

# RaceTimes®



**FALL  
PREVIEW  
EDITION**

**GET YOUR  
HIKE ON!!!**

**Trails to  
explore  
this year!**

**BE  
STRONGER  
MENTALLY**

**You got this!**



**FOOD  
FOR  
THOUGHT**

**Quick & Healthy  
Breakfast Ideas**

**GET  
FIT  
NOW**

**WITH HIIT  
TRAINING**

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## Did you know?

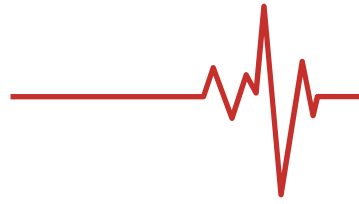
It takes about **12 weeks** of exercise to see changes in your body. Prior to 12 weeks, you should be able to notice an increase in your strength and endurance. Keep pushing!





# editor's note

## Love *Yourself* and Your *Life*



I recently took a trip to Tennessee. I was able to get away from the hustle and bustle of the city for a few days and immerse myself into nature. On page 14, I recap my hike to Cummins Falls in Cookeville, TN. While hiking, I tapped deeply into my inner self and kept thinking what is it I really want out of my life and how do I get there? I think one of the biggest challenges in achieving your goals is learning to love yourself. I was inspired to write some tips for radiating self love that will help you achieve greatness in any aspect of your life.

### **There's only one you.**

You have unique talents and gifts to share with this world. There will never be another you

and that's what makes you so special. Bask in and embrace your individuality.

### **Tell yourself you're awesome.**

If you constantly tell yourself, "I suck" or "I can't do this", then no wonder you are failing. If you truly believe in yourself and what you're capable of, you can achieve whatever you put your mind to. Choose a few positive affirmations to remind yourself daily just how awesome you are. One of my favorite examples is a chalkboard I keep on my bedroom dresser. Some mornings I wake up feeling the pressures of the day creeping in, so I glance over at my chalkboard that says "Always remember, you are a badass." BOOM! Instant reminder that no matter what the day throws at me, I can handle it.

### **Do what you love**

If you hate cardio, then why are you doing cardio? If you despise your job, then why do you stay? Make time to do the things you enjoy, and put effort in specific parts of your life you wish to change. If you're a people pleaser, take a step back and learn to say "no". Easier said than done, but sometimes putting your own needs first is what you need to lead a more fulfilling life.

### **Comparison is self-defeating.**

So your friend or neighbor has an amazing spouse, successful career, and everything else you could only imagine. By always comparing yourself to others you are making your life pretty dang miserable. Always remember, the grass is green where you water it. If you put all your focus into watering your own grass, then you can build a wonderful and rewarding life for yourself.

### **Be kind to yourself**

You totally bombed a presentation at work or you ran your slowest race ever. Breathe. It's okay. We're all human and all make mistakes. Instead of gloating on how much of a mess-up you are, learn from the experience, forgive yourself, and move on. Holding onto remorseful feelings does nothing but add stress to your life, and nobody has time for that!

*Kirsten Capuano*  
*Co-Editor of RaceTimes*







# Ways To Increase Your Anabolic State

The anabolic and catabolic states are essential processes your body has to go through to maintain your energy levels. To put it simply, they are the way your body creates, uses, and stores energy.

**The catabolic state** is when your body breaks down tissue for energy.

**The anabolic state** is when it builds and repairs muscle.

You need to maintain a delicate balance of health, nutrition, and exercise to extend your anabolic state. If you do get out of balance, the catabolic state will start to break down all the muscle tissue that you worked so hard to gain. Here are a couple natural ways for you to extend your anabolic state and keep those sculpted muscles long after summer has passed.



### **Eat within 15 minutes of training**

You've just used a large amount of energy and your body needs to make up for it somehow. Timing is key here as you will desperately need something that can replenish your protein and liver glycogen stores. Try having a cup of Greek yogurt if you can't handle a heavy meal after working out.

### **Focus on Compound Exercises**

Squats, deadlifts, pushups, rowing machines, etc. These are all excellent exercises that utilize more than one muscle group. This will trigger an anabolic state that will keep you burning calories for hours after your workout.

### **Protein**

Protein is so important for building up your muscles, and it makes you feel fuller for longer! Look into adding more protein into your diet. Protein supplements and powders often have too much sugar or additives; read the nutritional label carefully to see if it really is good for you. When in doubt, eating clean, whole foods is almost always the best way to go.

### **Speaking of Clean Eating....**

Eat more green vegetables! Eating greens gives your body a rich supply of nutrients and minerals, which in turn extends the anabolic state.

### **Reduce Alcohol Consumption**

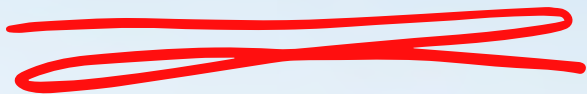
Alcohol can greatly hamper your body's ability to process protein. If you are drinking more than once every other weekend, then it can be a huge setback in your anabolic process. Limit your alcohol indulgence to combat the long-term effects it can have on your body.

Always consult a doctor before starting a new exercise routine.

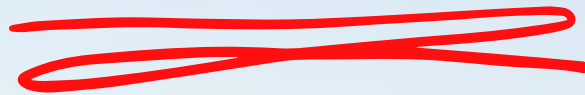




**Children**



**Those in Need**



**Find Your Passion  
and Give Back!**

**Ministry**



**ITS YOUR RACE** supports multiple non-profit organizations by hosting virtual races on their registration and results website for **FREE!** 100% of your registration donation goes directly to the charity. Tap into what you're passionate about, select a virtual event on the following page, and support a cause.

Virtual races are convenient because they allow you to run a race on your time. It's also a terrific excuse to get outside and walk or run for a good cause.



# Children



## Children of Promise Virtual Race

**July 24th - Aug. 9th**

Children of Promise's local leaders in 30 countries around the world identify children in their communities who would benefit from child sponsorship. This ensures the support provided to sponsored children makes the biggest possible impact in their lives.

## Smart Start of Forsyth County Virtual Race

**June 20th - Aug 29th**

It is their mission to mobilize resources, forge partnerships, and shape public opinion to assist the Forsyth County community to build and sustain an affordable, comprehensive, high-quality system of early childhood development and learning.

## BSA White Oak River District Virtual Race

**July 25th - Aug 9th**

White Oak River District, Scouts BSA has been building character and instilling values in young people since the 1930's. Always in strong partnership with the religious, civic and business communities, scouting teaches traditional values, respect for God and Country, life skills and responsible citizenship to generations of young people.

# Ministry



## Churches for Life Virtual Race

**Aug. 15th - Sept. 15th**

Churches for Life envisions a life-affirming world resulting from a life-affirming church.

## The Micah Project

**September 5th - 7th**

Ministry focused on street-connected youth in Tegucigalpa, Honduras. Their efforts include three group homes for boys and young men, a street ministry team, as well as community outreaches to the boys' families and other neighbors.

## Heber Springs Young Life Virtual Race

**Aug. 3rd - Aug. 7th**

The mission of Young Life is to introduce adolescents to the gospel of Jesus and help them grow in their faith. Young Life is for all kids, regardless of their response. They serve those of all socioeconomic backgrounds, ethnicity, sexual orientation, and ability. Caring adult leaders befriend students and walk with them through all of the valleys and mountains of teenage life.

# Those in Need



## The Deon Lewis Memorial HOPE Run 5K

**Sept. 21 - Oct. 7**

Support single parents who need you more than ever today as they face job losses, furloughs, food and cleaning supply shortages, as well as the health concerns of the Coronavirus pandemic.

## America's VetDogs Virtual Race

**July 25 - August 8**

Provide the gift of independence to veterans living every day with disabilities, and YOU are helping them live a life without boundaries.

## CKF Addiction Treatment Virtual Race

**Sept. 1st - Sept. 12th**

Recovery is not something that happens overnight. Just as addiction may take years to develop, recovery is also a lifelong process. It is the goal of CKF Addiction Treatment to support recovery through the lifespan and to celebrate each person's unique path to recovery.

## RSVP (Run to Smash the Virus Pandemic) Virtual Race

**Aug. 1st - Aug. 23rd**

RSVP improves the lives of vulnerable populations in local communities by focusing on education and wellness and by supporting nonprofits through skill-based volunteer programs. Annually, 1,200 volunteers improve the lives of 11,000 community members.

