



Annapolis Striders Winter Half Marathon Training Program

PRE-SEASON UPDATE

I look forward to meeting and running with all of you. I wanted to reach out today to give you an update on where we are with membership, to answer some questions about bringing pets to our program meets, and preparing for running for prolonged periods in very cold weather if you're not used to it.

CAN I BRING MY FUR BALL TO OUR SATURDAY RUNS?

Because the training team has been asked more than once, I want to take this opportunity to answer that question ahead of time for those who have and those who are wondering and haven't asked. I have a 100 pound yellow lab we call LTD (Lincoln the Dog) who



absolutely loves running with me. I don't bring him into the group setting for a number of reasons you might not have considered; but hopefully, you'll understand once I paint the picture that supports my response. I know you have a sense of where this is going; but I want you to understand why I'd prefer you run with your pup on the other six nights rather than during our long run in our herd on Saturdays. Safety is my primary concern. The

reasoning behind that is:

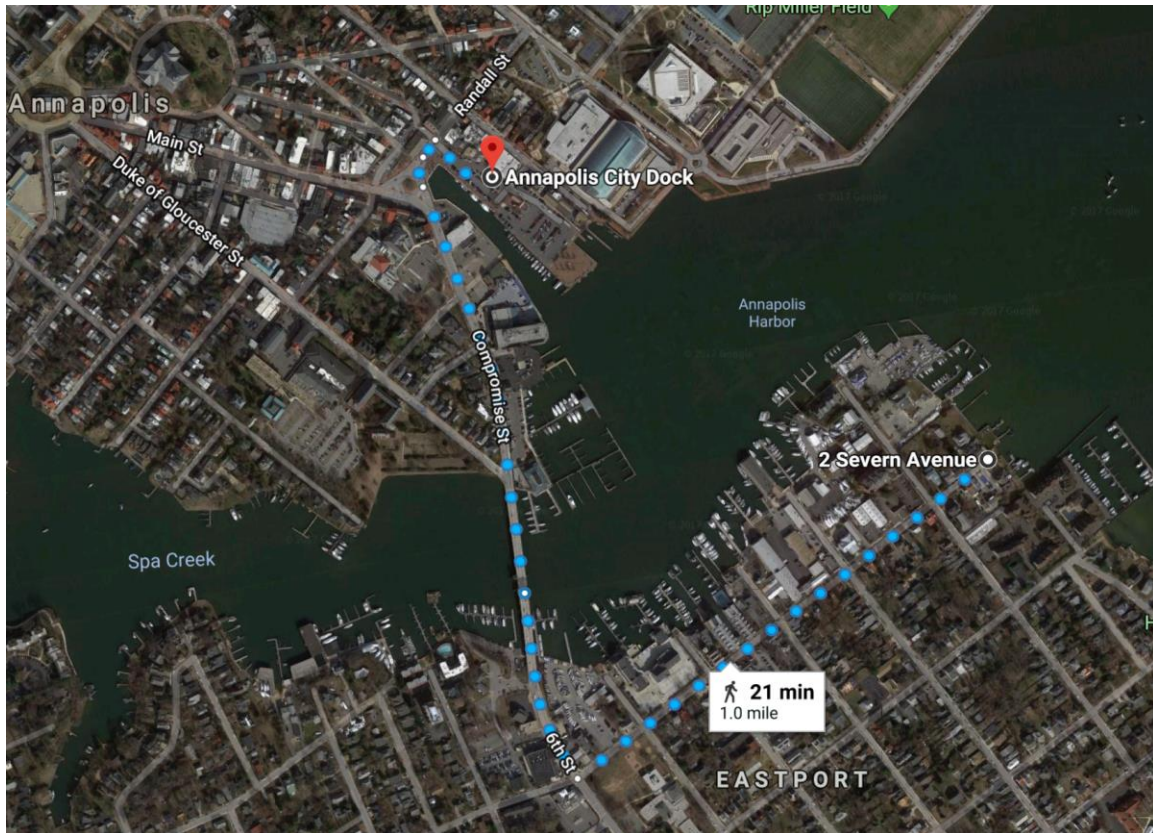
- The B&A Trail is 7-8 feet wide.
- When there's snow, often, it's narrower.
- Some places there's a grass edge; but for long stretches there's not.
- The quarter mile run from the spot where we'll park to the trail is a 3 ft. wide sidewalk along a busy avenue.
- We dump 30-50 runners onto that walk and trail at one time.
- Outbound we occupy half of that 8 foot wide trail, and once the leaders turn at the halfway point we're using the whole thing in two directions.
- We share that path with other runners and cyclists, and walkers and folks with their puppies too.
- Some are going faster and some slower than us, and everyone is passing in the middle.
- In short, the puppy on a leash with all that traffic in a confined space introduces a safety risk to others that is otherwise avoidable.

