

delaware running company's

INTERVALS

October 2016

HOW TO BEAT
PRE-MARATHON
STRESS

[XC 101]

All you need to know



SHOE NEWS

More structure? Shoes that inspire?
860 choices? We've got you covered!

What should I pack?

Oh? Water?

Shorts or tights?

New shoes or old ones?

What do I eat?

Morning coffee?



THE MARATHON GUIDEBOOK

the practical guide for getting to & through the finish line

It's race day. You've spent months getting ready to run a new personal best. Then it happens... you get to the start only to realize you left your bib at home!

Believe it or not, this actually happens, especially when runners don't plan ahead for race day. Getting your gear ready the night before your race is a great way to avoid missing anything due to pre-race jitters (and it lets you concentrate on more important things, like what will you eat day of).

Pre-Race Items/Gear – The gear listed below are all the items that you may need before the race. You should always consider the conditions you'll be performing in as it will affect what you should bring. Generally you should always bring water or some electrolyte beverage with you to keep you hydrated before and after the race. These other items are just as important to keep you focused and ready to run.

- **Training Shoes** – Use a pair that you're already comfortable in, but not too worn. This is not the time to pull out a new pair of shoes.
- **Warmups**– Warmup in more clothing than you'll race in to loosen up the muscles and slightly elevate the heart rate.
- **Small Bag** – Bring a small bag to the race start so that you can leave your warmups in the official drop zone or with

a friend. If this isn't possible, then consider wearing clothing you're willing to lose. Most races will donate leftover clothing.

Race Items/Gear – The gear listed below are all the items that you'll need during the race. 15-20 minutes before your race goes off you should start putting everything on you'll want to be racing with.

- **Racing Flats** – Racing in these lighter shoes instead of regular training shoes helps you run faster on race day. Be sure to run at race pace in your flats prior to race day to make sure they fit properly and can go the full distance.
- **Race Top with Bib Number** – Be sure to pin your bib number on your singlet at home to eliminate stress immediately prior to the race!
- **Race Bottoms** – Bring a couple of different options, such as running shorts or running tights, in case the weather changes.
- **Hair Ties/Headband** – If you have longer hair remember to bring something to tie it back with.

KEEP READING...

- **Energy Gels/Bars** – For the marathon, consider carrying some type of energy gel with you. Best practice is to sample different types of gel in training to discover what works best for you.

Post-Race Items/Gear – The gear listed below are all the items that you’ll want after you’re done racing. You’ll need to change up what you bring depending on the race, the conditions, etc., but generally these are very helpful items to have. You should always bring a change of clothes with you. When you head out to eat after the race most places will be happy to see your race medal, but your sweaty clothes... not so much.

- **Comfortable Sandals/Shoes** – It is important to change into dry and comfortable footwear as soon as the race is finished. Getting into a fresh shoe/sandal will let your feet dry and relax.
- **Dry Clothing** – Take off any wet clothing from the race and change into warm, dry clothing to help recover from the race and to avoid sickness.
- **Snacks** – Eat as soon as possible after the race to help your body repair the muscle tissue that was broken down during the race.
- **Foam Roller/The Stick** – Bring a self massage tool to massage the body after the race as this will help you recover faster and get back to training!



While people often refer to energy gels by the brand name GU, there is a much broader selection available. Experiment with different brands on long runs and in practice to find out what’ll work best for you on race day.



The marathon can lead to soreness as well as the development of soft tissue adhesions (muscle, fascia, & soft tissue sticking together). Using a massage stick can flush lactate acid as well as break up adhesions.

HOMETOWN HERO - JIMMY WALSH



Jimmy Walsh has been a coach and mentor to young runners for over 25 years as a volunteer at St. Elizabeth’s. Dedicated to the long haul, he has continued to foster the relationship with these runners beyond CYM, helping them with training schedules, providing strategy sessions before big races, providing gear to those who cannot afford it, and even opening his home to a child without one. In addition, Jimmy has been a key figure in both the running and cycling communities through the Delaware Sports Club, which provides scholarships to each year to a college-bound male and female runner.

Unfortunately, Jimmy now needs a helping hand. To learn more about his story and find out how you can help, click the button to the left.

[Help Jimmy Out](#)

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COUNTRY

Running is often viewed as an individual sport, yet cross country is anything but. Follow our quick guide for all you need to know about team scoring, how to plan your race, and what to do if you're unsure of where to go.

