

Tom

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INTERVALS

Merrimack Valley Striders Newsletter

Welcome to the January issue of Intervals.

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In Other News

Pass it on

Know anyone who

HOSTED RUN

Hosted run This Sunday Jan 9.

Home Of Rob Prunier
12 Bradford Green Way
Bradford, MA.
978-374-7838

Need hosts on the following dates
Jan 23, Feb 13, 27 March 6,13 April 3, 10
Schedule to be posted later this week!

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

CONTACT ROB PRUNIER 978-374-7838. RPru549357@aol.com

MVS Spotlight on Al Pappalardo!

**10 Questions with ...Al, Merrimack Valley Strider, Club President
Hometown: Windham, NH
Interviewed by Amy Dalton**

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

Started running in the running boom of mid 1970's. Influenced by Bill Rodgers and Frank Shorter.

2) How long have you been running with MVS?
Since around 1990.

3) What is your running sneaker of choice?
After changing brands a number of times over the past few years, I'm going back to New Balance 990 series.



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

No goals, just running regularly.

5) What is your proudest running moment?

When I ran under 4 hours in the Cape Cod Marathon 1996.

6) What keeps you motivated?

My health. There is no doubt, that an active lifestyle is the way to live.

7) If you're not running, what are you most likely doing?

Being with my Family. Working with charitable organizations in the community.

8) Running with headphones - definitely or no way?

Only in Parks and Rail Trails.

9) Favorite pre-run meal?

Toast.

10) Why do you run?

I have always loved it. Makes me feel like a kid!

MVS Spotlight on Bob Lennon!

10 Questions with ...Bob, Merrimack Valley Strider, Club Vice-President Interviewed by Amy Dalton

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

I was a really heavy kid. I took up running to get in shape during the great 70's running boom while I was in college. My first race was "Al's Run" a 5 miler in Milwaukee which I really enjoyed so I looked for another one, then another and I been running ever since. Sometimes a lot, sometimes a little but never far away...



2) How long have you been running with MVS? 92 or 93...I tried my first half marathon in Lowell. The Striders were a huge presence at that race. I bonked badly and saw all these Striders of all shapes and sizes finishing and figured they must know something, so I joined.

3) What is your running sneaker of choice?

New Balance 883.

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

Boston...Hopefully I won't break any foot bones this time around (knocking wood.)

5) What is your proudest running moment?

Breaking 36 minutes at a 5 miler many many years ago.....

6) What keeps you motivated?

Just trying to stay fit and healthy in the funnest way I know.

7) If you're not running, what are you most likely doing?

I work for Polartec, and try to keep up with my kids...my oldest is in college and was a very accomplished swimmer, but now has the running bug and wants to run Boston...My youngest is a freshman in high school and swims year round in addition to playing softball and basketball so I am usually driving to or from a practice or event on any given day. I'm a certified softball umpire and also officiate swim meets. I like to read if I can sit long

enough.

8) Running with headphones - definitely or no way?
Never in a race...other than that, absolutely.

9) Favorite pre-run meal?
Just a Banana.

10) Why do you run?
Just trying to stay ahead of the curve...

MVS Spotlight on Martha O'Brien!

10 Questions with ...Martha, Merrimack Valley Strider, Club Treasurer Interviewed by Amy Dalton



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

Since late 2002. I quit smoking, started walking in my neighborhood to do something and evolved that into running. Part of me was too impatient to walk and part of me just liked the feeling of running.

2) How long have you been running with MVS?
Joined in 2004, on the advice of a member, to get better at running.

3) What is your running sneaker of choice?
Usually Mizuno Wave Riders but I am trying Brooks Ghost 3 right now.

4) What race if any are you currently training for?
I have not decided, but definitely a half marathon this spring - Great Bay is looking likely.

5) What is your proudest running moment?
Next to running between my first two telephone poles, it's a tough call. I think my first race which was the Newburyport 10 miler. My sister ran with me, I met my time goal, my husband was there, and the beneficiary of the race is a cause which is a very big part of our lives. All kinds of good stuff!

6) What keeps you motivated?
I love the motion of running first of all. That's almost enough. I also very much like how I feel when I am in good running shape. I also like being part of the running community.

7) If you're not running, what are you most likely doing?
Mostly working. My other interests are my family, particularly my grandchildren, working out, reading, and just about anything sports related.

8) Running with headphones - definitely or no way?
No headphones. Love the quiet when I run. Love to just let the random thoughts come and go as I run.

9) Favorite pre-run meal?
Waffles or toast with peanut butter for a long run. Always coffee and juice in the morning before I go out.

10) Why do you run?
I've played softball, worked out at the gym, done some swimming and biking and done nothing at all. Running is the best - I just like running and how it makes me feel. Very positive and empowering!

MVS Spotlight on Deb Vaccaro!

