during the week on the AlterG (antigravity treadmill that reduces the body weight of the runner). They were still running 50-60 miles a week and their paces still sounded insanely fast, but what I gained most from reading this interview was that for them, the previously described training regime was scaled back from their pre-pregnancy workouts. Their mileage was at about 50% of what it was before the baby bump. This is definitely important for expecting mothers to recognize-the intensity and amount of mileage should decrease and it shouldn't compare to pre-pregnancy workouts. Just because it isn't the same, doesn't mean we should give up on running entirely, right?

So we know what some of the elite runners are doing during pregnancy, but how intense should it be for us mere running mortals? The answer to this question and many of the others addressed in

this article can be very individual and really depend on what your training regime looked like prior to pregnancy. However, here are a few general guidelines for pregnancy intensity.

1) Moderate to hard intensity. Never to exhaustion. Keep Breathing under control.

A study out of Johns Hopkins University looked at the effects of moderate to vigorous exercise on highly active pregnant women, where most were runners who ran 4+ days/wk and were at about 30 weeks gestation. The study found that umbilical blood flow and fetal heart rate, measured immediately after moderate and vigorous exercise, stayed within a normal range.

2) Heart rate 60-90% of maximal heart rate.

The American College of Sports Medicine recommends exercising at intensities of 60-90% of maximal heart rate for those who are regular exercisers and who want to continue to maintain fitness through pregnancy. However, there is a lot of variability in maternal heart rate responses to exercise, so target heart rates aren't always the best

determinant of appropriate intensity.

3) Use Ratings of Perceived Exertion (RPE)

RPE is a 6-20 scale that is a way of measuring physical activity intensity level. You ask the question, "How hard does it feel like my body is working?" Studies have shown that using RPE as an alternative to heart rate monitoring may be more useful in determining workout intensity. RPE of 12-14 (somewhat hard) on the 6-20 scale would be considered moderate exercise.

Although there have been many advances in scientific evidence over the years on what is safe and appropriate exercise intensity for expecting mothers, an upper level of safe intensity hasn't necessarily been established because there aren't too many mothers out there who want to risk their baby's health to find out (I don't blame them).

Duration

I don't think there is a definite answer when it comes to the upper level limits of workout duration. Some experts say ≤45 minutes of exercise per day is recommended, but I really think it comes back again to what you've been doing before your pregnancy. For some runners, longer workouts may be fine, but for others, 45 minutes may be too much. The American College of Obstetricians and

6	No exertion at all
7	
8	Extremely light
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Reprinted with permission from the American College of Sports Medicine

Gynecologists recommends 30 minutes a day of moderate exercise most, if not all, days of the week for expecting mothers. The main concerns with the duration (and intensity) of a workout is being able to safely regulate core body temperature and maintain an energy balance (consuming enough calories each day to meet the demands of mother, baby, and exercise fuel). Heat is a bi-product of the metabolic demands during exercise and increases in body temperature during exercise are directly related to the intensity and duration of the exercise being performed. If heat production exceeds the ability of the body to dissipate heat then the core temperature will continue to rise and could potentially cause problems for the fetus. The main point here is to make sure you listen to your body and stay hydrated. Playing it safe and leaning more toward the conservative side when it comes to the duration/intensity of a workout is always a good idea. Keep in mind too that the duration/intensity and even the mode of exercise may change as pregnancy progresses. Some people can run up to the day they give birth, while others become too uncomfortable and they switch to cross training (aqua-jogging, stationary biking, elliptical, walking, etc.) early on in their

pregnancy. Everyone will be different, so overall just do your best to stay active. I usually adopt the motto "some is better than none" when it comes to the end of my pregnancies.

Core Work

If core work is something you've been doing before pregnancy then more power to you. If core work has not made it on to your list of "Things to Do" then begin to add in a routine gradually. Although modifications will need to be made to accommodate the growing bulge of your belly, continuing or adopting a core workout routine has many benefits. It improves posture and decreases the chance of low back pain, it helps the body prepare for the hard work required for labor and delivery, maintains flexibility and muscle tone, and helps mothers return

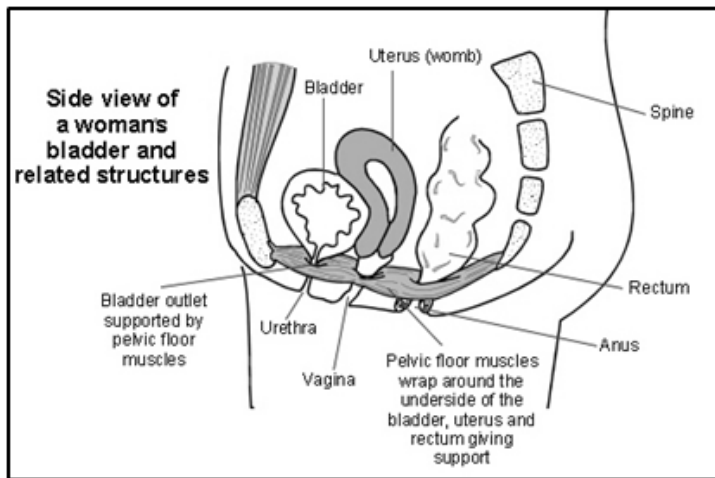
to activity sooner after giving birth. Make sure toning pelvic floor muscles becomes part of your daily routine too. These are the muscles that attach to the front, back, and sides of your pelvic bone and help control urination. Pregnancy and childbirth can put these muscles under great strain and cause incontinence postpartum, so it is important to strengthen them. Kegels are odd, but excellent exercises for strengthening pelvic muscles. Here is the best description I found for how to perform Kegels:

- close up your anus as if you're trying to prevent a bowel movement
- at the same time, draw in your vagina as if you're gripping a tampon, and your urethra as if to stop the flow of urine
- at first, do this exercise quickly, tightening and releasing the muscles immediately
- then do it slowly, holding the contractions for as long as you can before you relax: try to count to 10
- try to do three sets of eight squeezes every day: to help you remember, you could do a set at each meal

Some words of caution to apply to your core workouts...avoid aggressive abdominal exercises at 12 or more weeks and avoid laying on your back after the 1st trimester because the weight of the uterus can press on the main blood vessel that brings blood back to your heart.

