



# Annapolis Striders Winter Half Marathon Training Program

PRE-SEASON UPDATE 02

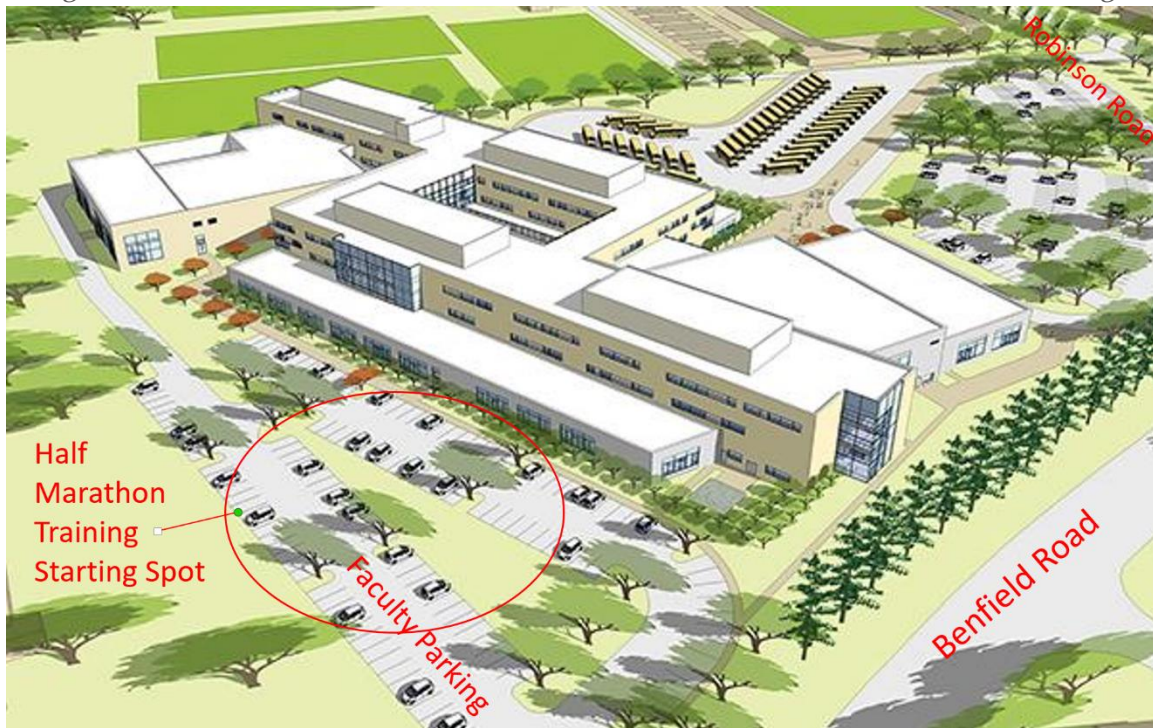
David Dold, Cindy Kulikowski, Lee Crumwell, Carol Churches and I were joined by VP for Training Susan Noble Thursday evening January 10<sup>th</sup> at Charm City Run for “Meet the Coaches”. Between 6:00-7:30 PM we talked with runners about the program; injury prevention; a potential trail run; track workouts, and; the Half Marathon itself. Charm City Run’s Kelly Bauer provided coffee and an excellent venue for an exchange of questions and information.

Quite a few confided they’ve not been running very much or even lately for that matter; so, I wanted to encourage all of you to try to get that season starting 6-miler in this weekend if you can.

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## SATURDAY RUNS FROM SEVERNA PARK HIGH SCHOOL

On Saturdays our runs will begin from the faculty parking lot at Severna Park High School. That is NOT the large lot directly in front across from the intersection of Evergreen where Robinson Road becomes Benfield Road; but rather, a smaller lot along



the far end of the school after you’ve passed it coming from Richie Highway. As Google can’t seem to get their satellite images updated, I had to borrow this conceptual drawing of the school when the project was submitted to the county. Anyway, we’ll have somebody posted in the main lot just in case; but, this is where we’re permitted to gather.

## **RUNNING IN SNOW...**

As a point of reference. Each of us has to operate within our own comfort zone. On December 29th roads were treated and many of us wondered why. Overnight Friday into the AM on the 30<sup>th</sup> we got .5-2" of snow.



The Striders Training Half Marathon program has as its goal, implementing a plan that prepares you to run 13.1 Miles.

