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INTERVALS

Merrimack Valley Striders Newsletter

Welcome to the February issue of Intervals.

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In Other News

The first race in the MVS 2011 Super Iron Runner Series

[Frozen Shamrock 3-Mile Run](#)

Sunday, February 27, 2011 @ 1:00 PM
J.P. McBride's Pub in Haverhill, MA

[MVS General Meeting](#)

Human Chains at the Boston Marathon

If you would like to volunteer on Human Chains at the Boston Marathon, you'll find all the info on the website:

MVSRuns.com. Email Beth

Shiff for the codes, and then you can sign up online. Don't forget to sign up for the bus and the parties, too!

BETH'S EMAIL ADDRESS: SHIFTEES@AOL.COM

[Click here to see the photo enlarged.](#)



MVS Spotlight on Rob Prunier!

10 Questions with ...Rob, Merrimack Valley Strider

Hometown: Bradford, MA

Role(s) as a club volunteer: Hosted Run Coordinator

Interviewed by Amy Dalton

[Click here to see the photo enlarged.](#)



1) How long have you been running and what made you start?

I have been running for just over 3 years. I started to lose weight. I lost 50 lbs and can't stop.

2) How long have you been running with MVS?
2.5 years.

3) What is your running sneaker of choice?
Asics 21 series.

4) What race if any are you currently training for?
Boston Marathon.

5) What is your proudest running moment?
Finishing my first marathon: Chicago 2008.

6) What keeps you motivated?

MVS General Meeting
Wednesday February
23th at Salvatore's
Restaurant 7:30 p.m.
354 Merrimack Street,
South Lawrence, MA
Guest Speaker:
Jack Fultz
Winner of the 1976
Boston Marathon.

MVS Hosted Runs
8:30 a.m.
Sun Feb 20 Elisa
Colella 33R East St.
Middleton, MA

Sat Feb 26 Christine
Decubellis 173 Brady
Ave. Salem, NH

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My Saturday morning long run group. They push me to do the right things, I am also motivated by how great I feel after I run.

7) If you're not running, what are you most likely doing?
Traveling for business or being home with my wife and 3 girls.

8) Running with headphones - definitely or no way?
When I run by myself I run with headphones. With a group, I am too busy talking (those people know what I mean.)

9) Favorite pre-run meal?
Protein Shake.

10) Why do you run?
It makes me feel great and it keeps the weight off. Running has changed my life and I can't stop.

Coaches Awards

To see photos from the evening's festivities courtesy of [Bob Lussier click here](#) and for more wonderful photos courtesy of [Lyn Licciardello click here](#).

Coaches Award

-Marcie Butler and Mark Donegan

Rookie of the Year Award

-Lea Lewkowski and Alison Carter

Most Improved Award

-Bob Stamm and Lenny Carter

Spirit Award

-Donna Phaneuf and Susan Teberio

2010 Strider of the Year Award - Crissy Lippman

Volunteer of the Year Award

-Donna Phaneuf

Creative Director Award

-Bob Lussier

Take the Bull by the Horns Award

-Doug Cairnie and Toddi Norum

Energizer Bunny Award

-Marcie Butler

Reach the Heights Award

-Kevin Yetman

Blood, Sweat and Tears Award

-Amy Dalton

Hostess with the Mostest Award

-Christine Aloise

The Survivor Awards

-Bernie Zelith and Leo St. Louis



Mr. MVS Award

-Bob Stamm

2010 MVS Super Iron Series Awards

Will Power Award Super Iron Runner

(Completed all 14 Races in the Series)

-Will Meredith

Super Iron Runners-up

(Completed 13 Races in the Series)

-John Kleschinsky

-Cathy Kobler

-Bob Stamm



Completed 8-12 Races in the Series

Marcie Butler

Janos Mako

Kerri Martone

Doreen Rizzo

Completed 5-7 Races in the Series

Christine Aloise

Amy Dalton

Larry Dube

Paul Hudson

Lyn Licciardello

Tom Licciardello

Lisa Maciel

Al Pappalardo

Lana Popova

Denise Tournas

George Tournas

Deborah Vacaro

YOUNGER NEXT YEAR - PART #2 by Steve Seide

The concept that I closed with last month was that aerobic exercise is needed – it generates Cytokine-6 (the master chemical for inflammation/decay) which in turn generates Cytokine-10 (the master chemical for growth/repair) and it's C-10 that is the gift that keeps on giving. These cytokines drive the creation of new mitochondria, (produce energy for the cell), store additional glucose in the muscle cells, and grow new capillaries to feed them.