Here is a video with simple core exercises to do while pregnant:

[Video - Short and Effective Pregnancy Core Workout](#)



Nutrition

As mentioned before it is important to make sure a mother-to-be is consuming enough daily calories to meet the demands of her body, the baby's body, and the additional demands of exercise. It is recommended that pregnant women consume at least an additional 300 calories to meet the demands of pregnancy and exercise. An overall healthy diet is important with a variety of vitamins and minerals included. To help ensure your baby is getting what he/she needs, a daily prenatal vitamin is also recommended. One resource that may help give you an idea of what and how much you should be eating, is the Daily Food Plan for Moms at <https://www.supertracker.usda.gov>. Although it is far from perfect, it does attempt to personalize some eating guidelines by having you enter in your age, gender, height, weight, physical activity level, and stage of pregnancy. Staying hydrated before, during, and after a workout is essential during pregnancy too. Drink plenty of water to avoid getting dehydrated.

The great thing about being pregnant is it truly does motivate you to focus on eating a healthy diet. Something about knowing you are responsible for the health of another human being seems to do the trick.

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Mentality

Being a pregnant runner definitely requires a shift in mental focus. As runners, we are used to pushing our bodies to its limits in order to chase down a PR or another running goal. During pregnancy, our mind set must change to a focus on maintaining fitness rather than trying to reach a peak fitness level. It can be a great time to enjoy running without the added mental pressures of performing. At times it will seem pointless as you put in the running time only to continue to get slower and slower and bigger and bigger. But constantly reminding yourself that it is good for you and the baby and that it will pay off on the other side of childbirth, will hopefully get you out the door each day. It is a good idea to mentally prepare for the possibility that at some point along the way, running may become impossible and another form of exercise may need to be adopted to get your exercise fix and to reap the benefits. Some of my "favorites" (read with sarcasm) are hiking, power walking (I've gained a new appreciation for race walkers during my two pregnancies), aqua jogging, biking - stationary is safest, and using the elliptical.

Good luck in the adventure of pregnancy and enjoy the miracle that this life curve will bring!



Janae Richardson is a homemaker, runner, coach, and co-founder of UtahRunning.com. She graduated from Weber State University with a Bachelor's Degree in History Teaching and PE/Coaching. Janae is a Level 1 Certified USA Track and Field Coach and recently completed a Master's degree in Exercise Science at Utah State University and a Sports Nutrition Certification from the International Society of Sports Nutrition. She previously coached cross country at Davis High School (Kaysville, UT), but currently offers private coaching to runners of all levels.

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Christie Spencer Holzworth Just do it, it does a body good 😊

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Robb Strong Why do I run? Keep my sanity. What keeps me running? Insanity.

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Karyn Hodgson If your feet are hurting, its because you're kicking its a** For some reason that got me going 😊

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Joseph Coles I only run when someone is chasing me. From my Dad.

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Amy Matson When you get those butterflies in your stomach before a race, take them out, strap them to your feet & fly 😊

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Justus Reynolds It is not the mountain we conquer, but ourselves. -Sir Edmund Hilary

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Vince Romney "I hammered up the trail, passing rocks and trees as if they were standing still" - Red Fisher, Wasatch 100, 1986

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Andrea Fisher The distance between point A and point B, isn't the point.

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Mikey Jaramillo Just keep running.

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Mike Russell Pain is weakness leaving the body.

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Melissa Angell Davis "Pain is temporary, quitting last forever." - Lance Armstrong

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Where's the **PROTEIN?**

Runners often approach me concerned that they aren't getting enough protein in their diets. Whether they are vegetarian or just looking to incorporate more vegetarian dishes into their normal meal rotation, they worry about missing out on protein and the essential nutrients it provides. An analysis of their diet usually reveals that they are getting adequate protein, but the concern is a good one. So, in this article I will offer a quick protein review and provide some practical ways to give vegetarian dishes a protein boost.

PROTEIN NEEDS:

As athletes, carbohydrates (grains, dairy, fruit) should make up the majority of our diet (50-60%). These foods, stored in the body as glycogen, offer fuel for both the muscle and brain and are essential for optimizing performance. Protein, while essential, should comprise a much smaller portion of our daily calorie needs (15-25%). The reason for this is two fold. First, the body can only process a limited amount of protein at a given meal, and second, the body does not store excess protein as protein. The body breaks down excess protein and uses its component parts for other metabolic functions. What this means is that incorporating a high quality source of protein at each meal is important for giving the body the protein it



needs at that point in time.

The body needs protein for a variety of functions including:

- Muscle function
- Bone health
- Immune function
- Nutrient metabolism
- Hormone regulation

Providing protein with each meal ensures that the body has the building blocks (protein components called amino acids) it needs to maintain each of these functions. Furthermore, incorporating protein in addition to carbohydrate when recovering from intense exercise will speed glycogen replenishment and may reduce long-term muscle damage and soreness.

Just as endurance athletes need more calories than non-athletes, they also require additional protein. To calculate a range for your personal daily protein needs, multiply your weight in pounds by .54 - .77. For example, a 150lb runner would need between 80 and 115g of protein per day. Many of us exceed this amount, which is not problematic assuming that we are consuming adequate carbohydrate.

SOURCES OF PROTEIN:

We find protein in both animal and vegetable products. All animal-based foods contain protein (meat, fish, eggs, dairy), and vegetable sources of protein include nuts, seeds, beans, legumes, and whole grains. To give your veggie dishes a protein boost, consider some of the following:

- Add an egg or two. Having a salad for lunch or dinner? Adding 2 fried, scrambled, or hard boiled eggs on top or on the side will add 14g of protein.
- Incorporate dairy. Yogurt, string cheese, and cottage cheese all make great protein-rich snacks, and adding them to non-meat meals will provide a protein boost. Make instant oatmeal with milk instead of water. Try Greek-style yogurt, which is naturally higher in protein, or top a soup or salad with cheese for a bit of protein and added flavor. Milk contains 1g of protein per ounce and each cup of Greek yogurt delivers 15-20g of protein.
- Go nuts! Add a handful of nuts to a salad or veggie stir-fry, or enjoy toast or an apple with some peanut butter. Each serving of nuts contains about 7g of protein (about 22 almonds or 2 Tbsp peanut butter).

