

# ***DOWNRIVER RUNNERS NEWSLETTER***

## ***NOVEMBER 2008***

### **Club Meeting**

We have an important meeting coming up **Wednesday, 11/19 at 7:30** in the Allen Park Civic Arena. We are bribing you to attend with PIZZA & POP!!! Subject is the organization of the Riverview Winterfest Run. It is coming up fast and we do not have a Race Director. The Board of Directors has taken on this task and we are hoping to get volunteers for all the details. It makes everyone wonder and appreciate how much work Tony put into these events all these years.

### **DRR Banquet - Save the Date!**

The Holiday & Year End Awards Banquet will be held on Sunday, December 7th from 3-7pm at Arnaldo's Banquet Center in Riverview. The invitations and voting form for Male/Female Runner of the Year and Contributor of the Year have been sent out. If you would like to help with the banquet setup or planning, please contact Lucille Nowakowski (313-570-5912) or Ann Marie Holmes (734-281-0513). Thank you!!

### **Wednesday Night Runs**

The club still meets every Wednesday night at the Allen Park Civic Arena. Runners of varying paces and walkers start at 6:30pm for a run or walk around the streets of Allen Park. If you want to do some socializing, you're welcome to join the people who usually get together afterwards for dinner and conversation at Ruby Tuesdays nearby. President Dan Martinez suggests that you wear a blinker or reflective clothing when we meet for the weekday evening runs. **Safety First!!!**

### **Newsletter Articles and Race Times**

Please submit any newsletter articles, upcoming events or race times to Gary Olsen. Email is: [golsen1@wowway.com](mailto:golsen1@wowway.com) Phone number is: 734-246-5406. Mailing address is: 17831 Devonshire, Riverview, Mi. 48193

### **How some of us save money . . .by Lois Berkowitz**

Sections of this story may be a bit too graphic for the tender hearted among you, so beware.

On Halloween Friday I headed off to Indianapolis for the Inaugural Indianapolis Monumental. It was about a five hour drive. Some had said that the directors were determined to overcome the bad publicity of the other Indianapolis marathon cancellation. If they were, they did a good job. I did not hit the pasta dinner, but ate with friends at a restaurant in our hotel parking lot – it was plentiful and inexpensive. The hotel was roughly 10 miles from the start and near the airport. The parking garage right at the start was \$5 a day, and we investigated and found indoor portajohns at the Marriott across the street – oh, joy! The race started on time in the street in front of the capitol, with about 1500 marathoners and about 7,000 halfers. We traveled through city streets, past quite a few monuments and neighborhoods. The only point that became confusing was in the fine arts complex – lots of curvy paths. I came to a halt at one point and questioned a volunteer, who was knowledgeable. There were police at all the road crossings, and they were friendly. They put one of those large cemeteries you see on some courses at mile 22 – not today! We finished in back of the capitol building and went around to the front and up the stairs, through security, to reach refreshments – pasta with marinara sauce from Fazoli's, with breadsticks, cookies and lemonade. I was happy with a 5:38 something, since I was worried about the double the next day.

The medal was nice, with a fat red ribbon and the shirt was a long sleeved tech shirt. The goodie bag was minimal, but someone was giving out great free headbands.

I generally entertain myself on the course by looking for coins to pick up. I had competition this time, a half marathoner who ran with me for a while. After she beat me to about three, I became more alert. By the end of the course, I had about 15 pennies stuck in my bra. At the end, concentrating on food and the long trip to West Virginia, I dumped my mylar blanket and medal at security and trotted through to get pasta. Later that night in the car I realized that I still at about 15 cents on my person that hadn't been detected.

At the end of the festivities, I headed to the parking garage and got on I-65 south to Louisville. At Louisville, you take a left and head east on I-64, which takes you directly into Huntington, West Virginia. This was a very pretty way to go. I arrived in WV about 7 p.m. Saturday night.

Bettie had picked up my packet for me, which was lucky since I arrived right about the time pickup closed. Again, we had a nice hotel about ten minutes from the Marshall University stadium. The goody bag was minimal; for about \$10 extra you could get a great fleece pullover instead of a shirt (ask me to model sometime)! Race morning, Sunday, we gathered in the MU stadium parking lot – LOTS of parking, and free. There were restrooms in the stadium that were clean and open. We went up into the stadium to look at the Thundering Herd's home.