10 Questions with ... Deb, Merrimack Valley Strider, Club Secretary

Hometown: Originally Beverly...now North Andover

Club Committee(s): membership- I enter all offline registrations into the database

Role(s) as a club volunteer: Boston Marathon human chain, Feaster Five registration, July 3rd Awards committee, for 2011 club secretary

Interviewed by Amy Dalton



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

I've only been running for about 2 1/2 years. I had never tried to run, never thought I could run. Mountain Biking was my sport! When I first met Dave (Leonard) who has been running for 30+ years, I told him " I'm not a runner, never have been, never will be"! He convinced me to try it, and "coached" me along and I've been running or trying to since then. Since I started running, my sister has started running, joining me in a few races, and my daughter has also begun running.

2) How long have you been running with MVS?

Since I started running 2 1/2 years ago, I have met the most wonderful people, who continue to amaze and motivate me with their achievements! MVS has great coaches too...I'll be doing winter track for sure!

3) What is your running sneaker of choice?

Saucony Pro Grid Guide.

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

I'm training for a half marathon, not sure which one yet. I'm also looking forward to the Wild Rover series, which I ran last year and hope to run again this year...I love the medals and they are fun races! (free beer)

5) What is your proudest running moment?

Finishing the Tufts 10K for Women, my first 10K ever, with help from my running buddy Lea Lewkowski!!

6) What keeps you motivated?

Having goals, like a race coming up, or a distance I'd like to conquer. Lea and I challenge each other to keep going and reach new goals!

7) If you're not running, what are you most likely doing?

Looking for a job, I've been unemployed since June!! Also mountain biking (Willowdale in Topsfield is my favorite place to ride), babysitting for my grandchildren, and working on renovating our home.

8) Running with headphones - definitely or no way?

No way...I usually run with Dave, Lea, and sometimes Bob Stamm, so we are usually talking. If I run alone, it gives me time to think and de-stress.

9) Favorite pre-run meal?

I prefer to run first thing in the morning and all I have is a drink of water.

10) Why do you run?

To stay healthy and active, and it is something Dave and I can do together!

YOUNGER NEXT YEAR by Steve Seide

My daughter gave me a book for Christmas, "Younger Next Year." I had heard about it and had an interest in it – so I don't think that she was sending a subtle message. While I'm pretty conservative and learned back in college biology that there is "no such thing as a free lunch" – I am always interested in the best ideas for living a healthy and productive life.



The authors include a former lawyer in his early seventies, Chris Crowley and an internal medicine physician, Henry Lodge in his forties. They live in New York City but both grew up in the north shore area which I found ironic. They claim that the chemistry in the book is at the core of a new science - this hit home with me. As I read it I felt that much of what MVS promotes tied right into what they were suggesting. There are a total of seven rules but for purpose of this article, I'm going to focus on rule one:

1. Exercise six days a week for the rest of your life

Everything you do physically, everything you eat, everything you think and feel, every emotion and experience changes your body and your brain in physical ways that were set in stone millions or billions of years ago - think about the life styles of all of our ancestors - survival of fittest. It has just been in recent decades that our convenient and couch potato society has evolved. Our bodies were made to hunt and farm. The only way today to engage your body and your physical brain is through exercise. And when you do there are chemicals released which have a positive effect on you. Biologically, there is no such thing as retirement, or even aging. There is only growth or decay – I'll explain:

We have two information super highways; the nervous system and circulatory system. Even your circulatory system carries information. Plasma is a river of chemicals and proteins signaling and controlling virtually every aspect of growth, decay, mood, immune function, etc.

When your cells sense damage they automatically release chemicals to start inflammation - this sets the stage for repair. Some of the chemicals leak into the bloodstream and draw white blood cells to the injured area. After the inflammatory cycle has done its work, the white blood cells go away leaving an environment ready for the growth part of the cycle to begin.

The proteins that control inflammation are called cytokines – they regulate every aspect of biology. They are messenger molecules and turn on and off all your metabolic pathways in each tissue and cell in your body. There are many different cytokines but I'm going to focus on two. Cytokine-6 (the master chemical for inflammation/decay) and Cytokine-10 (the master chemical for growth/repair).

This is where the power of exercise comes into play. You have 660 muscles making up about half your body weight (trained individuals can be much higher). These muscles are a massive reservoir of C-6 and C-10. Exercise triggers repair, renewal and growth by producing C-6. All forms of aerobic exercise produce C-6 in a logarithmic proportion to both duration and intensity. In a marathon runner, the level of C-6 rises a hundredfold. It is an automatic measure of how much exercise you do, (how much inflammation you cause = how much growth you will experience, how much C-10 will be released.

C-10 is the key – because it creates growth. It is automatically turned on by C-6 about an hour after the run and stays at high levels for hours repairing your body. This repairing of your body is what causes the age reversing effect.