While getting in the miles is important; so is living to fight (run) another day. That said, I would have conducted a run in accordance with the training plan that morning given the forecast. You can always look at the weather and go long on Friday or Sunday instead; but, getting in the miles matters with regard to lowering your risk of injury while you are training and when running the race itself.

I included these brief words here along with a photo to say we can't control the weather and there's no guarantee it won't snow every weekend; so, I'll likely lead a run unless the weather and roads are really, really bad. Each of you must decide for yourself whether and how you want to pull off your long run each weekend.

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## **HYPOTHERMIA: CAUSES, SYMPTOMS, AND TREATMENT**

In the first newsletter I talked about cold days and using a buff, or a mask to neutralize the sting of the cold; but this time out I'd like to offer a brief tip and a request to keep an eye on one another while we train together in the cold over the next 3 months.

### **FIRST RULE**

It's important to understand there will be no award for "toughest runner". No one should run through an injury. A similar rule holds when you train for long periods in the cold in the winter; specifically, if you begin to feel or see someone else exhibit symptoms of hypothermia, tell someone and get yourself or that other runner to a warm place. If someone asks you if you're feeling okay; they might be seeing something you don't yet realize. Do a self-assessment and err on the side of caution...better safe than sorry. Someone will let us know and I will personally come get you with a nice, warm car.



*Hypothermia* is a potentially dangerous drop in body temperature, usually caused by prolonged exposure to cold temperatures. The risk of cold exposure increases as the winter months arrive.

Normal body temperature averages 98.6 degrees. With hypothermia, core temperature drops below 95 degrees. In severe hypothermia, core body temperature can drop to 82 degrees or lower.

## COLD EXPOSURE

When the balance between the body's heat production and heat loss tips toward heat loss for a prolonged period, hypothermia can occur. Accidental hypothermia usually happens after cold temperature exposure without enough warm, dry clothing for protection.

## SYMPTOMS OF HYPOTHERMIA

Hypothermia symptoms for adults include:

- Shivering, which may stop as hypothermia progresses (shivering is actually a good sign that a person's heat regulation systems are still active)
- Slow, shallow breathing
- Confusion and memory loss
- Drowsiness or exhaustion
- Slurred or mumbled speech
- Loss of coordination, fumbling hands, stumbling steps
- A slow, weak pulse
- In severe hypothermia, a person may be unconscious without obvious signs of breathing or a pulse

Mountain climbers on Mount Everest avoid hypothermia by wearing specialized, high-tech gear designed for that windy, icy environment. You and I can decrease risk by simply leaving the trail and ducking into a CVS or Naval Bagel when we feel the onset of symptoms in ourselves or see them in someone else.

- **Mile Marker 1** – Arnold Station, McDonald's (4.4 miles south of Robinson Road)
- **Mile Marker 3.5** – Jones Station Road, Rite Aid (2 miles south of Robinson Road)
- **Mile Marker 5.5** – Robinson Road
- **Mile Marker 7** – Earleigh Heights Road, Ranger Station (1.5 miles north of Robinson Road)
- **Mile Marker 9** – Jumpers Hole Road, Chic-filet, (3 miles north of Robinson Road)

## TREATMENT FOR HYPOTHERMIA

Hypothermia is a potentially life-threatening condition that needs emergency medical attention. If medical care isn't immediately available:

- Move gently to a warm, dry shelter as soon as possible.
- Protect the person against wind, drafts, and further heat loss with warm, dry clothes and blankets.
- Remove any wet clothes, hats, gloves, shoes, and socks.

If you've any concern the condition of your fellow runner is worsening; call 911.

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## THE 2018 HALF MARATHON TRAINING PROGRAM...SO FAR

As of today we are 122...yes One Hundred Twenty-two strong including me. The focus of the program is helping runners extend their base mile to the half marathon; however we will be running with a variety of folks with different goals who've chosen to run or train together for the next 3 months.

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 training plan.

Here's how things break out so far:

- You have 2 Coaches and 6 Mentors
  - There are 84 female and 41 male runners
  - 4 runners are 20-29, 18 are 30-39, 41 are 40-49, 46 are 50-59, and 13 are wiser than the rest of us
  - 39 of you are new to the Half Marathon which means YOU ROCK!!!
  - 71 of you use a Heart Rate Monitor (HRM), or non-HRM enabled GPS watch, and 25 use a GPS App on our phone.
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Please keep an eye on FaceBook and your email and check on Saturdays before you head out, especially if the weather is iffy.

The coaches and mentors are ready to get started...we hope you are too.

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