The race started on time with minimal fuss one street over from the stadium. We traveled through city streets and into and through Ritter Park, making a couple of loops and a brief out and back. The volunteers were good and the police were plentiful. Since I was worried about this double, I stuck with Bettie from Florida, who follows the Galloway method. This day she ran three minutes and walked one. This worked well and kept some of my energy for the end. I had stiffness in the quads initially, but it went away (mostly). At 23 miles Bettie was having trouble and told me to go ahead, so I headed out doing about five minutes running and one minute walking. We ran through a very pretty campus in the last mile to mile and a half. At a gate, a young woman handed me a long stemmed rose. When we got to the stadium at mile 26, we ran in and around about 2/3s of the stadium to one end of the field, where we were handed a football, and we ran across the field to the goalpost and finish line. To the left, we got a nice medal, bison on one side, and bison butt on the other. To the right, we got pepperoni pizza, pizza rolls, water, cookies, etc. By the way, this course yielded one dime.

This is a nice race, about 360 marathoners. It is well managed and very friendly. The hotels, food, and race items are not expensive. Before you go, check WE ARE MARSHALL out of your video store.

The last nasty part was the six and one half hour drive to Detroit. Arrrgh. Arrived home, triumphant but mean, around 9 p.m.

## **Club Officers**

President: Dan Martinez

Vice President: Gary Olsen

Treasurer: Karen Donaldson

Secretary: Lynn Ketelhut

## **Huron Applefest Run**

Thanks to all club members that helped out at Huron Applefest Run. It was a great day for a fall run!! There was a good turnout and a fine time was had by all. Good job Greg & Jenni!!

## **The 10 and 20 Mile Training Runs**

Though Gene Zimmerman would have liked to have seen more runners out for the training run at Willow Metro Park, he did a fantastic job of putting everything together. **THANKS GENE!!** The runners that were there had nothing but good things to say about the course, the aid stations and the snacks that were there at the finish line. A thanks also goes out to the DRR members (Mike Selke, Dan Martinez) that handled two of the water stations and thank you also to Gene's daughters who handled the third water station. Finally, thanks to the Island Road Runners for their support and also to Total Runner for their continuing support of running in the Downriver area.

## **American Cancer Society Fund Raiser**

There is a flyer attached to this newsletter regarding a fund raiser for the American Cancer Society. Please support this cause if you can. Cancer seems to have touched everyone in one way or another, so help if you are able.

## **FOOT WEAR** By Lynn Ketelhut

It seems like so long ago, when I got my first pair of shoes. They were little tiny white leather jobs with a high-top to provide my weak, baby fat ankles with some support. My Mom & Dad had them bronzed. Next came a pair of Keds canvas tops with beige rubber soles. Got a new pair at the beginning of every summer. By the end of three months of play, after many games of baseball, sprinting countless sidewalk 50 yard dashes and mowing the lawn, those shoes had holes in them the size of half-dollars and were an unrecognizable color of clay mixed with grass. Shoelaces were tied in knots from breaking so many times and only could make it through maybe four eyelets. The ends were frayed like the tip of a buggy whip.

I turned pro in High School and got started with some of Converse training shoes. Every three months I would burn through a pair. In my Sophomore year, I remember taking the DSR bus Downtown to Blackburn Sporting Goods (Michigan and 23<sup>rd</sup>) and buying a pair of Adidas Italias. They were white leather with green stripes and I can still smell that satisfying odor of the new shoes in the box marked with the three stripes. When I put them on, I even felt faster. Hanging around Blackburns, on a rainy Saturday morning, you could mingle with all the elite runners of the area jogging in to buy shoes. Blackburns was the only place you could find Adidas back then...unless you wanted to drive to Lansing at twenty cents a gallon.

My first pair of spikes were Blue Adidas Tokyo's. I was impressed that you could put different size spikes in them depending on the conditions. Those spikes made an unforgettable crunch-crunch sound on the ancient chalk marked cinder tracks we ran on back in the day. They somehow disappeared after many victories and defeats, never to be seen again.

After high School, we really went high tech and I got my first pair of non-Adidas, a fancy pair of nylon Tiger racing flats. Ordered them through the mail. Wore those out in no time too. They have the honor of being lapped by Jerome Drayton enroute to a 3:25 marathon on the 5 mile loop Belle Isle marathon course. The famous Canadian Olympian ran around 2:15 that day and was completely unaware of my lowly presence. It was sometime in the third lap that he went blowing by me like I was standing still. That was my first and last marathon.

Biker Boots replaced running shoes and survived a career ending crash that changed my life forever. The remaining bad right knee forever reminds me of a long haired young man's foolishness back in the foggy and frivolous seventies.