Remember cytokines regulate every aspect of biology; they are messenger molecules within the plasma and reverse the decay of aging regardless of your age. Biologically there is no such thing as retirement or even aging, there is only growth or decay.



Dr. Lodge's second rule: "Do serious aerobic exercise four days a week for the rest of your life." Aerobic fitness is all about making more energy in the

muscles. That means building more mitochondria and bringing them more fuel and oxygen. Mitochondria can burn either fat or glucose. Your muscles prefer to burn fat most of the time, because it is a more efficient fuel, but for hard exercise, for speed and power, you burn glucose.

At rest, and with light exercise, you burn 95% fat and 5% glucose. Most fat isn't stored in your muscles it's stored around your belly and hips and in a few other prime locations. Your body has to bring it to your muscles through your circulation. Because your blood is largely water and fat doesn't dissolve in water, it has to be carried by special proteins called triglycerides. The problem is that your capillaries can handle only a few triglyceride molecules at a time. So each capillary can deliver only a trickle of fat to your mitochondria.

With consistent aerobic training, your body builds vast new networks of capillaries to bring more fat to your muscles. Eventually, you will be delivering as much fat as you possibly can and if you want to go faster or harder, you will need to start bringing glucose to the mitochondria to use as a second fuel. With harder exercise you keep burning fat in the background but all the extra energy comes from burning glucose.

All those days of long, slow exercise (runs, rides, and swims) are building you a bigger engine. Now, with glucose added, those extra mitochondria and blood vessels are running on rocket fuel. This is the benefit of low aerobic training.

Exercise is absolutely the most important message of the book, because movement is life, and because it's easy to structure. Exercise reverses the bizarre message our society sends older men and women that they should retire not just from work but from life. Exercise is the only way to engage your body and your physical brain and by doing it you will get younger.

The point about exercise is not to burn off calories, but rather to tell every part of your body to grow, to invest in building the new tissue, and to run at a higher metabolic rate all day and all night long. At rest, only 20% of your blood flow moves through your muscles; in a trained athlete that rate rises with exercise up to 80 percent.

Now the third and last physical exercise related rule is "Do serious strength training two days a week for the rest of your life." If you're like me by now you're thinking, get a life – I have a job, when am I going to find time to do all this? However, I want to leave you with a sobering statistic, after age 40, you lose between 0.3% and 0.5% of your bone mass per year. Think about the accumulative effect of this. I guess this is why it's common to see older people with compromised posture and the challenges associated with broken bones, etc. Lifting weights every couple of days basically stops bone loss and stops muscle loss too.

So now you have the three rules to being "Younger Next Year" – just add discipline and time – this is where it gets hard. In closing remember, we all make time for our priorities and while no one thinks they have enough time, we do have all there is.

For more information: www.youngernextyear.com

THE GLADIATOR IN US ALL by Tom Licciardello

The Gladiators of Roman days were fierce athletes that honed their skills with the diligence required to make them winners. They were the "outliers" of their day - those people whose achievements fall outside normal experience. Of course, if you were competing in the Coliseum your intelligence, persistence, dedication, and ambition meant more than success

– it meant you lived to fight another day.

Fortunately, as runners we don't face the same dire consequences that ended our Gladiator ancestors' careers. There are no hungry lions at the finish line if we don't post the race time we hoped. Or are there? Are we that much different than the ancient Gladiators? Can we dare call ourselves Gladiators, too? Let me attempt to answer those questions in reverse order.

Are we Gladiators? In some ways I would suggest that runners certainly fit the mold. As did our ancient counterparts, we perform at the outer limits of the norm. That makes us outliers too. Forget about the speed with which you complete a 5K, 10k, marathon, or beyond for a moment. The fact that you can run that far puts you in a very elite classification relative to the "normal" population. It may be a sad commentary on the typical sedentary lifestyle, but each runner has heard that amazed reaction when a non-runner acquaintance learns that he has competed in a 5k/10k/42k race. "I could never do that! I can't run from the couch to the kitchen" is the often heard response.

