

“You are PURE potential.”



“Believe In Your Potential”

**HOTLINE: 651-762-0900**

**Upcoming Training Locations:**

Saturday, January 6th, 8am  
Lake Phalen/Gateway Trail  
\*Park off of Frost Ave.

Saturday, January 13th, 8am  
White Rock Coffee Roasters,  
St. Paul Highland Neighborhood  
\*Run along the Mississippi River

Saturday, January 20th, 8am  
Lake Como, St. Paul  
Meet inside the pavilion

Saturday, January 27th, 8am  
Run will begin from Marathon  
Sports store

**NEW TO**

**WWW.MOVINGSOLES.COM**

Check out the 2007 Race Calendar under News & Events. I tried to be thorough and give you all the pertinent information for each race.

The Fall/Winter Training Calendar under News & Events is a calendar of where each training location is each week. I also plan on putting the major races on this calendar.

**WEATHER CANCELLATIONS**

\*Reminder—if the wind chill is -20 or below and/or the temperature is 5 degrees or below, training is automatically cancelled

**Upcoming Race to Consider—  
Frigid 5**

Location: St. Paul Fairgrounds  
Date: Sunday, Jan 21st, 10am  
5K Run/Walk and 10K Run  
www.tslevents.com

Peggy Kunz is trying to get some Moving Soles participants interested in this event. I know she has recruited a few people and the more the merrier. This is a nice event because you get to warm up indoors so no standing around freezing before the race.

Moving Soles 2007 club quote is:  
“Together has power. Don’t run alone.”

-Dick & Rick Hoyt

**SNACK SENSIBLY**

Before grabbing for that Snickers bar or bag of chips look at how much exercise you would have to do to burn off the calories.

- Snickers Bar (280 calories)
- Yoga—95 minutes
- Walk—72 minutes
- Bike—40 minutes
- Run—30 minutes
- Swim—34 minutes

- Baked Ruffles (1 oz., 120 calories)
- Yoga-41 minutes
- Walk—31 minutes
- Bike—17 minutes
- Run—13 minutes
- Swim—15 minutes

Source: The Diet Detective’s Count Down by Charles Stuart

**Women, Running, and Calcium Intake**



Did you know that women runners lose more dietary calcium than average American women? It is due to increased perspiration, increased fluid intake and lower efficiency of the gut to absorb the minerals due to the increased activity level. 75% of Americans do not meet the daily dietary needs for calcium. Are you one of them? Calcium plays a vital role in muscle contraction, the firing of nerves and the formation of healthy bones and teeth. If your body is deficient in calcium you run the risk of developing osteoporosis. Also a possibility in runners is an increased risk of stress fractures. Exercise stimulates the remodeling of bones and strengthens them.

**Calcium Requirements per day:**

- 9-18 years—1,300mg
- 19-50 years-1,000mg or more if pregnant or nursing
- 50+ years—1,200mg