- Reach for whole grains. Whole grains contain more protein than their refined counterparts. Incorporating whole-wheat pasta or quinoa into your meal rotation will boost your protein intake in addition to delivering fiber and other beneficial nutrients. Each 1-cup, cooked serving of whole-wheat pasta or quinoa contains about 8g of protein.

If your vegetarian preferences don't include any animal products, look to incorporate beans, lentils, and soy products like tofu or tempeh. Be sure to include a variety of vegetable sources of protein (grains, beans, and nuts) in order to get all of the amino acids your body requires.

The recipes below are two of my favorites - a vegetarian pasta dish packed with protein from the beans, nuts, and whole grain orzo, and a crustless quiche that is super speedy to put together. Serve the latter with some crusty bread and a side salad.

Enjoy!

ORZO, NUTS, BEANS & GREENSIngredients:

- 1lb whole wheat orzo pasta (any small noodle will work)
- 1 large head purple or green curly kale, well rinsed, tough stems removed and chopped into bite-size pieces
- 2 cloves garlic, minced
- 3 tablespoons pine nuts, toasted
- 1 can cannellini beans (white kidney beans)
- 3 tablespoons Feta cheese, crumbled
- 3 tablespoons olive oil
- salt and pepper to taste

Method:

- Bring a large pot of salted water to boil. Add the kale and blanch for ~45 seconds. Using a large slotted spoon, remove the kale from the boiling water and transfer to colander to drain. Return water to a boil (it may be slightly green or purple – no problem, just means those lost nutrients will go into the cooking pasta). Add the orzo and cook according to package instructions.
- While the pasta is cooking, drain and rinse cannellini beans. In small batches squeeze the kale to remove excess water.
- When the pasta has finished cooking, drain and return empty pot to stove over medium-low heat. Add 1 tablespoon olive oil and garlic, taking care not to burn. Cook ~2 minutes, add beans, pasta, kale and remaining olive oil. Stir

- Transfer to a large serving bowl and gently stir in feta and pine nuts. Add salt and pepper to taste. This dish can be served hot, room temperature, or cold.

SPINACH PIEIngredients:

- 1 pint low-fat cottage cheese
- 1 cup shredded mozzarella cheese
- 1/3 cup Parmesan cheese, shredded
- 4 large eggs
- 1 16oz package frozen, chopped spinach - thawed and well-drained
- 1 red bell pepper, finely chopped
- 3 tablespoons sun-dried tomatoes, chopped
- ½ teaspoon salt
- ½ teaspoon pepper

Method:

- Preheat oven to 350 degrees and spray a 9" pie dish with cooking spray
- Lightly beat eggs in a large bowl. Add all other ingredients and mix well
- Pour mixture into prepared pie dish and bake for 50-60 minutes until top is starting to brown and mixture is set.

Note: You can make this crustless quiche in a 12-cup muffin tin for individual portions.

**Kristi Spence -**

MS, RD, CSSD

Director of Health & Wellness
Utah Dairy Council

Currently the Director of Health & Wellness for the Utah Dairy Council, Kristi Spence is a registered dietitian and certified specialist in sport dietetics. Kristi blends her passion for food and cooking with her science background as she strives to translate scientific concepts into practical lifestyle applications to improve the health of our community. As the sport dietitian for The Orthopedic Specialty Hospital (TOSH) in Salt Lake City, Kristi developed programs for youth and adults to promote healthy eating and provide sport-specific nutrition education. She completed her master's degree in nutrition at the University of Utah and earned her undergraduate degree from Princeton University. As a lecturer in the University of Utah's Division of Nutrition, Kristi's Healthy Weight for Life course addresses issues in weight management, healthy living, and sustainability. Still a competitive distance runner, Kristi qualified for the US Olympic Marathon Trials with a personal best time of 2:45:38 in the 2006 Chicago Marathon. She was 20th at the 2007 New York City Marathon and competed in the 2008 Olympic Marathon Trials in Boston. Kristi is able to draw upon personal experiences with sport and nutrition to advise people of all ages.



November 16, 2013



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ElliptiGO - The New Hybrid in Fitness!

There is a new fitness device making its presence known among healthy and injured runners alike. It gives you a great outdoor workout where you can find your runner's high while giving your joints a rest. The ElliptiGO has only been available for 3 ½ years, and though relatively new to the fitness scene, it is quickly becoming a favorite for serious athletes, recreational runners, rehabilitation specialists, and those looking for a fun, efficient workout.

So what is the ElliptiGO? The ElliptiGO is the world's first elliptical bicycle. The concept was to take the low impact virtues of elliptical motion, fine tune the machine to better emulate the running motion, and blend both of those with the moving characteristics of a bike to ride OUTDOORS. The result is a high intensity running-like workout

without the impact forces on the body!

As with most great inventions, the ElliptiGO came about in order to solve a problem. After injuries plagued him to the point where he

could no longer run for fitness, former Ironman triathlete, Bryan Pate, was inspired to create the world's first elliptical bicycle. Although he was an experienced cyclist, Pate chose instead



to use the elliptical trainer to stay fit because it was more comfortable than sitting on a bike. Unsatisfied with the monotony of working out in a gym, Pate wanted a product that would allow him to enjoy running outdoors without aggravating his injuries. Pate partnered with Brent Teal, a mechanical engineer, Ironman triathlete and competitive ultra-marathoner, to design and develop the world's first elliptical bicycle. The first prototype took about six months to build and after an initial ride of 20 miles they knew they had achieved their goal of recreating running without the impact. In 2010, the first ElliptiGO became available.

The ElliptiGO is particularly well suited for healthy athletes who want to enjoy a running-like experience while giving knees and joints a break from the constant, jarring wear and tear of running. Cross Training with the ElliptiGO allows you to maintain a high level of cardio fitness and muscle memory while lessening the risk of injury.

Ultramarathon Man, Dean Karnazes, says, "I've always been a proponent for including cross training in any running regimen, and the ElliptiGO is the best cross training device I've ever used – bar none. When I'm training, I like to follow up a really hard run with a really hard ElliptiGO ride the next day. That way I can let my joints recover while I continue to build my cardiovascular strength... This has improved

both my endurance and recovery." Always looking for a new challenge, Dean rode his ElliptiGO almost 500 miles from San Francisco to Los Angeles in just five days. After meeting that goal, he ran the Los Angeles marathon less than 48 hours later.