## Gilda's Club Westchester Virtual Race

**July 15th - Aug. 15th**

Now, more than ever, their members impacted by cancer need your support so they can continue to receive vital programs virtually, and FREE of charge. The wake of COVID-19 has caused a significant financial impact on non-profit organizations like Gilda's Club Westchester.



# HONEY SESAME CHICKPEAS



## INGREDIENTS

- 2 (15 ounce) cans chickpeas drained and rinsed
- 1/4 cup honey
- 1 tbsp toasted sesame oil
- 1/2 tsp sea salt
- 3 tbsp sesame seeds

## DIRECTIONS

1. Preheat oven to 400 degrees. Arrange the chickpeas on a large, rimmed metal sheet pan. Roast for 40 minutes.
2. Meanwhile, whisk together honey, toasted sesame oil, and salt.
3. Once the chickpeas are roasted, remove and drizzle with the honey mixture and toss around.
4. Sprinkle with the sesame seeds, stir to coat the chickpeas and put them back in the oven until caramelized.
5. Allow to cool (honey will harden to a candy coating) before serving.
6. Enjoy!





# 6

## **MIND STRATEGIES TO IMPROVE YOUR RUNNING PERFORMANCE**

**By: James Williams & Luke Tyburski**

**If, like most runners,** you don't do any specific mental training exercise, then maybe it's time to change. We've all heard the phrase that ultra-running is 90% mental and there is even some evidence to suggest that's true. Ultra-running expert Professor Tim Noakes argues that we only have limits on our performance because of our brain. This is known as his "Central Governor Theory."

Our brain is there to protect us, which is obviously a good thing. In ultra-running, however, sometimes our brain tries to stop us from achieving our goals. For example, have you ever said these things to yourself during a hard race: "I can't do this" or... "I shouldn't do this" or even... "Why am I bothering to do this? It's pointless!" When we are trying to push ourselves to our limits, we want to overcome these issues. Luckily, there are a wide range of mental strategies and tactics that you can use.

## 1. THE REFRAME

How often have you ever said to yourself, "I could never do that" or "I can't do this." I would say most of you have had that internal conversation with yourself numerous times. Saying "I can't" is limiting your potential, your options, and drowning your mind in negativity.

"The Reframe" is simple - Instead of thinking (or saying) that you can't do something, start asking yourself a simple question... What if I can?

Merely asking this question can inject a small amount of curiosity and, with curiosity, comes a notion of what is needed to accomplish the task in front of you.

"The Reframe" helps you to figure out how to achieve your goal (whether it's an entire race, or just a mile at tempo pace which never ends). It also covers your thoughts in an optimistic layer, helping you turn a negative "I can't" into a positive re-frame of "What if I can?"

## 2. \$100 MILLION SPEND

At times you will struggle to create positive thoughts when pushing your body (and mind). Simply trying to "will" your pain away won't cut it. So, distract yourself from it instead. At some stage of our lives we have all imagined what winning the lottery would look like. When your legs are hurting and your mind





is diving into a negative dark hole, imagine you just won \$100 million. What would you spend it on?

The key to this exercise is to be specific. Don't just say you'll buy a house. Visualize exactly what it looks like. What each room has in it. The colors, the detail, the personalized features you would have throughout your perfect home when money is limitless. The "\$100 Million Spend" distraction exercise can keep your mind occupied for a few vital minutes, or even hours. It can be that bridge between the negative head space you are in to the positive one you need.

### 3. THE WEATHER ATTITUDE

Your attitude is a secret weapon that most athletes do not use all that well. The attitude you take to any situation, scenario, or outcome is not only your own choice, but it can also swing your mood (then your energy levels) into a positive upswing, or negative downswing.

A prime example of this is when the weather is "uninspiring" before or during a run. A lot of people will complain, feel unmotivated, and dread facing it. You cannot control the weather, but you can control your perception of the reality in front of you! It's your choice whether you let something out of your control (like the weather) dictate your thoughts, and ultimately your actions. Choosing a positive attitude is a choice, and one you are in full control over!!

### 4. FOCUSING ON PROCESSES, NOT OUTCOMES

There are generally three types of goals that you can set for yourself - outcome, performance and process goals.



**Outcome** - This is the result or the end (singular) goal that you are working towards.

**Performance Goals** - These are the performance levels that you need to be able to achieve if you are to reach the outcome. These should encompass physical, technical and tactical, psychological, functional movement, and lifestyle markers.

**Process Goals** - These are the things that you need to do if you are to achieve the performance goals.

Most people focus almost exclusively on the outcome goals they have. For example, I want to finish a 100-mile race in 24 hours. While this is a good first step, it is not the only goal you should have. An outcome goal is useful because it helps you create the performance goals you need to achieve to reach the outcome.

For example, in order to run 100 miles in 24 hours, I need to average 4.17 miles per hour. Both the outcome goals and the performance goals can be impacted by a lot of things outside of your control. If the weather turns out to be horrendous on race day, or if you have a problem during the race with nutrition, your kit, getting lost, or something else, this is where process goals come in. Process goals give you the building blocks and the specific action plans for what you need to do to achieve your performance and outcome goals.

For example, in order to average 4.17 miles per hour in the race, I need to practice running at that specific speed in training, because it would seem so slow if I did it for the first time in a race and I might set off too quickly.

I find that it's really useful to actually write down your goals, rather than have them in your head.



## 5. USING IF / THEN STRATEGIES

The "if / then" strategy is a really simple way of making it easy to perform a habit or specific action, when under pressure. I've found this strategy particularly effective when planning for the inevitable "bad moments" that come up in ultra-races. When you're in the craziness of a race, or if you are not thinking clearly because you've been out running for hours on end, this strategy can help you stick to processes that will help you achieve your goal. An example of an "if / then" strategy I've used in races is:

If I start to feel less strong, **then** I will eat and drink something.

If I am still feeling bad, **then** I will slow my pace.

If I am still feeling bad, **then** I will use my trigger word.

The list can be as long, or as short, as you like. You can use it for various problems that may come up in the race. For example:

If I get lost on the route, **then** I will stop immediately, **and** refer to my watch/map/etc.

If I get a sign of a blister, **then** I will stop, take off my shoes and socks **and** inspect it.

You can make lots of these before the race. The idea is that when the situation comes up, you have an action plan to deal with it, rather than having to think about it in the moment itself, when it can be difficult. Some athletes that I coach have even printed out their "if / then" lists and brought them along on race day.

## 6. TRIGGER WORDS

While process goals and "if / then" strategies are things that you can implement before the race, a trigger word can be used most effectively in the race itself. It is similar to a mantra, but whereas a mantra is a phrase, a trigger word is typically only one word that helps you to instantly become more positive. I try to have a unique trigger word for each race that is specific to the goal I have for that race. For example, in my Autumn 100-

mile race win, I used the trigger word "Bullseye." The reason I used "bullseye" was to remind myself that, no matter how bad I was feeling in this specific race, my training was on track for the bigger goals that I had set for myself at the time - A world-record 800+ mile attempt a few months later. It sounds simple, but it really helped.

The mental side of ultra-running is hugely important, but it is often not thought about in the same way that other aspects of training are. I hope that these six tips help you to mentally train better.

Always consult a doctor before starting a new exercise program.

### ABOUT THE AUTHORS:

James Williams writes informative articles to help other runners improve their own performances and achieve their dreams on: [www.JamesRunsFar.com](http://www.JamesRunsFar.com).

Luke Tyburski is a performance mindset coach, ultra-endurance athlete, and author.