Scoring

Cross country is scored by taking the finishing place of a team's top 5 runners and adding them together. While the 6th and 7th runners on the varsity team's place do not get added into the score, they still play a vital part in a close meet. If a 6 or 7 makes it to the finish before an opposing team's 5, they displace that runner one or two additional spots. In a sport where the lowest score wins, every single place can mean the difference between winning or losing a meet.

Strategy

Unlike running on the track, every cross country course is different and features its own set of unique challenges. If possible, walk the course prior to race time to make note of any tight corners, steep hills, or uneven footing. Knowing the dynamics of a course before racing can allow you to avoid any obstacles that may slow you up and let you develop a plan to use them to your advantage. Surging around a blind turn or making an early move to the finish can often discourage the competition by giving them the impression you feel markedly better than they do.

Course Markings

Despite your best intentions, there will be instances when you cannot preview a course. Luckily, most courses are well marked and utilize a universal system for letting runners know where to go via colored flags or posts. Remember the following and you'll always know which way to turn:

Blue Flag / Post - Continue Straight

Red Flag / Post - Turn Left

Yellow Flag / Post - Turn Right



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FRESH KICKS



Due for new shoes? Check out these awesome October releases.



NIKE STRUCTURE 20

\$119.99 Stability

Weight: 10.7 oz (Men's), 9.6 oz (Women's)
Heel to Toe Offset: 10 mm

Smooth meets supportive may be the best description for the Structure 20. Previously designed with a triple density midsole, Nike removed the rigid medial post for a smoother transition and more natural ride. The shoe also features a Flymesh / Flywire upper for a locked-down fit, a newly designed waffle outsole for multi-surface traction, and improved midsole geometry for the most natural ride to date.

WOMEN



MEN



NEW BALANCE 860 V7

\$124.99

Stability

Weight: 11.1 oz (Men's), 9.6 oz (Women's)
Heel to Toe Offset: 10mm

Go-To stability continues to be the leading category in footwear sales, helping to alleviate plantar pain and shin splints for millions of runners worldwide. The 860v7 picks up right where the v6 leaves off, promising fans of the series a familiar ride and the same level of support. Rather than a complete overhaul, New Balance paid attention to the finer details of the shoe to improve the fit, including the addition of a neoprene stretch tongue and performance stretch laces.



KEEP READING...

MIZUNO WAVE INSPIRE 13

\$119.99

Stability

Weight: 11.0 oz (Mens), 9.0 oz (Women's)

Heel to Toe Offset: 12mm

Built as the stability counterpart to the Wave Rider, the new Inspire shares many of the material upgrades (see Wave Rider writeup for details). This translates to softer cushioning underfoot, greater durability through the miles, and an enhanced flexibility in the upper. While not the lightest shoe in the category, the Inspire continues to have a quick and responsive ride reminiscent of a performance oriented shoe.



MIZUNO WAVE RIDER 20

\$119.99

Neutral

Weight: 9.6 oz (Men's), 8.4 oz (Women's)

Heel to Toe Offset: 12mm

The Wave Rider has a long history of being a lighter and firmer option among its neutral counterparts. The 20th version aims to shake things up a bit. Mizuno has redesigned the Wave plate of the shoe, allowing for more flex than previous versions. U4ic and U4icX, the two main foams used in the midsole, have evolved to create a softer landing on impact, a more plush step in feel, and increased durability long term. Put together, these changes should amount to a bit more cushion underfoot, while still maintaining the signature responsiveness Rider customers have come to love.

MEN WOMEN



FAST FACT →

The Wave Rider, released in 1998, was the first Wave Technology shoe. It is referred to as the "KISS boot" by Mizuno insiders due to its speckle print and chunky appearance.



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UPCOMING EVENTS



OCT 23RD @ 9:15 AM

RUN INSPIRED 10K WINTERTHUR

[CLICK TO REGISTER](#)

Register to run or walk the most scenic and INSPIRING 10K in the Delaware Valley! It is the first-ever public race through Winterthur's 1,000 acre preserve. Designed and managed by the Boston Marathon Race Director, the course features beautiful gardens, enchanted woods, rolling hills, streams, meadows, forests, and one of the largest mansions in the country. There will be a post-race finishers' party with live music, food trucks, a beer garden, and family activities!

More than just a race, all proceeds benefit Operation Warm: each registration provides a brand new coat for a child living in poverty.

Oberod 5K TRAIL RUN

SUNDAY, OCTOBER 16TH

[CLICK TO REGISTER](#)



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