Jenny Hadfield, running coach, endurance athlete, and author, began using the ElliptiGO while training for the 3-day, 54-mile TransRockies Run. She's also ridden it from Chicago to Toronto and uses the ElliptiGO as "one of [her] core training ingredients." She says, "I found the ElliptiGO enabled me to increase the intensity of my training while minimizing the risk of injury. I feel that the hard work I put in on the ElliptiGO improves my cardiovascular stamina and builds additional core and leg strength that I otherwise would not have. This gives me an advantage during the event. The bottom line is that I wholeheartedly believe that the ElliptiGO will revolutionize the way runners prepare for events because it's a fun and effective way to train."

It's not only healthy runners who can enjoy the benefits of the ElliptiGO. Each year many runners will suffer some kind of injury, most from overuse. Training with the ElliptiGO can help keep your body at peak performance while lowering the risk of injury.



Lauren Fleshman, 15-time All American, and two-time national Champion in the 5,000 meters, found the ElliptiGO in 2010 after recurring injuries threatened to drive her away from competitive running. She recalls, "I had to face the fact that I had limitations and that I couldn't train like everyone else with high-mileage weeks." The ElliptiGO was the solution. She could continue to build cardiovascular endurance as she ran on the ElliptiGO, but she could do it without the jarring impact associated with her regular runs. "I knew my body couldn't tolerate running more than 80 miles per week, so I fill in gaps with the ElliptiGO," Lauren explained. "Instead of going out and putting the additional volume on my legs and joints, I ride it for the equivalent amount of time that I would be running, replacing some of my key training and recovery workouts, and I try to mimic the same heart-rate zones I would have done in the runs I'm replacing. It's been an effective way to incorporate more training and recovery workouts into my regimen. I'm able to keep my fitness level on par with my competitors while putting in fewer miles, which greatly reduces the likelihood of injury." Lauren is just one of dozens of elite runners who used the ElliptiGO while recovering from injuries and was able to successfully return to competitive running.

In fact, The ElliptiGO is currently being used by more than 50 of the top runners in the country including Rusty Snow, Sarah Slattery, Brian

Pilcher, Simon Gutierrez, and Olympians Meb Keflezighi, Mary Decker Slaney, Julie Culley, Madga Lewy Boulet, and Adam Goucher.

Lisa Kearns, MS PT CSCS, uses the ElliptiGO as a tool for her clients, especially athletes, both in rehabilitation and physical therapy. Lisa says, "Athletes often become frustrated when injuries and rehab limit their normal training and the ElliptiGO offers a fun workout that minimizes stress to the joints, strengthens muscles, and allows them to return to more sport-specific activity earlier."

Most of us are not professional athletes, and while we're all at different places along the spectrum of health and fitness, we all know that being fit is the best defense against a wide variety of physical ailments. Aside from being fun and low-impact, the ElliptiGO engages core muscles, which protects the back from injury. As a weight-bearing exercise, it also helps to maintain bone density. Too cold outside? The ElliptiGO can be used on a stationary trainer. Short on time? No problem. On an ElliptiGO, you are exerting, on average, 33% more effort than cycling.

Whether you're looking to improve your running, return from an injury, or escape the monotony of the gym, an ElliptiGO is a great choice! To find out more about the ElliptiGO, go to ElliptiGoStGeorge.com.



Joe Goodwin

is an entrepreneur, a runner, and ElliptiGO enthusiast. While sidelined with typical running injuries, Joe found the ElliptiGO which allowed him to experience the highs of running outdoors again without aggravating

his injuries. With his ElliptiGO, Joe has recently participated in the Cycle Salt Lake Century, The Tour de St George and most recently the 4th Annual ElliptiGO World Championships in San Diego.

UTAHNS LEADING THE PACK



Rosy Lee

Age: 37

Current residence: Mountain Green, UT

Occupation: mother of 4

Running background: East High School, University of Oregon, Weber State, University

PR's: 10k- 34:56, half- 1:17, full- 2:37:08

Tell us about your recent victory at the St. George Marathon - how the race played out, how you felt about the overall experience: I focused on enjoying the St. George Marathon experience. In the past, 7 of my 9 marathon experiences have been agonizing... This time around I must have endured that pain and suffering during enough of the workouts so when race day came it all felt terrific in comparison.

With a 9 month old child, what do you feel contributed the most to your quick return to your current fitness level? Desire, determination, and an All-American training partner and friend, Sariah Long. Sariah pushed and pulled me through all the extreme speed workouts, gave excellent coaching (via email, texts, and phone calls), and most importantly I have

a supportive, loving husband, Mark. The St. George inducted me into the “road to fame” and invited my family and me down for the ceremony. It had been several years since my family has seen me race. The St. George Marathon makes me feel appreciated and I run well on the course.

Training regimen/schedule (weekly mileage, types of workouts, when you fit it in): Starting about the last week of July, until about three weeks prior to the marathon, I was putting in 80 and 85 mile weeks and one week at 90 miles. Generally I did interval and speed workouts Tuesday and Thursday mornings, and a long run on Saturdays. If my husband was out of town, sometimes I’d rearrange the days to accommodate his schedule. Mark leaves for work at 7:30 am, so I’m always careful to be back prior to his departure. Sariah and I would meet at the Bonneville track in South Ogden when we did the 6 x 800s at 2:37 to 2:40 pace, or the 8 x 400s at 72 to 73 (these paces were our good days). She would meet me in Mountain Green when we did the 4 to 5 x 2 miles at 5:45 pace, 3 x 3 miles at 10 seconds faster than PMP, 5:45 to 5:50. We also

did a couple of the long Saturday runs. We did our 13 mile tempo at 6:00 pace, but Sariah was more like 5:58 pace. We started in South Ogden and ended at the bottom of the Ogden River Parkway.

Favorite place to run: I love running up this dirt road here in Mountain Green. Unfortunately, so do the moose! After being charged the first fall I moved here I seem to have developed a real fear of the gigantic, long legged animals. This past summer I’ve had to reroute my run twice because of the mamma and baby moose.