Are we that much different than the ancient Gladiator? In Malcolm Gladwell's bestselling book "Outliers, The Story of Success", he identifies the "10,000 hour rule" as one of the aspects that separate the "outliers" from the herd. To succeed takes lots of practice – more than the unsuccessful are willing to invest. The ancient Gladiators were certainly incentivized to invest the 10,000 hours of practice.

For runners, we first need to decide what success means. For some, it's a particular time to beat in a race. For others, it's qualifying for Boston. But for many, the real definition of running success is longevity. For those who seek a lifetime experience, getting the 10,000 hours of practice takes time and patience. Assume an average one hour run, three hundred days a year. It would take 33 1/3 years to hit Gladwell's magic 10,000 hour rule. It takes the intelligence and ambition of a Gladiator to last that long.

Unfortunately, many runners are short timers. In some cases, it's because a particular goal was reached and the next item on the "bucket list" occupies center attention. In other cases it's the realization that the days of improving best race times are over. Though the health benefits of a running program know no age barrier, personal best's do, and for some the disappointment is too much to bear.

The worst case, though, is the running Gladiator who continues to train but suffers injuries that ultimately end the running career – the modern day Gladiator's hungry lion. So, how do we avoid the fangs of the lion? Having put in my 10,000 hours (and then some), I can comment from personal experience. My successes and failures have taught me much.

Perhaps the single most important advice is to determine what kind of runner you want to be – are your goals short term only, or do you want to run up to a ripe old age? If life-time running is the goal, then there is no more important suggestion than to train like the Gladiators. As they became masters of many weapons, we need to diversify our training as well. If our only training is running, sooner or later most are doomed to injury. A well designed strength training program can keep us in proper "muscle balance", keep our core strength, and help avoid overuse injuries.

The problem we runners have is that it is easy to go out and run. We know how to do it, we like it, and we can get lots of friends to join us. But to incorporate a solid strength training program takes self discipline, a good plan, and persistence. The results, however, are important, especially as the runner gets older. Fewer injuries mean more miles left to run!

The good news is that there is plenty of help available. The local YMCA is a great resource for well designed strength training programs, DVD programs

like P90X can bring the gym into your home, and you can ride a bike, or swim. It might even encourage you to attempt your first triathlon!

So get out and run; enjoy the most natural form of exercise man can enjoy, but do a few push-ups, see how many pull ups you can still do, get those abdominal crunches going, ride your bike, go for a swim, eat well, and sleep enough. Be a Gladiator and slay those lions for years to come!

EAT TO RUN, RUN TO EAT by Amy Dalton

Something about this dish makes you want more, but it is not for the meek. You may want to have a cold beer handy. If shrimp is not your thing, you can substitute 2 chopped sausages.

Serves 4.

[Click here to see the photo enlarged.](#)

Cajun Spice Mix

- 3 teaspoons paprika
- 2 teaspoons ground red pepper
- 2 teaspoons dried thyme
- 2 teaspoons dried oregano
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 teaspoons kosher salt
- 1 teaspoons black pepper
- 1 teaspoons sugar

Combine all ingredients in a small bowl.
Leftovers can be stored in a sealed jar for up to three months.



Dirty Rice

- 4 cups chicken broth
- 2 bay leaves
- 2 cups long-grain rice
-
- olive oil
- 2 cups chopped onion
- 1 cup chopped celery
- 1/2 cup chopped red pepper
- 1/2 cup chopped green pepper
- 2 shredded carrots

1 tablespoon Cajun Spice Mix

8 ounces diced cooked ham

18 raw, peeled, shrimp

3 garlic cloves, minced

1/2 cup chopped fresh parsley

Bring broth and bay leaves to a boil in a medium saucepan; add rice. Cover, reduce heat, and simmer for 20 minutes or until liquid is absorbed. Discard bay leaves. Place rice in a large bowl.

Heat a large nonstick skillet over medium-high heat. Coat pan with olive oil. Add onion and the next 8 ingredients (through garlic); saute 7 minutes. Add heated mixture and parsley to rice, tossing to combine.

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