# **10** HIKING TRAILS TO EXPLORE **THIS YEAR**





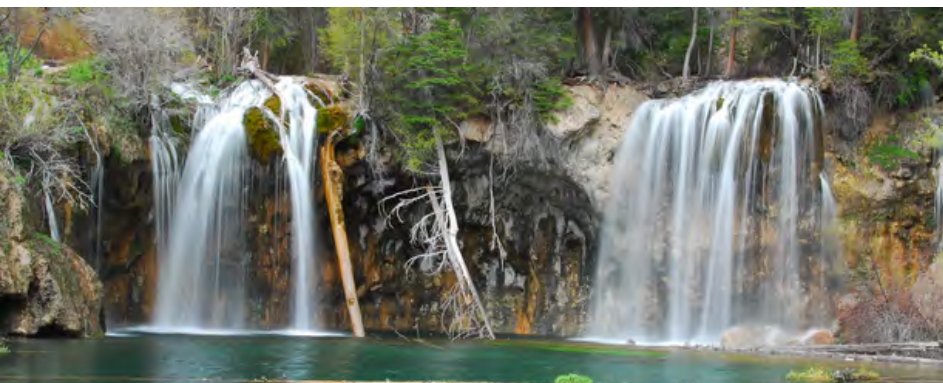


### **1. Angels Landing Trail**

**Zion National Park**

**Springdale, UT**

This is not a trail for the faint of heart. Be prepared to hike a route with steep inclines and few handrails. The good news? At the end of the 5-mile hike, you will be rewarded with the unforgettable sight of Zion Canyon.

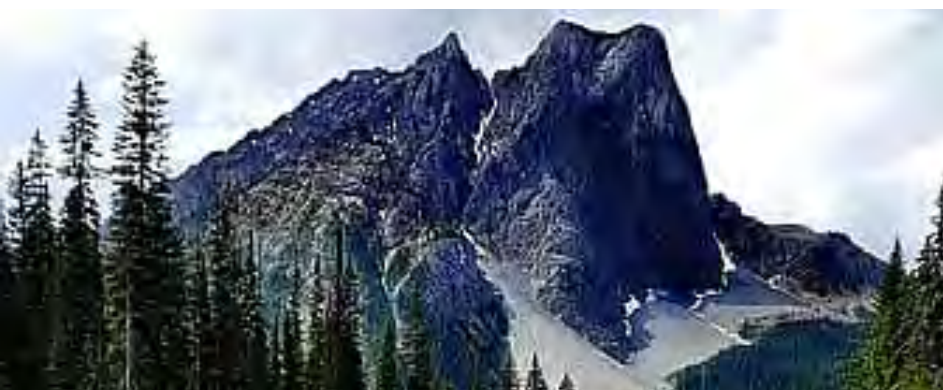


### **2. Hanging Lake Trail**

**White River National Forest**

**Glenwood Springs, CO**

Hanging Lake Trail is a moderate out and back trail that attracts many hikers for its scenic lake and waterfall. You will need a permit to hike this 3-mile trail that can easily be completed in 2-3 hours.

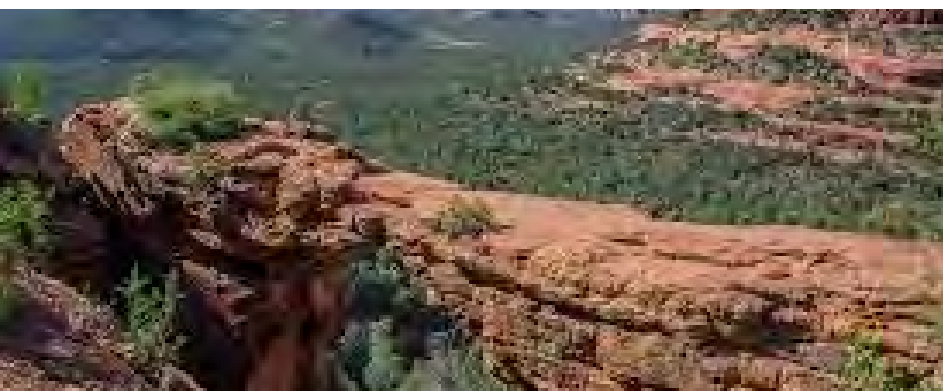


### **3. Emerald Lake Trail**

**Rocky Mountain National Park**

**Estes Park, CO**

This 3.1 mile long trail will leave you speechless once you reach the pristine waters of Emerald Lake. Permits are needed for this site, so make sure to plan ahead before booking a trip.



### **4. Devil's Bridge Trail**

**Coconino National Forest**

**Sedona, AZ**

A natural sandstone bridge is the namesake of this trail. Described as a short but steep hike, this 4.2-mile trail is ideal for experienced hikers. Get there early to avoid the heat and the crowds!



### **5. Royal Arch Trail**

**Chautauqua Park**

**Boulder, CO**

This is a dog-friendly trail that is considered difficult and great for seasoned hikers. It is a 4-mile heavily trafficked trail. Once you climb the flagstone steps, you will reach your destination, the Royal Arch, and will be amazed by the views of the valley!





## **6. Alum Cave Trail**

### **Great Smoky Mountains National Park**

#### **Gatlinburg, TN**

A popular destination with many tourists, you can easily hike this trail in a few hours. The trail ascends Mount Le Conte, the sixth highest mountain east of the Mississippi River and leads you to the Alum Cave Bluffs.

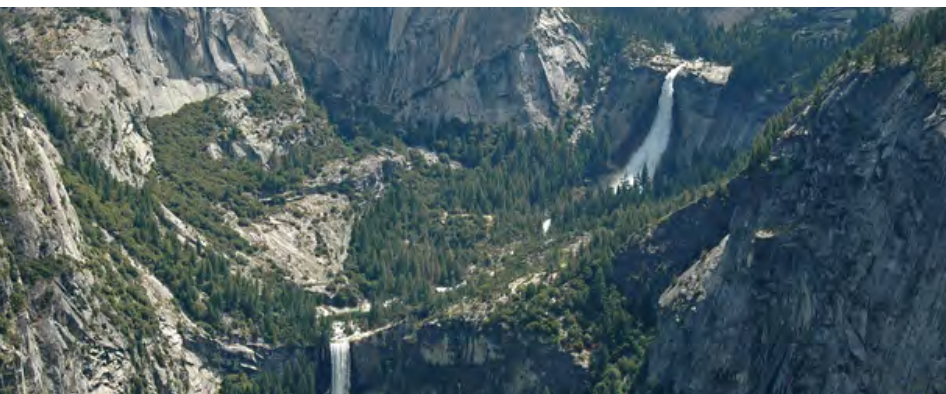


## **7. Lake Blanche Trail**

### **Cottonwood Canyon**

#### **Sandy, UT**

This 6.9 mile long trail is an all-day experience that you won't want to miss! It's a demanding and difficult trail, but boasts a beautiful mountaintop lake and breathtaking views.



## **8. The Mist Trail,**

### **Yosemite National Park**

#### **Yosemite Valley, CA**

Considered Yosemite's signature trail, this hike offers amazing views with a jaw-dropping finish once you reach the Nevada falls! This trail can be finished anywhere between 2-5 hours and is considered moderate.



## **9. Queen's Garden**

### **Bryce Canyon National Park**

#### **Bryce, UT**

Explore the unique rock formations that make Bryce Canyon a must-visit site! This 3-mile loop trail is considered moderate, but offers little shade, so make sure to pack plenty of water.



## **10. Delicate Arch Trail**

### **Arches National Park**

#### **Moab, UT**











Rise early to hike this trail if you want to see the rocks take on a magical color during sunrise. A short hike with a big payoff, this destination is a must-see for anyone visiting Utah.

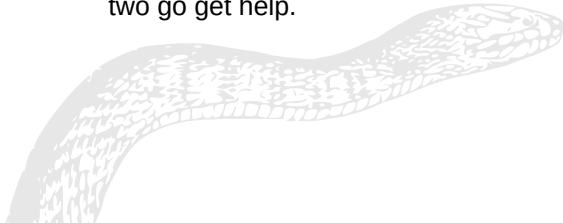




# SAFETY FIRST!

Before heading out on a trail, keep these tips in mind so that you can have an enjoyable and safe time!


-  Carry a quality backpack that has a first-aid kit, packaged food, trash bags, and extra water.
-  Wear the right shoes. Hiking boots are best, but if there is a paved trail, you can use running shoes.
-  Plan ahead. You want to be finished with your hike before sundown. If you are camping on the trail, leave plenty of time to have your site set up before you lose sunlight.
-  Be aware of what wildlife is native to the area. Look up if the trail has bears, cougars, mountain lions, poisonous snakes, etc. and have a plan in place of what to do if you encounter one.
-  Pick up your trash. Never litter in nature. If you brought gloves with you, pick up any trash you see on the trail and place it in your trash bag. Help keep the outdoors pristine!
-  Be aware of your limitations. Start out on a short trail with less elevation if you aren't used to strenuous activity. Keep in mind that hiking three miles is more rigorous than running three miles on a flat, paved surface. When in doubt, start out easy. You can always try a harder trail later!
-  Take breaks every ten minutes or so, even if you don't think you are tired. This will help conserve energy and you'll be able to take time to enjoy nature!
-  Check the weather forecast before heading out. Weather can change quickly so be prepared. Have a raincoat or sweater in your backpack, just in case.
-  Keep to the marked trails. Bring a map and a compass with you just in case you do get lost.
-  Never hike alone. Always do so in a group or with a partner. Ideally you will hike in groups of four. That way if someone gets hurt, one can stay with the injured party while the other two go get help.