Favorite pre-race meal and post-race drink: I did love the breadsticks at the Pasta Factory, Friday night prior to the race. However, I hear the ones above at the Pizza Factory are bigger-- bigger is always better in my book. The hard part is knowing when to call it quits.

Favorite race distance: I’ve never trained specifically for a half or 5k. I really enjoyed doing the Deseret News 10k this summer, but I think the marathon is more forgiving-- you can run slow and make up for it later.

Why run (motivation, inspiration): I think I believe I’m faster than I really am. That

reality is sharp and bitter; however, it keeps my drive strong and long.

Favorite quote or best advice you’ve been given as a runner: Concentrate on all the things you have done right in your training. Repeat your power phrases to yourself during the whole race: cruise, push, finish strong

Advice you would give to other aspiring runners: Choose a race, and focus on training for that specific day. Every week for 8 weeks, make a plan that includes your 3 big workouts. Training is as important as your taper. Allow your body to rebuild all its glycogen, so when race day comes you are feeling like an athlete ready to roll.

Goals: Chicago next fall? I’d like a faster time in the half. With Sariah’s help, I would love to speed up that 6 x 800m workout to a 2:30 pace--last time we did that workout at 2:37 pace, and I ran a 2:37 marathon. Experts say it runs true to the time.

I’d love to try the 400m workout at 70 seconds. I crave speed, and it is very hard to come by these days!

UTAHNS LEADING THE PACK



Iain Hunter

Age: 42

Current residence: Provo

Occupation: Exercise Science Professor, BYU

Running background:

Started as a junior in high school. Competed in the 800m run throughout high school (San Jose, CA) and college (BYU). Transitioned to marathoning in 2007 and has run STG 5 times. Finished 9th, 1st, 4th, 2nd, 4th respectively.

PR's: 800m-1:49.93; 10,000m (on the track)-31:05; Marathon 2:20:53

Tell us about your recent finish at the St. George Marathon and highlight some of the other races you've recently competed in:

- Jon Kotter and I planned to run together at my previous PR pace through 15 miles. We got a little behind the pace (with 10k to go, I was 43 seconds slower than what I wanted, while Jon

had gone ahead a little). I've never felt better for the final 10k in any other year and was able to race to the finish rather than just hang on to the finish. So, I was able to get a PR which was my primary goal throughout the year. I caught up to Jon with one mile to go. As we turned the corner to the finish, he got a little gap on me and I wasn't able to close that gap as we approached the finish line. I told him that I let him beat me so he wouldn't feel bad about getting outkicked by an old man.

- As a 40-year old, I ran in the Mt. SAC Relays in the 10,000m run. I finished in 31:05 and was the number 2 masters runner in that year for 10,000m on a track.
- I had to miss 2013 due to being on a trip, but was on the winning team for the Wasatch Back Relay for the previous 5 years.

- Last year, after winning the masters' division at St. George, I was able to go to Japan to participate in the Ibigawa Half Marathon (sister marathon to STG). There, I finished in 5th in 1:10:47. I was very happy with this since it is uphill into a canyon, then back down to the start and only a month after the St George Marathon.

[As you've crossed that threshold into masters level running, what would you say has allowed you to continue to post fast marathon times?](#) There are six things that have kept me doing well as I've gotten older.

- I've stayed consistent in my training since returning from my church mission as a 21 year old.
- Since returning to teach at BYU, I've had fast, fun, dedicated training partners that motivate me to be the best I can be.

- I've changed the distances of races that I've competed in over the years. This has kept a consistent excitement and motivation with the variety of goals that I can set.
- I keep racing to a minimum. This keeps me more motivated for the races I do and focused on appropriate training.
- Ed Eyestone is the greatest coach ever! He has a great understanding of hard training and good recovery along with being a great all-around friend.
- I've done a decent job of keeping it all in perspective. Running is not all that matters. It should just be a supplement to the things that really matter in life.

[Training regimen/schedule \(weekly mileage, types of workouts, when you fit it in\):](#) This year, I peaked at 100 mpw and had a 10 week program

building up to that then back down. I do long intervals and long tempo runs twice a week along with one long run of 20-25 miles once a week. I usually do those in the mornings in the summer and late afternoons once school starts.

Favorite place to run: Oregon (The problem is I don't live there)

Favorite pre-race meal and post-race drink: Pre-race: Banana and a Pop Tart with a lot of water

Post-race drink: Chocolate milk or Powerade/Gatorade

Favorite race distance: 800m

Why run (motivation, inspiration): I love to set some kind of goal and see if my body, mind, and spirit are capable of accomplishing it. Patti Sue Plummer said it better than I can, "Racing teaches us to challenge ourselves. It teaches us to push

beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about."

I'm inspired by my family and friends. It's so much fun to have goals together and see what we can achieve.

Favorite quote or best advice you've been given as a runner: "You have the potential to become anything to which you set your mind. You have a mind and a body and a spirit. With these three working together, you can walk the high road that leads to achievement and happiness. But this will require effort and sacrifice and faith." - Gordon B. Hinckley, 2004

Advice you would give to other aspiring runners: Stay consistent in your training.

Find training partners that you like and are of a similar ability.

Set goals that you can develop a

meaningful training program so that your runs have a specific purpose.

"Goals: I'm resetting my running goals right now and have not narrowed in on what is next, but it will deal with racing on the track at shorter distances and most likely a steeplechase race. The goals outside of running are taped inside my locker for me to see every day. It's very important to make sure running is not the only thing that is of importance in life. So for now, my focus is on family, work, and spiritual goals.

Therapy For The Soul

It was one of those days from the very start. I woke up late to a sick dog, an ornery teenager and a jam-packed day. I forgot an appointment I'd been trying to arrange for weeks. I lost my keys for over an hour, and after I'd dumped out every purse and bag I own, I found them in the pocket of a sweatshirt I'd worn to the gym the night before. I went to the grocery store but forgot the list (and thus several necessities), and I went through a drive through without my wallet (thank goodness for my stash of change).

As the sun was beginning to set, I sat at the computer, wearing the running clothes I'd put on at 5:30 a.m. I knew the issues I'd dealt with were small, but I felt battered and defeated.