Now, I haven't even discussed others who are there to run in this class we offer only twice a year; who might not feel the same way we do about pets or our dogs... but, I hope you understand. I very much love running and I love dogs; but, in this case it's not a good mix....please leave your LTD at home.

NEW YEARS DAY RUN

On New Year's Day every year there's an unofficial gathering of 100-200 runners at city dock in Annapolis for a 4 mile year starting run from downtown, to the other side of the Naval Academy Bridge and Back. The 19th annual wholly unofficial and only mildly

organized ANNAPOLIS NEW YEAR'S DAY RUN will depart from the City Dock at 9 a.m. on New Year's Day 2018. For those of us looking for that magic 6 Miles, you can continue across 6th street and Compromise, and turn left at the Shell station on Severn to its end and back as pictured below.



This is an excellent event. I've done this run every year for the last 5 years. Get there in plenty of time before it starts to find parking and to sign in and recap your 2017 accomplishments and jot down your 2018 goals...some of you might earn a mention in the Annapolis or Anne Arundel County newspaper.

MEET THE COACHES NIGHT

On Thursday January 11th from 6-7:30 PM at Charm City Run in Annapolis Town Center you can meet your coaches and mentors and talk about the program, equipment and your goals over a cup of coffee or hot chocolate.

There's an Event Announcement on the Striders Half Marathon Training FaceBook Page to register if you care to. We hope to see you there.

PROTECT YOUR SKIN AND TOES



On very cold days you might use a buff, a mask or brave the elements straight up. I'd like to draw your attention to a product I use to protect my cheeks, nose, ears and exposed forehead if you don't have something specific you use. A pea sized dollop on each spot is sufficient to prevent chafing during the run.

This product and others like it are excellent between your toes to prevent blisters as well. When you run long, blood begins to pool in your lower extremities and they swell. This swelling, along with heavier sock materials in your favorite shoe squeeze toes and you'll end up with a booboo. Also good when your feet get wet...a little prevention goes a long way.

THE 2018 HALF MARATHON TRAINING PROGRAM...SO FAR

So far we are 79...yes seventy nine runners strong including me. An absolute strength of the Annapolis Striders Training programs is the draw on a variety of folks with different goals who share one thing in common...they've chosen to train for a defined period of time together. The focus of the program is helping runners extend their base mile to the half marathon; many who will join us run to stay fit and have chosen the half marathon as their distance of choice, while others still are shooting to improve their performance in a 13.1 mile event. Regardless of your goal, your coaches and mentors will help you prepare by offering advice and support, and by implementing a tried and true, and measured plan.

Here's how things break out so far:

- You have 2 Coaches and 7 Mentors
- There are 53 female and 26 male runners
- 2 runners are 20-29, 11 are 30-39, 25 are 40-49, 33 are 50-59, and 8 are wiser than the rest of us
- 21 of you are new to the Half Marathon which means YOU ROCK!!!
- A little over half of you (45) use GPS or Heart Rate Monitor (HRM) technology.

I am very excited about training with you. Extending distance is about developing the level of fitness you need to sustain a run for 2-3 hours. We will grow that capacity together.