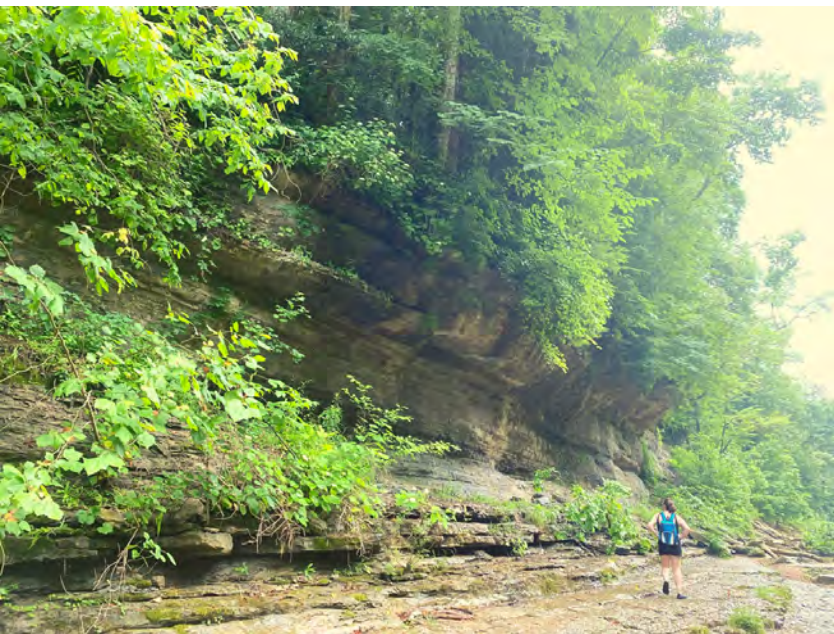


# Cummins Falls: A Hiking Recap

 We've reached the second half of summer and have listed some amazing hiking trails across the U.S. You still have time to book a trip and embark on a new adventure before fall arrives. Maybe you're wondering, what is it really like to hike a difficult trail to reach a 75-foot cascading waterfall? Well, we're about to tell you. Here's a closer look at the 2.5 mile trek to the 8th largest waterfall in Tennessee: Cummins Falls.

 Please note when reading this article that details are subject to change. Due to COVID-19, you currently need a day permit to hike down to the base of Cummins Falls. Always check for the most up-to-date information on the Tennessee State Parks website before planning a trip.





## Getting Started

Upon arrival at the parking lot, your journey to Cummins Falls begins. After watching a video on safety measures, you will walk about a fourth of a mile down a fairly flat gravel road. At the end of this road is the viewing area to look out over the falls from the top of the gorge. After taking in the breathtaking views and the loud cascading waters, your trek down to the base of the falls begins.

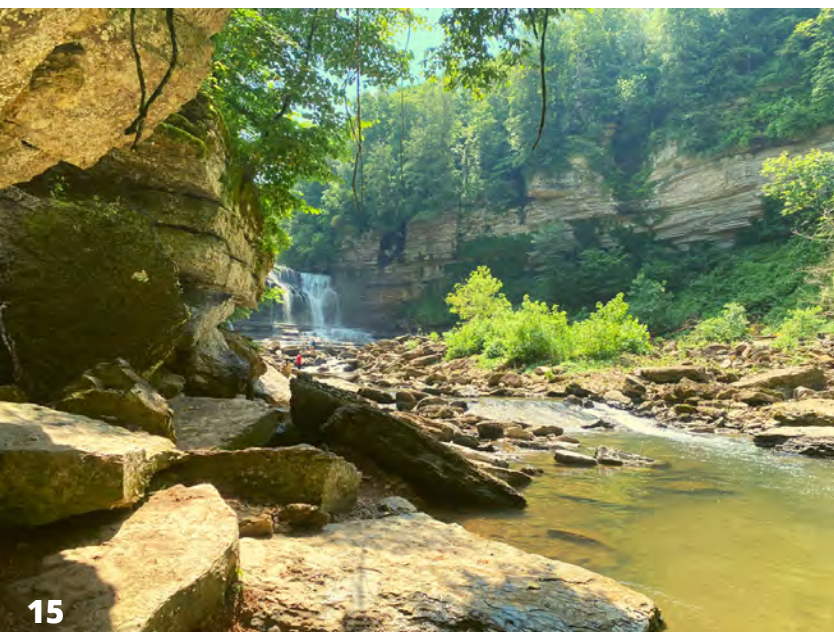
## The First Trail

The first route is about a mile of mostly downhill terrain through the woods on mulch, up-grown roots, and small rocks with steep drop-offs alongside the path. The trail is almost completely shaded from the sun due to the dense foliage and overhead tree canopies.



## The Second Trail

After you complete the wooded mile descent, you will reach an opening that leads down to the gorge, this is where the real adventure begins. You will find yourself surrounded by steep, rocky walls on either side of you. This part of the trail is difficult, expect a strenuous 1.5-mile hike to reach the actual base of the falls. You will walk through water over slippery terrain, weaving your way in and out of rock after rock. The most tricky part of this section is always looking down at where you plant your feet, ensuring you don't slip or sprain an ankle. As you get closer to the falls you will start to hear the rushing water, which is exciting because it's an indicator that you're almost there.











## The Base of the Falls

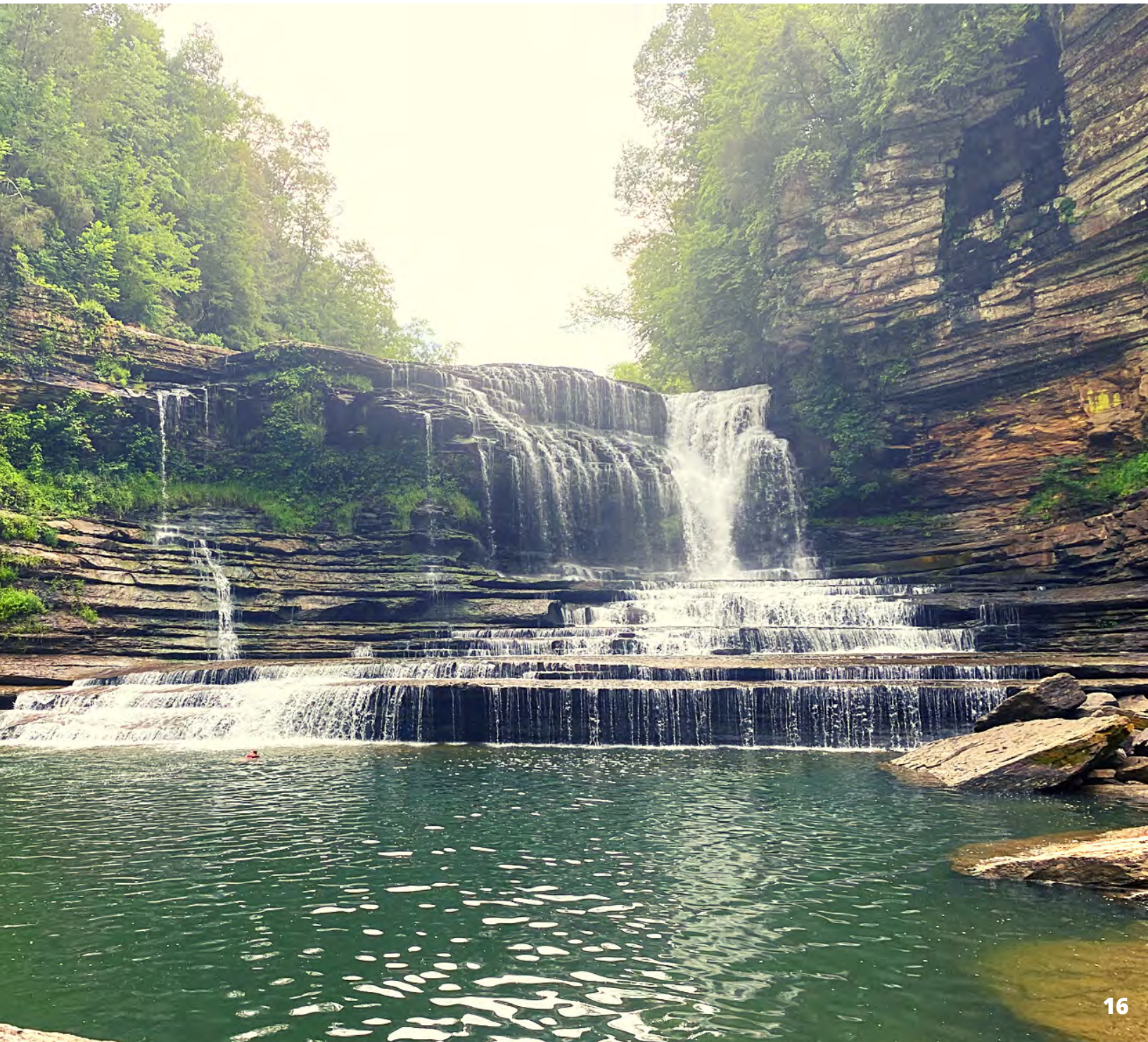
Once you reach the falls, you have to climb over gigantic rocks to enter the water. Congratulations, you finally made it! Find a nice, flat rock to place your backpack on and jump in for a swim. The water is cold, refreshing, and deep in the center. If you swim over to the cascading waterfall you will be able to stand up and let the water rush over your head. The sights, sounds, and pure scenic beauty of the gorge is breathtaking. Once you've finished swimming and are ready to head back, you get to hike the same trails all over again, but it's all a part of the unforgettable experience.