Before that internal debate of why I shouldn't progressed any further, I paused and then bolted for the gym. In keeping with the day's theme, I ran out of the house without my headphones, and being the iron-willed person that I am, I knew this would make it next to impossible to run on a treadmill for more than a couple of miles. Instead of turning around, which would have certainly finished the debate (and any hope of a workout), I bought a new set at the gym. I was just settling into a warm up when the phone call came. Her voice was so frantic and

broken with sobs, that I had to leave the gym to understand the words. It was my husband's ex-wife and the mother of my three oldest stepchildren. She was begging one of us to call her about their daughter, Jill.

We both tried calling Jill, and when I arrived home just minutes later, my husband was putting on his shoes. "She's gone," he said to me, almost in a whisper. The feeling was swift and sickening. I heard the words, but the questions pushed the reality of her death far from my ability to fully grasp what was happening. Our two youngest children, my daughters, sat at the kitchen table, so my husband and I said very little as he left.

I went out into my garden and began pulling weeds with the kind of purpose and ferocity that didn't really fit the situation. After a telephone conversation with my husband, I went inside and told my girls that their sister was gone. There always seems to be the recurring question, "Why?" It was suffocating in this case, as Jill was just a week from her 31st birthday. Everyone exchanged theories on what happened, which only made those first few days more painful for us.

Suddenly, forgetting an appointment or a pair of headphones didn't seem like problems at all.

Car problems, medical bills and over-booking myself at work – it all seemed ridiculous and I felt shame since my sadness. I took my youngest daughter, and went to Alaska for 16 days. I worked very little and ran very much. It was on those runs that I felt closest to Jill. She used to run with my husband when she was in grade school. At age 10 she could run 7 or 8 miles with ease. I talked to her, and I prayed for my husband, my children and her mother.

When I arrived home, we had the memorial service, and the haze in which I'd been operating transformed into molasses. Instead of seeing the possibility of a new day, I dreaded the sunrise and the responsibilities that it brought with it. Everything felt louder, harsher and more shrill, and I longed for the silence of sleep each night. The rare moments of peace came from the kindness of others, the unity of our family, and the new-found therapy of my runs. It wasn't any easier to find the time or the will to run. Many days I woke up, put on my running gear, and never took a step outside my house. But more often were the days where I did make my way to a trail or a treadmill. There, I found the ability to breathe deeply and feel relaxed.

Hardest for me was seeing the impact on my girls, especially my youngest daughter, Daphne. She was closest to Jill, and people often commented on how much they looked alike. They shared a love of animals, all things glamorous and cute boys. They shared the same

generous soul and tender heart, and they both dreamed of living in New York City.

Just a couple of weeks before Jill passed away, doctors told us that Daphne, who was born with a congenital heart defect, would need to have a valve replacement. We signed up for an experimental procedure that attempted to replace the valve through a catheter, but that wasn't successful.

Without another option, we scheduled her open-heart surgery for Dec. 17, hoping that she will make it home for Christmas. More difficult than the idea of her being hooked up to a heart-lung machine (which I'm intimately familiar with as her first open-heart surgery was as an infant), was talking to this 14-year old about the realities she was facing.

A week later, a friend who'd been battling breast cancer was told she had just a few weeks to live and needed to move to a hospice in Denver. She wanted to see her two cats one last time, so another friend and I decided we would drive to Denver, with the cats, and say our goodbyes. We were in my driveway at 4:30 a.m. when we got the phone call from our friend's sister that she'd passed a few hours earlier - just two days after entering hospice.

The following New Year's Eve, I hiked with my oldest daughter and some friends to Delicate Arch. It was two-degrees in the desert as we waddled up to this natural wonder. We sat under

the arch and talked about the disappointments of 2012 and the possibilities of 2013. We saw a shooting star so bright and beautiful, I thought it could only mean one thing: "Something amazing is going to happen this year," I declared.

There have been small miracles-- tender mercies. But mostly every day has been a challenge. Some have suggested that I stop pushing myself to run when I don't feel like it. Some have suggested that I'm wearing myself out even more when I go running early or late or whenever I have a few spare minutes. "Give yourself a break," they say. But I see running as a metaphor for life.

It's true that there are health benefits - both mental and physical. There is a lot of fun to be had running races with friends, old and new. But the real reason I persevere, however, isn't because running is good for me. I keep slogging through the hard days because I know there are awesome days. Even when I can barely muster the energy to dress myself, I know running will give me more than it takes from me. Every run is different, and that is both the thing that makes it beautifully beneficial, and also what makes it so difficult.

After a decade of running, I keep thinking that it shouldn't be this hard. But it is, because it's the hard that it helps pull you through the muck of life. It may seem counter intuitive, but pushing yourself to your physical limits clears the haze from your head and the heaviness from your

heart. Sometimes running is about competition, other times it's about co-existing. One slow plod after another, you keep moving, until you're sailing down a trail, full of speed, full of wonder and full of expectation. You're feeling like a kid on a carnival ride. Running may tax your lungs and turn your legs to Jell-o, but it strengthens your soul. It teaches you that by embracing what seems most difficult, you can see beauty even during life's most dark and painful moments. It solves nothing but helps everything. It is both the destination and the journey. The joy is yours whether you feel worthy of it or not.

Running is a life partner that will not always feel like a friend. But it is a commitment that will always lead you to a better version of yourself.



Amy Donaldson is a sports writer and columnist for the Deseret News. She spent eight years covering crime and corrections and has covered high school sports, outdoor recreation and fitness for the last 12 years. Originally from Anchorage, Alaska, she graduated from Snow College and the University of Utah, and is proud to call Taylorsville home.

Utah collegiate cross-country teams are in the thick of their seasons and preparing for upcoming conference, regional, and national championships. Beginning up north, here's a quick glance of what's going on around the state:

Utah State University, Logan



Both the men and women's teams are picked to place sixth in the Mountain West Conference Championships. Led by seniors Kyle McKenna for the men and Alex Litzsinger for the women, the teams recently competed in the NCAA Pre-National Meet in Terre Haute, Indiana, finishing in 33rd and 43rd, respectively. McKenna finished with a time of 24:29.83 in the 8K course. In the women's 6K course, Litzsinger ran a time of 21:38.15. The Aggies will compete in the Mountain West Conference Championships November 1 in Colorado Springs, Colorado.