Researchers gave 10,000 men two stress tests, five years apart. At the end of the study the fittest men had a third the mortality of the least fit – one third the mortality. And those that were sedentary at the first stress test but fit at the second cut their mortality in half – (they cut their risk of dying in half).

So for now the concept that I want to leave you with is aerobic exercise is needed – this exercise generates C-6 which in turn generates C-10. C-10 reverses the decay of aging regardless of age.

So congratulations on your running/aerobic even anaerobic exercise – now you know scientifically why people who are fit look better and are in better physical health.

There is much more – but to do it justice I will continue this article next month. In the meantime, if you're interested in learning more there is a web site the authors developed: www.youngernextyear.com

IN DEFENSE OF BUMBLE BEES by Tom Licciardello

Scientific research and anthropological data leads us to the incontrovertible conclusion that we were born to run. There's even the bestselling book, "Born to Run", that is written on that premise. Other creatures were born to fly.



Let's take a look at the two amazing examples of flight-talented creatures – the bumble bee and the Peregrine Falcon.

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

The falcon has extraordinary musculature and wings that are designed with the aerodynamics that allow it to soar at extreme altitudes at 55 mph or screamingly fast dives over 200 mph as it pursues its prey. No other creature has a chance of outrunning these gifted aerialists. Even when this graceful creature has landed, one look is all you need to know that this bird was built for speed.

Then there is the bumble bee. Looking more like a miniature bowling ball with absurdly tiny wings, one look is all you need to know this creature couldn't possibly fly. So mysterious is its design, that NASA invested millions of dollars to thoroughly research its design and calculate how its flight is possible. The result of this exhaustive study concluded that, in fact, it can't fly. Maybe science hasn't all the answers.

What science can't measure is that determined, focused effort can make possible what experts proclaim impossible. Perhaps the bee's design precludes soaring like the genetically gifted Peregrine, but my guess is that it just loves to fly.

When it comes to running, I think I might be more like a bumble bee. I'd like to think that buried deep inside me is a falcon. With enough training, perhaps it could emerge and help me soar. So far, hard training has occasionally made me sore, but I still just love to run.

The truth of the matter is that most of us are closer to the bumble bee side of the running scale than the falcon side. The top 1% are the genetically gifted runners that stand upon the award podium of major races wearing the laurel wreath looking none the worse for wear after running at what seems to be super-human pace. Even while standing there, they look fast. But, alas, we can't all be falcons.

If you think about it, we bumble bee types are pretty lucky. The 1%'ers are

expected to run amazing times and when they do, we're not amazed that they did it. On the other hand, we're expected to be mediocre. But we don't have to be. We can do spectacular things that will make the "experts" scratch their heads in disbelief. If we have the audacity to believe we can do that which others believe impossible and are willing to do the work, average athletes can do amazing things.

Stand at the finish line of any road race or triathlon. Watch the winners as they cross the line and you'll see satisfaction in their faces knowing that they conquered their competition. Stay at the finish line a bit longer for the middle and back of the pack finishers and you won't see disappointment. You'll see joyous faces knowing that have conquered their own personal challenges. Some have tears of joy because they accomplished what many tried to convince them would be impossible - getting to the finish line. It might not have been a first place finish, perhaps, but a win none the less.

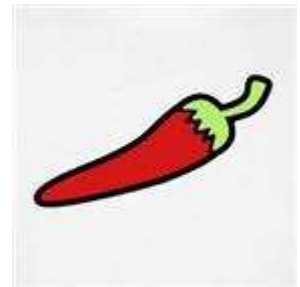
Most of us will perform somewhere behind our falcon friends, but we have the capacity to do more than logic would dictate possible, perhaps even more than we think possible. The key to success lies in the willingness to believe in ourselves, not listen to those who would discourage us from trying, and to respect the task with honest effort and determination. For those of us who have toed the line at a race, we understand the anxiety at the start and the exhilaration at the finish. We can't all be super stars, but we can all be stars.

I find it interesting looking back thirty-one years to when our running club first started. Our original colors were gold and black, and our uniforms were distinctive enough that any of our members could be easily picked out of a pack in a crowded race field. We were commonly teased as the "bumble bee" club. Well, maybe we still are the bumble bees, and we still just love to run! If someone tries to tell you that you can't be a runner, tell them to buzz off.

EAT TO RUN, RUN TO EAT by Amy Dalton

White Bean Chili

- 2 Tablespoons olive oil
- 1 medium onion, chopped
- 1 teaspoon oregano
- 1/2 teaspoon crushed red chili pepper
- 1 Tablespoon cumin
- 4 oz can chopped green chilies
- 3 cans (14 ounce) white beans (great northern)
- 3 cups chicken broth
- 1/2 cup whipping cream
- 2 cooked chicken breasts, shredded



Steam chicken & then shred.

Cook onions & spices in oil until tender.

Add remaining ingredients & simmer 20 minutes.

Serve with scoops or other corn chips or bread bread.

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