## Things to Note:

-  Sturdy water shoes are highly recommended.
-  Bring a backpack with any needed items, such as sunscreen, a snack/lunch, plenty of water, etc.
-  If you plan to bring your phone or camera, a waterproof case is ideal.
-  While hiking, ensure both hands are always free in case you slip or fall and need to catch yourself.
-  Exert extreme caution for any children in your party.
-  Ensure any child or adult who isn't a strong swimmer is securely fastened in a life jacket while swimming (they are provided).
-  Weather can change rapidly, if it begins to rain be aware of rising water. If the streams start to appear muddy or murky, get to high ground immediately.
-  Plan accordingly, if the weather forecast shows rain in the afternoon, go in the early morning. The trails can become more dangerous or close early due to rainy conditions.

The journey to Cummins Falls is a hiking experience you are sure to never forget. If you are considering visiting the bustling city of Nashville, TN, take a day trip to the falls for an afternoon of solitude immersed in mother nature.







# Food for Thought

BY ALLISON BACKER

Carbohydrate consumption is still touted as the most effective and quickest way to get energy into muscle cells. Over recent years, we seem to be shying away from this important macronutrient.

According to an expert panel report by Mitch Kanter, PhD (High-Quality Carbohydrates and Physical Performance; 2018), athletes may not be consuming the appropriate amount of carbohydrates status post vigorous exercise. Improperly fueling your body can lead to increased injuries and illnesses. Would you want to sacrifice performance due to suboptimal nutrition?

Carbohydrates are responsible for replenishing glycogen stores and are found in fruits, some veggies, dairy foods, lentils/legumes, as well as breads, cereals and grain products. For those who train intensely and rack up the running miles - there is nothing wrong with meeting your increased carbohydrate needs with the help of refined sources such as pasta, rice, corn or potatoes. However, it is beneficial to focus on incorporating whole grain varieties in your diet most often. Whole grains contain plenty of vitamins, minerals, antioxidants and fiber to promote long-lasting satiety. For a list of breakfast ideas, read on to the next page!



## A POST RUN BREAKFAST IS A GREAT TIME TO RELOAD WITH HEALTHY CARBOHYDRATES.

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*Try some of these quick and easy (plus tasty!) breakfast meals.*

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### GREEK YOGURT |

6 ounces of plain non-fat Greek yogurt topped with 10 blackberries. Sprinkle with cinnamon and a drizzle (1 tsp) of local honey.

### APPLE & NUT BUTTER |

1 apple dipped in 2 tbsp of your favorite nut butter.

### WHOLE GRAIN BAGEL |

1 whole grain bagel with 1 1/2 tbsp of sunbutter and 1 tbsp of fruit preserves.

### OATMEAL |

1 cup cooked oatmeal topped with 1/2 cup blueberries and 1 tbsp chopped walnuts.

### HERBAL TEA & FIG BARS |

1 large cup of herbal tea, 1 orange and 2 whole grain fig bars.

### COTTAGE CHEESE |

1 cup low-fat cottage cheese topped with 1/2 cup diced pineapple.

### OMELET |

(Use cooking spray or 1 tsp olive oil in skillet) 2 egg whites, 1 egg, 1/4 cup chopped green peppers, 1/4 cup shredded cheddar cheese and top on a whole wheat English muffin.

### ABOUT THE AUTHOR

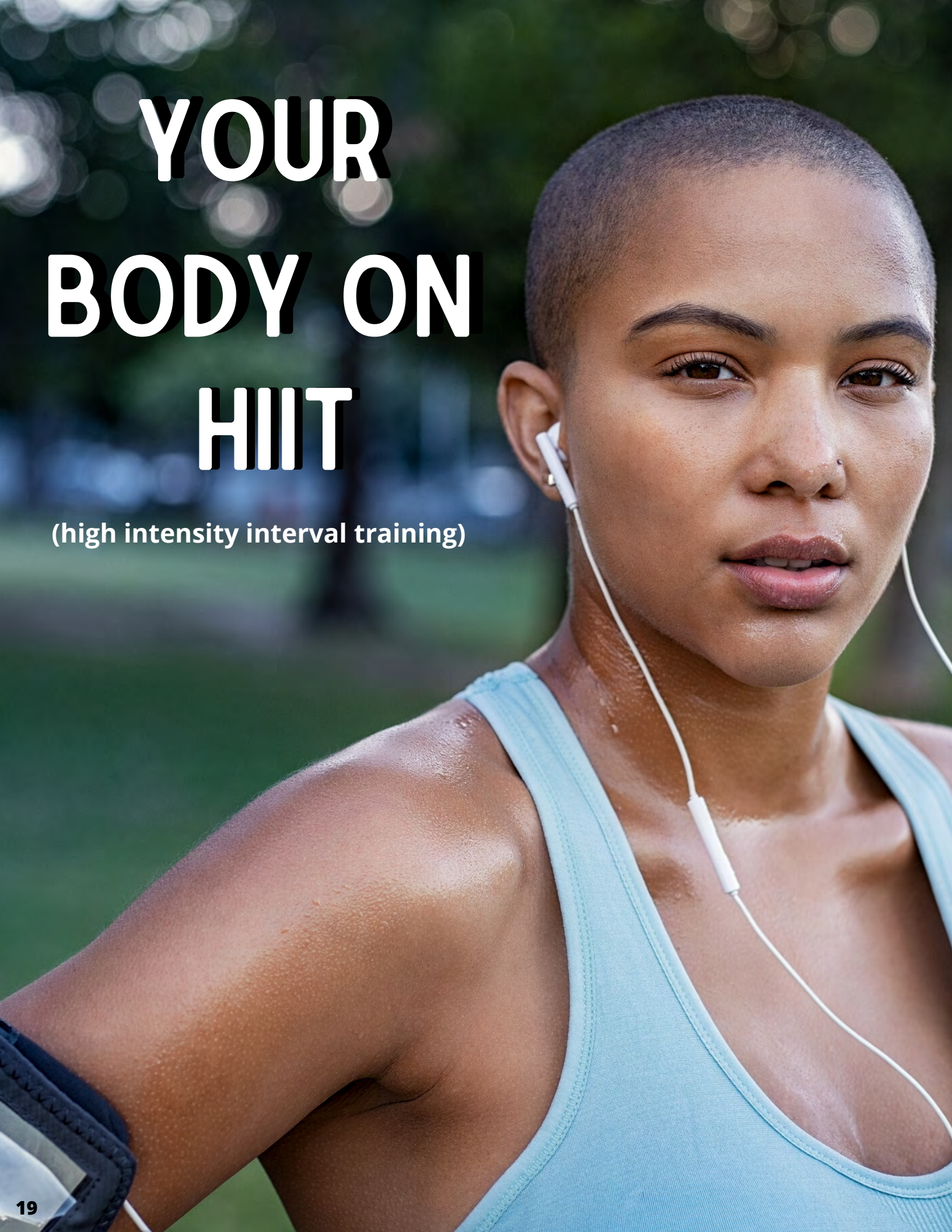
Allison Backer is a Registered Dietitian with New York State. She received her nutrition degree and completed her internship at Long Island University in 2006. Allison has worked as a Dietitian for over the past 12 years in various clinical settings. Allison resides on Long Island, New York. She enjoys spending time with her husband, daughter and dog. She is an avid fitness enthusiast. She trains for endurance competitions, including marathons and triathlons. Visit her website <https://abackerrdn.wixsite.com/mysite> to learn more.