Twenty five years later, a middle-aged former Harrier slipped into Total Runner and bought a new pair of Asics running flats. I marveled at how much shoes had changed. The fancy arch supports, the odd tread designs and the modern, lightweight building materials made those old Italia's feel like lead weights. Even the clothing had changed immensely and was so lightweight it was almost like running with nothing on at all...a long-time fantasy.

For eight years, thousands of glucosamine pills, anti-inflammatory drugs, orthotic shoe inserts, chiropractors, massage therapists, and countless bags of ice, I endured every type of sports injury imaginable, while nursing along a knee that never forgot that fateful, too much gas, too fast of a clutch wheelie. Finally, last month, that vital joint got the final word on my short-lived attempt at wearing out shoes. It would no longer stand for this foolishness and demanded that I hang up my running shoes for good.

Still have those biker boots and a fire breathing Harley. Still have my memories and stories. Will forever miss the bliss of oxygen debt, a soaking wet t-shirt and races run hard. Thank God I still have the camaraderie of the sport that I love so much, even though it will be as a casual observer on the sidelines. I can still wear running shoes for dress up occasions.

### **Calendar of Events:**

November 18	Lightfest Run	Hines Drive
November 22	Blitzen the Dotte	Wyandotte
November 27	Turkey Trot	Detroit
December 7	DRR Holiday Banquet	Riverview
December 31	New Years Eve Run	Belle Isle

## Eat More Fish and Less Vegetable Oil

The Japanese have the lowest incidence of heart attack in the world, yet they have the same rates of high cholesterol, high blood pressure and diabetes, and they smoke as much as Americans do. It's not because of their genes because Japanese who move to Hawaii and the continental United States have a significant rise in their heart attack rates and the same amount of plaques in their arteries as Americans (Journal of the American College of Cardiology. Aug. 5, 2008). On the average, Japanese in Japan eat fish eight times a week and they add far less vegetable oils to their prepared foods. This study shows that Japanese living in Japan have twice as much long-chain omega-3s in their blood as those who left Japan. They also have lower blood levels of omega-6 polyunsaturated fatty acids, and fewer plaques in their arteries. Fats are classified by their chemical structure into saturated, polyunsaturated, and monounsaturated. Polyunsaturated fats are further sub-classified into omega-3, omega-6 and omega-9. Increasing the ratio of omega-6s to omega-3s increases heart attack risk. For two million years, the typical human diet contained a ratio of omega-6s to omega-3s of about two to one. Today we take in large amounts of omega-6s in the form of extracted vegetable oils and not enough omega-3s from fish, shellfish and some seeds. Now our ratio of omega-6s to omega-3s has risen beyond 12 to one. We now think that heart attacks are caused to a large extent by an overactive immunity called inflammation. Your immunity is supposed to protect you from infection. However, if your immunity stays active all the time, it attacks you and starts to destroy every tissue in your body, particularly your blood vessels. Omega-3s form certain chemicals in your body called prostaglandins that turn off your immunity. Omega-6s form prostaglandins that turn on your immunity. The activity of your immunity changes with the ratio of omega-6s to omega-3s. For a heart-healthy diet, add more seafood and whole seeds, and eat less of the foods made with polyunsaturated vegetable oils. (from Dr. Gabe Mirkin's website)

## 2009 Membership Renewal

Attached to this newsletter is a membership renewal form for the 2009 calendar year. Please mail at your convenience or bring it to the Banquet.

### Race Results:

#### James Saxon

Crim 10 mile 2:47:46

#### Thomas Powell

St. Louis Marathon 5:26  
North Brothers 5K 24:55 (1<sup>st</sup> in age group)  
Grosse Ile Memorial Day 8K 37:20  
Cops for Kids 5K 27:10  
Fathers Day Run 10K 53:59  
Volkslaufe 5K 26:52  
Crim 10 Mile 1:34  
Labor Day 30K 3:11:29  
Run For Ryan 41:54 (2<sup>nd</sup> in age group)  
Fox Cities Marathon 4:58

#### Ray Joaquin

Red October Run 28:52  
Brooksie Way ½ Marathon 2:19:11  
Free Press Marathon 5:09:01  
(Ray's 17<sup>th</sup> Free Press!!!)

#### Jackie Olsen

Columbus ½ marathon 2:00:08  
Run in the Park 36:57

#### Gary Olsen

Columbus Marathon 3:47:35  
Run in the Park 31:19

#### Ann Marie Holmes

Free Press Marathon 4:22

#### Thomas Biblewski

Columbus ½ marathon 1:42:47  
Brooksie ½ marathon 1:54:33  
Curamus Terram ½ Marathon 1:54:33 (3<sup>rd</sup> in age group)