Weber State University, Ogden

Following conference championships in 2011 and 2012, the Weber State women are picked to win the Big Sky Conference

Championship again this year, while the men are selected to finish third. The teams competed Oct. 19 at the Wisconsin

Adidas Invitational. The men were led by junior Trevor Ricks in the 8K race and placed 34th overall. Freshman Summer Harper led the women to a 31st-place finish overall.

The Wildcats will compete in the Big Sky Conference Championships Nov. 2 in Bozeman, Montana and will play host for the NCAA Mountain Region Championships November 15 in Riverdale, Utah.

Women's team member and three-time All-American Amber Henry was recently named one of the Big Sky Conference's greatest female athletes, the only current student-athlete on the list.



University of Utah, Salt Lake City



The Utah women competed in the Pre-National Meet in Terre Haute, Indiana in October, finishing 37th overall. Junior Rebekah Winterton paced the team with a 56th-place finish in the 6K course (21:05.29). The Utes placed 4th at the Stanford Invitational earlier this season. They now prepare for the Pac-12 Conference Championship in Boulder, Colorado on Nov. 2.

Utah Valley University, Orem



The Utah Valley men placed 3rd and the women 10th at the Santa Clara Bronco Invitational in Northern California Oct. 19. The men were

led by teammates Josh Monsen (24:30.7) and Jason Lynch (24:31.1) in the 8K race. Brooke Hodson-Davies placed 25th in the women's 6K race. The teams now prepare for their first WAC Championships on Nov. 1 in Seattle.

Brigham Young University. Provo



The Cougar men, led by Jason Witt's 8th-place finish, placed 2nd overall at the Wisconsin Adidas Invitational Oct. 19. Earlier this season, the men won the highly competitive Roy Griak Invitational at the University of Minnesota, with a first-place individual finish in the 8K course by senior Tylor Thatcher (24:26). They will compete in the West Coast Conference Championships Nov. 2 in Malibu, California. The Cougars are picked to win the WCC, and are currently ranked No. 5 nationally.

The Cougar women finished 24th overall at the Wisconsin Invitational with senior Andrea Nelson Harrison leading the way (21:04) in the women's 6K race. Earlier in October, sophomore Natalie Shields led the women to the 4th placed finish at the Notre Dame Invitational. They are picked second in the West Coast Conference coaches' poll.

Southern Utah University. Cedar City



The Thunderbird men and women are picked to place second and third in the Big Sky Conference Championships. On Oct. 19, the men placed 10th at the Pre-National meet in Terre Haute, Indiana. Ryan Barrus finished the men's 8K race with a time of 24:17.17, to place 25th overall. The women recently competed in Sunnyvale, California at the Santa Clara Invitational, finishing in 9th place overall. Shelli Mogensen was the first T-bird finisher with a time of 21:30.3 in the women's 6K race.

The teams compete next in the Big Sky Conference Championships Nov. 2.

Dixie State University. St. George



The Dixie State men and women recently competed in the San Diego Triton Classic, placing 6th and 5th,

respectively. Rodney Warr led the men with a 35th-place finish, and Skyler Carver paced the women finishing in 49th.

The teams compete Nov. 2 at the Pacific West Conference Championships at Navato, California.



Danielle Longhurst is a native of Ogden, Utah, and is a writer, runner and mother of three active children. She was a former mid-distance runner at Weber State University and now enjoys doing road races. She can be reached at danielle.longhurst@gmail.com

Utah State High School Cross-Country Championships

At least 20 records were set at the 2013 Utah State High School Cross-Country Championships held October 23rd at Sugar House Park. Utah prep athletes took advantage of great conditions and once again proved Utah's elite distance running status. Starting with 5A, here are the 2013 champions:

Girls

5A

Team Champion: Davis High School

Individual Champion: Lucy Biles of Herriman High School (17:41.9)

4A

Team Champion: Ogden High School

Individual Champion: Sarah Feeny of Ogden High School (17:25) * fastest time of all divisions

3A

Team Champion: Park City High School

Individual Champion: Aimee Bryson of Cedar High School (17:58.9)

2A

Team Champion: North Summit High School

Individual Champion: Anna Camp of Millard High School (19:16.5)

1A

Team Champion: Panguitch High School

Individual Champion: Whittni Orton of Panguitch High School (19:23.5)



Boys

5A

Team Champion: American Fork High School

Individual Champion: Connor McMillan of American Fork High School (15:04.1)

4A

Team Champion: Orem High School

Individual Champion: Conner Mantz of Sky View High School (15:11.5)

3A

Team Champion: Desert Hills High School

Individual Champion: Garrett Marsing of Carbon High School (16:02.9)

2A

Team Champion: Rowland Hall

Individual Champion: Ryan Westermann of Rowland Hall High School (16:09.3)

1A

Team Champion: Monticello High School

Individual Champion: Easton Nielson of Monticello High School (16:41.2)

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Timpanogos Half Marathon July 27, 2013 - American Fork, UT

Three years ago I started running short distances with friends and grew to love the adrenaline boost, added endorphins, and sense of accomplishment that accompany finishing a run. I worked my way up in mileage and decided I wanted to train and run a half marathon. I completed my first half marathon in April at the Thanksgiving Point Half. It was amazing but extremely hard as there were a lot of rolling hills. I decided I wanted to train better and harder and attempt a second half marathon. I researched half marathons in Utah and read reviews before finally deciding upon running the Timpanogos Half Marathon.

Packet pick-up was held at the Traverse Outlets in Lehi for two days prior to the race. It was extremely well organized and the staff was very energetic and helpful.

Race day required an early wakeup call of 3:15 AM as racers had to be shuttled from Lonepeak High School to the start line up American Fork Canyon. I picked up my running partner, Amber, at 4:00 AM, arrived at Lonepeak High school at 4:15 AM, loaded a shuttle at 4:20 AM, and reached the start line at 5:00 AM.

The start line layout and organization was awesome! There was a large parking lot area set up for group yoga before the race. Behind the parking lot was a long line of portable bathrooms and beyond that was the start line! When we arrived, we still had an hour before the race began so we participated in the group yoga session to warm up and stretch our muscles.