# YOUR BODY ON HIIT

(high intensity interval training)





## WHAT IS HIIT?

High Intensity Interval Training (HIIT) has been gaining mainstream appeal in recent years as a quick way to burn more calories, but what is it exactly?

HIIT is when you do short bursts of intense activity, followed by periods of lower intensity or even stages of rest. For example, if you were to do Russian twists with a kettlebell for two minutes, and then rest for one, that would be considered a HIIT exercise.

## WHY DO A HIIT WORKOUT?

There are a lot of reasons! HIIT has some of the most versatile and effective workouts that you can do. Check out some of the many benefits below!

### QUICK

Don't have a lot of time? No problem! HIIT workouts are designed to be completed in a short amount of time with maximum results. Whether you have 30 minutes to spare or only four, there is a workout that can be achieved.

### GREAT CARDIO

HIIT pushes your body to its limits. HIIT exercises are anaerobic, which means that your heart will work overtime to keep you going. By consistently working out your heart muscle you will make it stronger. Within a few weeks you will notice that your endurance level is increasing across the board.

## INCREASE METABOLISM

HIIT workouts stimulate your body into releasing the Human Growth Hormone (HGH) up to 24 hours after your workout. HGH is one of the hormones that trigger your body into consuming more calories, thereby speeding up your metabolism to keep up with the demand.

### NO EQUIPMENT

Most HIIT workouts leverage your own body weight against you (i.e. squats, pushups, lunges, etc.). This is great if you don't have a lot of space to store extra equipment or can't afford a gym membership.

### BURN MORE FAT

HIIT forces your body into an anabolic state because it needs energy *fast* and it stays there for longer. You will burn more fat for 24 hours after a 30-minute HIIT workout than you would from a 30-minute run.

HIIT has the added bonus of needing energy quickly, so it pulls from your fat storage instead of your muscles. Just make sure you are eating enough nutritious food after a workout to keep your body from tapping into your muscle supply for more energy.

### IT WILL CHALLENGE YOU

You will be sweating by the end of the workout for sure! Using different exercises each time will push your body to its limits. Change it up and have fun with each routine you choose.

Always consult a doctor before starting a new exercise routine.

## TRY IT OUT!

### 5-Minute Workout

- Pushups
- Mountain climbers
- Jumping squats
- Plank

Do each exercise for 20 seconds, with 10 seconds of rest in between each one. Repeat the circuit four times.



### 10-Minute Workout

- Burpees
- Tricep dips
- Lunges
- Mountain climbers
- Jumping squats
- High knees
- Crunches
- Russian twists
- Squats
- Pushups

Do each exercise for 45 seconds, with 15 seconds of rest in between each one.



### 30-Minute Workout

- Jumping jacks
- High plank
- High knees
- Squat kicks
- Crunches
- Reverse lunge
- Mountain climbers
- Jumping squats
- Pushups
- Burpees
- Wall sit
- Russian twists
- V-up sit ups

Do each exercise for two minutes, with 30 seconds of rest in between each one.







# Improve Your VO2 Max Through Lactate Threshold Training

By Terri Rejimbal, RRCA Certified Coach

If you're like most runners, you want to run further and faster. We fill our training weeks with track workouts, easy running, and long runs. What if I told you there's a workout you can add to your arsenal that will help improve your VO2 max so you can run with less effort?

## What is VO2 max?

VO2 max is defined as the "maximal capacity for oxygen consumption by the body during exertion." Simply stated, it's how much oxygen your body uses during exercise at maximum effort. VO2 max is measured as maximum milliliters

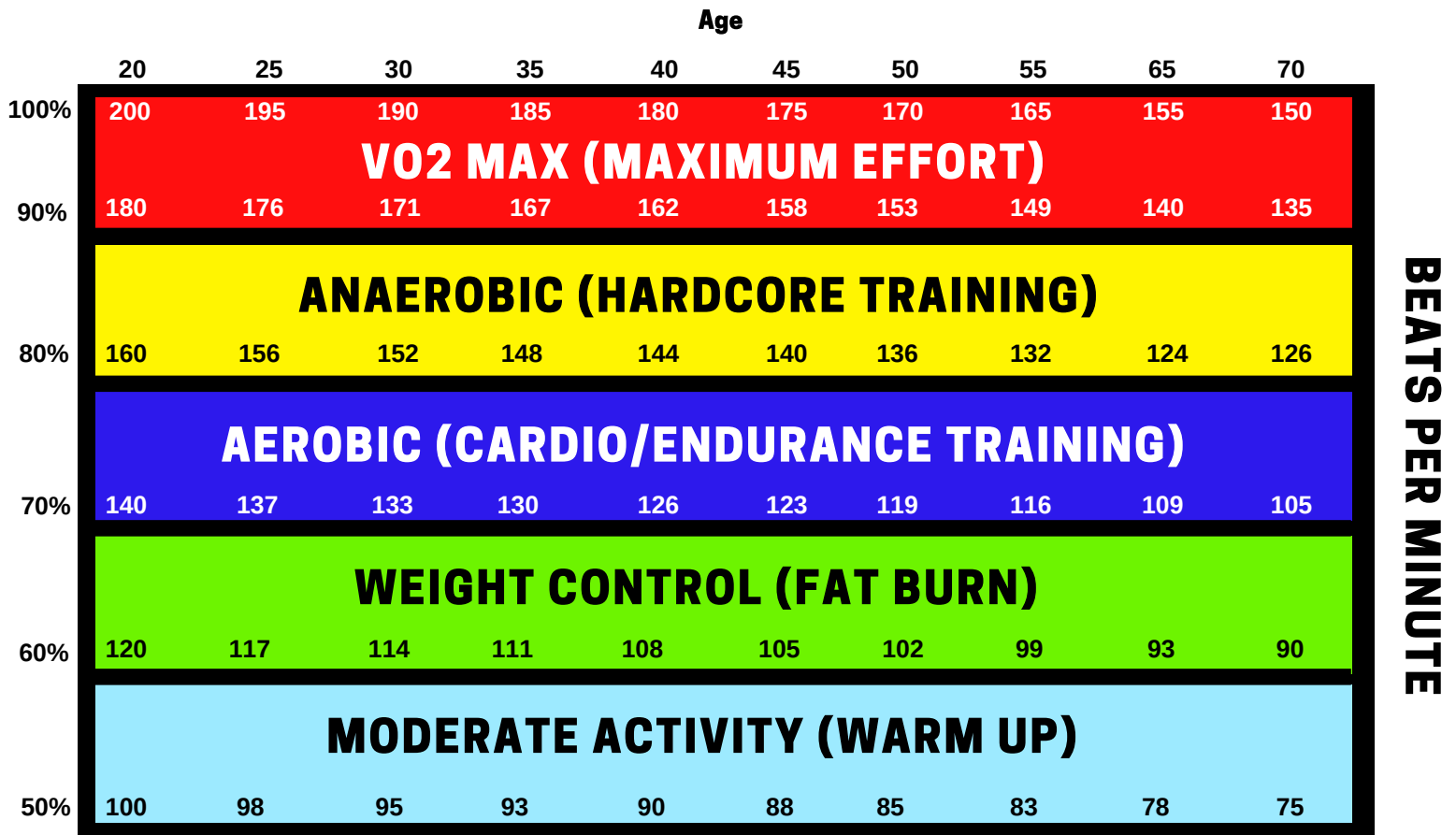
of oxygen consumed in 1 minute / body weight in kilograms and is generally considered the best indicator of cardiovascular fitness and aerobic endurance. The higher the number, the more oxygen your body can take in and deliver to your muscles, thereby enabling you to run faster. Factors such as how many red blood cells you have, how conditioned your muscles are to distance running, and how much blood your heart can pump, all play a role. Elite runners can have a high VO2 max, but not be the fastest or the most efficient. While VO2 max is

genetically predetermined and will decline as you get older, you can improve your running efficiency through Lactate Threshold (LT) training. Jack Daniels, Ph.D., investigated changes in VO2 max and despite VO2 max leveling off, running performance continued to improve with training.

