

Sault Stryders Newsletter

ISSUE: WINTER 2008

 "In running, you're successful just by doing it. You learn how far you can take yourself and how to compete within yourself. When you do that, you start feeling good about yourself."

□ □ □ □ □ - Sue Stricklin, runner

The Saturday Morning Runners

by Lynn Hollingsworth

There are a group of runners that meet every Saturday morning at 8:00am. We call ourselves the Saturday Morning Running Group. What we lack in imagination, we make up for in consistency. We started in early November 2006 and have been going strong ever since.

It works like this: Every Wednesday or Thursday we send out an email with two or more suggested runs for Saturday. One is under 10km and the other is over 10km. We always meet at 8:00am and we have many different starting points so we get a variety of runs. Generally 10-20 runners show each week. Some are regulars and others show up every once in a while.

So is this a group run? The answer is yes and no. We meet as a group, start as a group but after that we all find our own pace. That last thing I would want is to have an elite runner waiting for me to catch up! We all have to be comfortable with what we can do. This "attitude" allows the group to work well for all levels of runners. Beyond that many runners will extend or shorten or change the routes to suit themselves.

Our runs are posted on the Sault Stryders website (www.saultstryders.com). If you would like to be on our direct email list please email me at lholling@soomill.com.

☐ ☐ ☐ ☐ ☐ Come join us!

Boxing Day Run and Walk December 26, 2007

The Boxing Day Run and Walk held on December 26th, 2007 at the Algoma's Water Tower Inn was once again a successful Sault Stryders event. The warmer-than-normal temperatures coaxed over 150 participants out for fun and fitness. According to Sault Stryders Treasurer, Grady Hess, this year's numbers are consistent with the previous two years. Hess attributes these exceptionally high numbers to the warmer weather.

The event combined with a relaxing dip in the Water Tower Inn whirlpool and a delicious brunch at the Lonestar, are a perfect way to unwind from the holiday stress and excitement. The event includes draw prizes, homemade baking and prizes for the kids.

Thursday Means Speed

by Michael Drescher



The Thursday night group runs started in the spring / summer of 2007 as an "off-shoot" from the Saturday morning groups runs. Consequently, all of the regular Thursday runners are also usually part of the Saturday morning group.

The reason for starting the Thursday group was that some runners wanted to increase their speed. Since running long distances increases one's endurance but does not make one run faster, the group decided to work more with specific speed exercises. The group run setting is important here, because the group provides a structure and support, which aid in keeping the motivation up. One of the major points of speed exercises is to push one over the lactic acid threshold. The idea is that by repeatedly surpassing this threshold, the body becomes more efficient in transporting oxygen to the muscles and lactic acid away from them. Together these two effects will increase the level at which the muscles can perform for an extended period of time, i.e., increase speed over longer distances.

Speed exercises usually involve running shorter distances (though longer than sprint distances) at a relatively fast pace, interrupted by recovery periods of jogging or walking. We started with shorter distances and fewer repeats and have increased the distance and number of repetitions, and speed through the season. However, since the level of running varies within the group, the goal times for the exercises are adjusted to fit individually.

For most runners the season was aimed at a longer race in the fall, mostly a half or full marathon. Once these races were done we changed our focus and moved more towards hill runs for the winter period. A main reason for this change was due to the snow and ice in winter that often do not allow for running at full speed. Nevertheless, regular training throughout the winter will make it easier to get back into form come spring. Furthermore, various Thursday night runners have races planned for the spring that often involve considerably hilly routes. Training on hills will help these runners achieve their racing goals. Besides the training aspects of the Thursday night runs, socializing is also important. Regularly, several of the runners will follow the training up with a drink or a bite at one of the local restaurants / lounges. During winter, the Thursday night group meets at the west end of the Station Mall parking lot. For the remainder of the year, the group starts at the John Rhodes track. The time of meeting varies with the season and length of daylight. Currently we meet at 6:00 pm at the Station Mall.

Upcoming Events



January 18, 2008
Sault Ste. Marie Sports Hall of Fame
Nominations Deadline

May 4, 2008
Sudbury Rocks!
Full Marathon / Half-Marathon / 10km / 5km / 1km

May 10 & 11, 2008
Mississauga Marathon.com
Full Marathon / Half-Marathon / 10km / 5km / 2km / Relay

Training Tip

Easy-hard is one of the oldest and most trusted maxims of training. Follow a hard day of running by an easy day (or even an off day). After an easy day comes a hard day. It just makes sense. You can't test the same set of muscles in the same way every day. You're courting injuries if you do. Easy-hard prevents you from putting undue pressure on yourself. The easy days give you a needed mental break as well.

- Kevin Nelson, The Runner's Book of Daily Inspiration

The 25th Annual Cornfest



The 25th Annual Cornfest Road Race was met with grand celebrations and the warm sun. In honour of its 25th year, the Sault Stryders handed out commemorative medals to each of the over 140 participants.

The day went exceptionally well and in return the Sault Stryders collected \$147.00 in profit. The 2008 race date may change, so stay tuned for updates on the continuation of this great race.



Newsletter Submissions

If you have an idea for an article or feature for the Sault Stryders' newsletter, please submit your idea or pre-written article to sherrilaurasmith@hotmail.com or by calling 759-2467. Newsletters are quarterly. Other comments or feedback are appreciated too. So please submit those ideas or articles soon.

To Join the Sault Stryders, please visit our website at www.saultstryders.com for more information and our membership form.

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