There was anticipation and excitement in the air as we lined up behind our trail markers before the race began. Amber and I snapped a few pictures on my iPhone (which doubles as my iPod during races) and waited patiently with the other runners for the race to begin. At 6:10 Amber and I crossed the start

line and we were off! The beginning of the race was a little congested as we were limited to one lane for runners and one lane for traffic coming or leaving the canyon. The congestion lessened after the 2 mile marker as runners found their pace.

The canyon was gorgeous. We watched the sunrise hit Timpanogos Mountain as we ran on the paved road next to the stream. Early riser campers were set up along the way to watch and cheer us on! There were break stations set up along the trail, about every 3 miles, which included water, Gatorade, Gu, oranges, and the lovely portable bathrooms. Almost 8 miles of the race were downhill through American Fork Canyon. The scenery was breathtaking and watching the sunrise was my favorite part of the race.

After making our way down the canyon we turned onto the Murdock Trails which gave a nice change of pace as this area was more level. There were





a few small hills but nothing too steep to climb. We made our way through the trail and looped through neighborhoods toward the final home stretch. My legs were aching from the downhill portion of the race but I had set out to reach a goal of two hours and ten minutes (10 minutes faster than my previous time). I turned on a good song and picked up the pace. Near the finish line, a huge group of spectators were present to cheer us on! It gave me such an adrenaline rush that I sprinted towards the finish line. I reached the finish line in 2:06:30. I was so proud

of myself! After crossing the finish line a staff member was right there pushing water bottles into our hands and adorning us with our medals! It was a very victorious moment for me. I had just beaten my previous race time by 14 minutes! Amber and I took some photos at the finish line and made our way through the line of racers to grab some post-race food.

I instantly guzzled down a glass of icy cool chocolate milk and reached for a banana, hoping it would help with my recovery. I passed up on the smoothies, chocolate chip cookies, and Great Harvest Bread as my hands and mouth were completely full and occupied. I wish I would have grabbed a slice of that Great Harvest goodness. Next time.

Overall, I absolutely loved the Timpanogas half and plan on running this race again next year. It was well planned, notably organized, and full

of breathtaking views-- three of my favorite things! I recommend this race to all levels of runners. I only wish I had trained running downhill a little more as my legs were definitely sore for a few days following the race. See you at the start line next year!



Sarai Hansen

Sarai was raised in Moses Lake, Washington, but currently lives in South Jordan, Utah. She graduated with a Community Health Major and has a passion for fitness, photography, running, dancing, and adventure.

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October Races

Saturday, October 26

Provo Halloween Half Marathon, Provo
North Ogden Pass "Up-N-Over" Trail Run, North Ogden
Haunted Hustle, Salt Lake City
Running Scared 5&10K, Herriman
The Haunted Half, Salt Lake City
Running Scared, Herriman
Save A Sister 2013, St. George
5th Annual Salem Witches 5K Run and Children's Mile, Salem
Goblin Valley Ultra Marathon Green River
Halloween Harvest Half & 5 Mile, Layton
Zombie 5k, Moab
The Brent Event - Utah Edition, Orem
The Brent Event: Provo, Provo
Little Monster Dash, Roy
CREEPY Cocoa RUN for Charity 5K FAMILY FUN RUN, Salt Lake City
Ogden Preparatory Academy Fun Run 5k, Ogden
8th Adoption Walk with Me 5k, Salt Lake City

Thursday, October 31

All Hallows' Eve Romp - Utah, Salt Lake City

November Races

Monday, November 02

Turkey Trot, Richfield
Butch Cassidy Race, Springdale
Moab Trail Marathon, 1/2 Marathon and 5K, Moab
Mayan Miracle 5k: Day of the Dead, Farmington
Snow Canyon Half Marathon 2013, St. George
The State XC Race- Utah, Salt Lake City
IDidARace to Save Homeless Dogs, Park City
Sugar Rush Recovery Run, Murray

Saturday, November 09

Spectrum Academy 2013 Turkey Trot, North Salt Lake
Turkey Trot 5K 2013, Sandy
Turkey Triathlon and 5K, Orem
Frary Peak Hill Climb, Syracuse
Paws for Diabetics Virtual 5K and Half Marathon, Beaver
P1 Wounded Warriors Hero Run, Orem
Run for Resilience, Bountiful
27 Million 5K, Ogden

Monday, November 11

Valley of Fire Marathon, St. George
Valley of Fire Half Marathon, St. George
Saltair Half Marathon & 5K, Magna
Turkey Trot 2013, St. George
2013 Riverton Holiday Heroes, Riverton
Mustache Dache Salt Lake City, Lehi
Turkey Trot 5k & Gobble Wobble Kids k, Roy

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Saturday, November 23

Smithfield Turkey Trot, Smithfield
Death Valley Half Marathon, St. George
2013 Utah Santa Run - Salt Lake City (All Runners wear Santa Suits),
Salt Lake City
Jingle Bell Run/Walk for Arthritis- St. George, St. George

Thursday, November 28

Earn Your Turkey Run/Walk, Orem
Fleet Feet Turkey Trot, American Fork
5th Annual Turkey Leg 5K & Kids 1K, Farmington
MillCreek Cold Turkey 5k Run/Walk, Holladay
CITY CREEK COLD TURKEY 6K RUN/WALK/WHEELCHAIR,
Salt Lake City

Saturday, November 30

2013 Utah Santa Run - Ogden (Runners wear Santa Suits), Ogden
Stache Dash SLC, Salt Lake City

December Races

Saturday, December 7

Winter Sun 10K, Moab
Mesquite Tri States Marathon, Washington
2013 Utah Santa Run - Provo (Runners wear Santa Suits), Provo
Expedition St. George 2013, St. George
Jingle Bell Run/Walk for Arthritis-SLC, Salt Lake City

Saturday, December 21

Santa Hat Dash & Reindeer Run (2nd), Salt Lake City

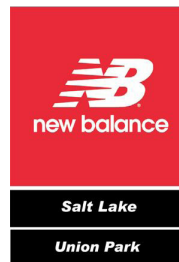
Tuesday, December 31

Beat the New Year 5k, Salt Lake City

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