The lactate threshold, also referred to as anaerobic threshold, is the point during all-out exercise in which lactate builds up in the bloodstream faster than the body can remove it. Basically, you're redlining in that aerobic and



# EXERCISE ZONES



anaerobic state during activity. LT pace for the average 40-min 10K runner is 50-80% of MHR. For elites or highly trained runners, it is about 85-90% MHR. LT pace feels "comfortably hard."

This is one of my favorite LT workouts. It's simple and when done correctly, it's efficient and effective: Warm-up for 10 minutes or 2 miles then run 3 minutes at VO2 max pace (just faster than 5K pace). Recover for 2 minutes at 80-85% of your heart rate (HR) or roughly 2-2.5 minutes over your VO2 max pace. Repeat 4-6 times, working up to a max of 9-11 reps.

You know you're improving when you can reach your VO2 max pace within 60 seconds at the onset of the 3

minutes, your recovery heart rate at 80-85% feels comfortable, and you're breathing normally.

### How often should you do LT training?

Anywhere from 3-12 miles a week or 6-15% of your weekly total mileage depending on your training plan. LT training workouts are intense so make sure you allow enough time to recover in between LT workouts. Keep in mind that training faster than LT pace provides less stimulus to improving your LT because you're relying more on an anaerobic lactic-acid system that isn't sustainable for long periods before you're forced to stop. Likewise, training slower than LT pace doesn't provide enough stimulus gains to take effect either.

Any workout done regularly and that places a higher, continuous demand on the cardiovascular system can increase your VO2 max. The key is to work at an intensity right below your anaerobic threshold (the point at which you start feeling lactic acid build in your working muscles), and you should exercise at this level of exertion for at least 15 minutes.

Always consult a doctor before starting a new exercise routine.

### ABOUT THE AUTHOR

Terri Rejimbai is a competitive Masters athlete, a 3-time winner and 8-time Masters champion of the Gasparilla Distance Classic half-marathon; 6-time Disney Masters marathon winner, 6-time Florida USATF Athlete of the Year, and a New Balance product tester. Terri is a RRCA certified running coach. Contact Terri at [tarejimbai@gmail.com](mailto:tarejimbai@gmail.com), or on Instagram [@bayshorerunner](https://www.instagram.com/bayshorerunner).



# QUICK TIP:

## WATER OR SPORTS DRINKS

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### **SPORTS DRINKS ARE POPULAR AMONG ATHLETES, BUT DO YOU REALLY NEED TO DRINK THEM, OR SHOULD YOU JUST STICK TO H<sub>2</sub>O?**

#### **WHY DRINK WATER?**

Your body is made up of about 60% water. Every system and function of your body needs water, so it's crucial to regularly replenish yourself to ensure that you stay hydrated. When you exert short bursts of energy (about 30-60 minutes of weightlifting or short distance running) water is the best choice for quenching your thirst. These activities take place over a short period of time or with plenty of rest between each rep, giving your body time to recover. You shouldn't be straining yourself to the point that you will need to replenish your carbohydrate and electrolyte supply, so stick with water.

If you are trying to lose weight, then you will also want to avoid the calories that accompany sports drinks. Water is a cheap, healthy solution for most of your hydration needs.

#### **WHAT ABOUT SPORTS DRINKS?**

So if water is so great, why do sports drinks even exist? Well,

while water is the best option for most people and situations, there are instances that you need a little bit more.

Ultra-runners, long-distance runners, Ironman athletes, or any other endurance sports athlete are losing a lot more than water when they exert energy for hours at a time. Endurance athletes need to replenish their carbohydrates for energy and electrolytes such as sodium and potassium to keep their body going. This is where sports drinks come in. The main ingredients in sports drinks are water, electrolytes, and carbs. This makes them ideal for people that need to convert energy quickly.

So if you are doing an intense activity for hours at a time, you might want to consider supplementing your water intake with a sports drink.

#### **WHICH IS BETTER?**

Water, in almost all cases, is king. It makes up a majority of your body and when you sweat you need to replenish what you've lost. That being said, sports drinks shouldn't be completely written off. If you are doing any type of endurance training, you might want to turn to a sports drink to replenish your energy supply.





# COMBAT STRESS WITH A HEALTHY DIET

*By: Julia Barber*

**Stress** - we have all experienced it at some point or another in our lives. It is your body's natural response to things that you perceive as a challenge or a threat. Stress can be brought on by a variety of things, but a few common causes include: issues at work, lack of time or money, illness, moving to a new home, family problems, relationships, and even traffic.

**So what is happening with your body when you are experiencing stress? Have you ever heard of fight or flight?**

When you are put in a stressful situation, your nervous system releases stress hormones that signal your body to either fight or take off. Your heart starts to race, you may start to sweat, feel tense, tired, or even experience stomachaches and headaches. These physical signs of stress are usually temporary and generally appear when you have been stressed for a shorter period of time. Long-term stress, however, can have more serious effects on your body. If not taken care of, long-term stress can lead to a weakened immune system, depression, high-blood pressure, heart disease, weight loss, and weight gain.





When we think about ways to relieve stress, most often we think of yoga poses, breathing exercises, intense workouts or maybe meditation. While all of these are great stress relievers, a healthy diet is often overlooked. Eating a healthy diet can reduce the negative effects that stress has on the body. It can combat the impact of stress by strengthening the immune system, lowering blood pressure, stabilizing blood sugars, and managing your weight. Below are some tips to help fight stress with a healthy diet.

## INCLUDE IMMUNE BOOSTING FOODS

When your body is under constant stress it can negatively affect your immune system. The constant release of stress hormones over time can begin to weaken you, making it harder to fight off serious illnesses or even the common cold. Adding immune boosting foods into your diet will help keep your immune system strong and able to fight off illnesses and infections. Almonds, bell peppers, broccoli, citrus fruits, and spinach are rich in antioxidants and the vitamins needed to give your immune system a healthy boost.

## GET YOUR HEALTHY FATS

Stress causes your body to produce the hormones epinephrine (adrenaline) and cortisol. Adrenaline increases your heart rate and raises blood pressure. Cortisol, which is the primary stress hormone, increases blood sugars. Healthy fats are packed with Omega-3 fatty acids which can improve blood flow and counteract the negative effects of these stress hormones with their anti-inflammatory properties. Omega-3's can be found in fatty fish like salmon and tuna, nuts, seeds, and avocados.

## CHOOSE COMPLEX CARBOHYDRATES

Complex carbohydrates can increase the production of serotonin, which boosts mood and reduces stress. They are high in fiber and take more time for the body to break down and digest. This also helps to stabilize blood sugars. Whole grains, fruits, and vegetables are healthy complex carbs that can easily be incorporated into your diet. Kickstart your day with a bowl of oatmeal, add some banana into your smoothie, or have some sweet potatoes as a side.

## EAT REGULARLY

Stress affects everyone differently. For some people stress can cause emotional eating which can lead to overeating. For others, stress sometimes has the opposite effect and can cause undereating. Eating regularly throughout the day will not only keep overeating and undereating in check, but it will also help stabilize your blood sugars. Spikes and falls in blood sugar levels can affect your mood and focus.

Eating regularly, for example with three balanced meals and two snacks throughout the day, will keep your body fueled with the energy it needs to fight off stress and get the appropriate amount of calories. Meal prepping is an extremely helpful tool. Having your meals prepped and ready to go weekly can eliminate skipping meals and eating too much.

A healthy diet can help counteract the negative impact that stress has on the body. It can strengthen your immune system, lower blood pressure, stabilize blood sugars, and improve your mood overall. If you find yourself completely overwhelmed with stress it is important to seek advice from a medical professional. Or, if you need extra help implementing a healthy diet, consider meeting with a licensed and registered dietitian for one-on-one nutrition counseling and a customized meal plan.

