

"If it is to be, it is up to me."



HOTLINE: 651-762-0900

Upcoming Training Locations:

Saturday, Dec. 9th, 8am
Long Lake Park, New Brighton
*Meet at the beach

Saturday, Dec. 16th, 8am
White Rock Coffee Company, the Highland neighborhood of St. Paul
*Meet inside the coffee shop, in the back

Tuesday, Dec. 19th, 6:30pm
Holiday Lights Run on Summit Ave.
*Read about this event below.

**NO TRAINING ON SATURDAYS
DECEMBER 23 AND 30. ENJOY
THE HOLIDAYS WITH SOME
MUCH NEEDED REST!**

Monday, January 1—New Year's Day
10am, MSRC Start the Year Off On the Right Foot 5K or 10K at Lake Calhoun, this is a family event so invite anyone to run with us, free event, details coming in next newsletter BUT save the date!

**HOLIDAY LIGHTS RUN—
SUMMIT AVENUE**

When? Tuesday, Dec. 19th at 6:30pm
Meet? Victoria Crossing, inside in the hallway outside of Chipotle
Run Route? The group will be led by Kristin & Sharon down Summit Ave., easy pace, approx. 4-4.5 mile run on sidewalks
Bring? Small flashlight, wear reflective gear
RSVP required to Coach Kim

DID YOU KNOW??

Regular intense exercise, like running for 30 minutes five times per week, could add as much as 4 years to your life, according to the Farmington Heart Study.

Do you want to offset middle age weight gain? Of course! Here is some motivation for you. The National Runners' Health Study surveyed 4,800 female runners ranging in age from 18 to 75 over a period of 9 years, and found that to offset middle age weight gain women should increase their weekly mileage by about 2.4 miles per year starting in the mid thirties compared to 1.7 miles for men. Men are so lucky! Researchers speculated that women require a greater weekly increase because they tend to store fat in the butt-hip area, which is harder to burn than fat around the abs, where guys store it. This is good to know since aging equals a decrease in your metabolism.

Snowshoeing beats out cross country skiing for the most calories burned per hour for a given body weight. Check this out: (based on a 150 pound woman)
Snowshoeing = 544 calories/hour
XC skiing = 510 calories/hour

We all have a "home gym", it is called our weekly chores! Look at the calories burned doing these weekly activities for 30 minutes (based on a 150 lb. woman):
Climbing stairs—136 calories
Playing with children—136 calories
Sweeping Indoors—112 calories (I better not hear of anyone buying that I-Robot:)
Washing dishes—78 calories
Sweeping/cleaning the garage—102 cal.



Runners who want to improve their personal best times need to be strength training. The off season is the best time to concentrate on this necessary part of your fitness regime. Strength training has shown some significant effects among runners: increased endurance and work economy, longer time to exhaustion, reduced ground contact time, and many neuromuscular improvements. Please consult with me if interested in starting a program. You do not need to buy a lot of equipment.

Upcoming Events

- Winter Waddle 5K
12/29/06, 7pm, Edina
- Frosty Frolic 5K
1/6/07, 9am, Circle Pines
- Securian 5K & Half Marathon, 1/27/07, St. Paul