## ABOUT THE AUTHOR

What you put in your body is the most important piece to achieving your goals. That's why trainer, nutrition coach, and chef Jillian Tedesco started fit-flavors to help others succeed. See how they can help you at [fit-flavors.com](http://fit-flavors.com)





# FEATURED EVENTS

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Register for an event and then run at your location of choice during the specified time period.

## Featured Event: [Virtual Race for Ratification](#)

August 15 - 24, 2020

Anywhere, TN

**Details:** Join us as we commemorate the 100th Anniversary of the Ratification of the 19th Amendment, which gave women the right to vote! The Race for Ratification will be going virtual this year. This event offers a 1-mile, 3.6-mile, and 36-mile option. We encourage all ages and skill levels to participate in what is sure to be a memorable race!

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## Featured Event: [Elizabeth's Out Run Melanoma Virtual 5K](#)

August 15, 2020

Chattanooga, TN

**Details:** Please join us for the 8th Annual Elizabeth's Out Run Melanoma Virtual 5K Run and Walk on Saturday, August 15, 2020. Get your family together to get out and run / walk in support of this great cause! Then post your pictures in your fabulous race t-shirt to win prizes! All proceeds of this event benefit the Elizabeth R. Smith Melanoma Fund at CHI Memorial, which supports the prevention, awareness, and research of melanoma, a serious form of skin cancer.

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## Featured Event: [Run Jimmy Run Charity 5K](#)

August 20 - 23, 2020

Buffalo, NY

**Details:** Each runner can choose between a variety of 5K courses that will be provided, or you can create a course in your own neighborhood! The race can be completed on your own time between August 20-23, with regards to public safety and proper social distancing. You can also do a 1-mile walk/run! Runners will receive an official Run Jimmy Run dry-fit t-shirt, access to our online platform in order to self-enter your finish time, and plenty of free giveaways in your race packet.

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## Featured Event: [37th Annual Al Rivera Virtual Menudo](#)

August 21 - 24, 2020

Anywhere, CA

**Details:** For over 30 years the Al Rivera Menudo Run 5k/10k has reached athletes, novices, family, friends, and community members. We will be offering cash prizes for a variety of posts! Follow us on Instagram @nlpoasgv. Be sure to tag us with #nlpoasgv and #virtualalriveramenudorun2020 to be entered for your chance to be selected!

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## Featured Event: [Dash for Down Syndrome Virtual Race](#)

August 22, 2020

Idaho Falls, ID

**Details:** Dash For Down Syndrome raises funds and awareness for the Eastern Idaho Down Syndrome Family Connect organization. This is a day of celebration for the local Down syndrome community, their families, and supporters. We want to thank all of the sponsors, volunteers, and individuals that make this race possible.



**Featured Event: Run to Attack Poverty Virtual Race**

Aug. 29 - Sept. 5, 2020

Richmond, TX

**Details:** Run Around the World to Attack Poverty! Run any time, anywhere from August 29 through September 5. Join with your friends, family, and neighbors to form a running and/or fundraising group to support Attack Poverty and help empower people to attack poverty in their lives and community.

**Featured Event: United in Recovery Virtual 5K**

Sept 1 - 21, 2020

Bloomsburg, PA

**Details:** This Recovery Month, join us for our Annual United in Recovery 5K Run. Choose from multiple distances (1-mile, 5k, or 10k), and you can run or walk any time, anywhere between Sept. 1st - Sept. 21st. Then, simply post your time on our virtual terminal. Everyone who participates will be entered for a chance to win PRIZES. Winners will be chosen at random! Commemorative t-shirts will also be available for purchase.

**Featured Event: 9/11 Memorial Virtual Run**

Sept. 5 - 11, 2020

Wilmington, NC

**Details:** Due to the pandemic, the 9/11 Memorial Run is now a Salute to Service Professionals "Thank You" Virtual Run! The race will be taking all virtual run entrance fees to purchase "Thank You Lunches" on your behalf to local service professionals who protect and serve us everyday. This includes the Fire Department, Police Department, EMS, and NHRMC. Lunches will be delivered on 9/11.

**Featured Event: Race for Education Virtual 5K and One Mile Fun Run**

Sept. 12, 2020

Warner Robins, GA

**Details:** The RACE FOR EDUCATION 5K AND FUN RUN is held annually in September in celebration of National Literacy Month. The proceeds of this race will benefit adult education initiatives at Central Georgia Technical College. As a result of the continued concerns over the COVID-19 virus and CGTC's commitment to the well-being of our students, faculty, staff, donors, and volunteers, we have elected to offer a virtual format for our 2020 race. T-shirts are guaranteed to all entrants who register by August 31st, 2020 at midnight.

**Featured Event: Hustle From Your House Virtual 5K**

Sept. 9, 2020

Nashville, TN

**Details:** We encourage you to get moving, promote health and wellness, and participate virtually in our run and walk. You can participate outside or from the comfort of your own treadmill. Prizes will still be awarded to the largest team, top fundraising team, and the most spirited individual! So grab your gear, dress in 70's attire and get out there to show your support for the families and children of the Ronald McDonald House of Nashville!

**For a full listing of our events go to: [itsyourrace.com](https://itsyourrace.com)**



**Featured Event: 2020 Bleeding Disorder Awareness Virtual 5K**

Sept. 19, 2020

Miamisburg, OH

**Details:** This year, join the Southwestern Ohio Hemophilia Foundation virtually! Come be a part of making a difference in the lives of those dealing with blood disorders like hemophilia and Von Willebrands as we walk or run our way to victory at the BDA 5K Walk/Run!

**Featured Event: Panting for Paws Virtual 5K, 10K, Virtual 5K**

Sept. 26, 2020

Darlington, SC

**Details:** Come join us for our 2nd annual event helping the homeless dogs and cats of the Darlington County Humane Society Shelter. Finisher's medal for all humans who complete the 5K/10K. Bones and bandanas for the dog finishers and plenty of water! Can't make it on that day? You can participate in our Virtual Run! You will still get your bib, t-shirt, and medal! All proceeds go to the Darlington Humane Society New Shelter Fund.

**Featured Event: Jessica's Hero's Virtual 5K Run/Walk**

Sept. 26, 2020

Oneida, NY

**Details:** Our mission is to support those that are undergoing cancer treatment by easing a little of their financial stress. This virtual 5K assists in financially supporting it, as it brings awareness to all of those that are looking for assistance or those that want to give. We, at Jessica's Heroes foundation are dedicated to helping those that can use a little something to help create a stress-free moment so they can focus on fighting their fight.

**Featured Event: Drops to Hops**

Sept. 26, 2020

Cooperstown, NY

**Details:** A bicycle road race that has something for every level. The event consists of two different length courses that follow mostly secondary roads. You will travel through the valleys and hills of Otsego County. The "A" race is about 43 miles that is geared towards the "racer" with rolling hills, flats and a nice climb to separate the field. The race will start at 10:00am. The "B" race/ride is 25 miles with rolling hills and flats that most abilities can complete. The race will begin at 10:15am.

**Featured Event: Run for Hope Virtual**

Sept. 26, 2020

Bethlehem, CT

**Details:** Thank you for supporting the Litchfield County Creating Hope Corp.! You are helping to raise awareness for depression, anxiety, PTSD and the fight against suicide. Due to these unusual times upon us, this year's race will be a virtual walk/run on September 10th-26th. Awards will be given to: top 3 individual fundraisers, top 3 team fundraisers, and the furthest away participant.

**Featured Event: Apple Harvest Festival Virtual Road Races**

Oct. 2 - 12, 2020

Southington, CT

**Details:** Proceeds from the Apple Harvest Festival Virtual Road Races will go to support families in our communities affected by the COVID-19 pandemic through financial scholarships to various YMCA programs and services. Specially designed t-shirts will be given out to the first 1,000 registrations. You don't want to miss out on this collector's item!





NEXT ISSUE

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**October/November**

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COMING SOON

Full of content for the endurance sports industry, *RaceTimes* is a digital magazine that delivers featured articles, awareness of brands and products, and announcements of upcoming events and races. Published six times a year, *RaceTimes* targets a demographic of up to 700,000 athletes and race organizers.

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