

Having trouble reading this newsletter? [Click here](#) to see it in your browser.

You are receiving this newsletter because you signed up from our web site. [Click here](#) to unsubscribe.



# INTERVALS

Merrimack Valley Striders Newsletter

Welcome to the July issue of Intervals.

## In this Issue

- || [MVS Spotlight on Mark Donais!](#)
- || [Sapienza Memorial Road Race](#)
- || [RUNNING RESOURCES by Steve Seide](#)
- || [GOING TO THE RUNNING WELL by Tom Licciardello](#)
- || [EAT TO RUN, RUN TO EAT by Amy Dalton](#)

## In Other News

**The next races in the [MVS 2011 Super Iron Runner Series](#)**

**The [Stowe 8 Miler](#)**  
Sunday July 17, 2011  
@9:00 AM Stowe, VT

**The [Carver Cranberry 5 mile](#)** Saturday July 30, 2011 @ 9:00 AM  
Carver, MA

**The [Lobster Dash 5 miler](#)** Saturday September 17, 2011 @ 8:30 AM Ogunquit, ME

## MVS Spotlight on Mark Donais!

**10 Questions with ...Mark, Merrimack Valley Strider**

**Hometown: Bradford, MA**

**Club Committee(s): Former Mill Cities Relay Club Representative**

**Role(s) as a club volunteer: Feaster Five**

**Interviewed by Amy Dalton**

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

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

*The summer of 1977. I actually started running because of the movie Rocky. I was boxing at the time at the local YMCA and found it to be good training. I also ran XC for a couple of years in high school.*

2) How long have you been running with MVS? Off and on since 1992.

3) What is your running sneaker of choice? Currently, Saucony Ride 4.

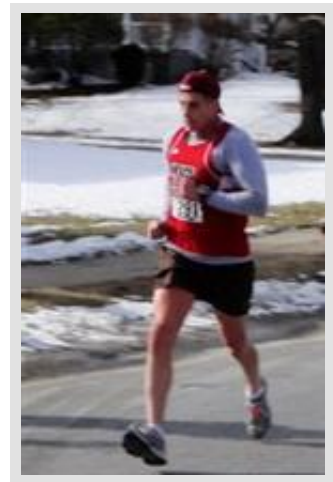
4) What race if any are you currently training for? Spartan Race @ Amesbury Sports Park in late August.

5) What is your proudest running moment?  
*Completing Boston in 1980 (the Rosie Ruiz year) with very little specific training. I ran unofficially with friends of mine from college. We decided that morning to run when school was cancelled for 'spring day'. I ran it in a little more than 3.5 hours. Casco Bay 1983 was special too. It was my 1st marathon back from being sick with cancer in 1981. That was around 3:28 or so.*

6) What keeps you motivated?  
*Weight gain. I gain weight just thinking about food.*

7) If you're not running, what are you most likely doing?  
*Working out (lifting & cardio) at the gym, spending time with the family .*

8) Running with headphones - definitely or no way?



### **The Jack Kerouac 5K**

Sunday September 25,  
2011 @ 12 NOON  
Lowell, MA

### **The Cape Cod**

**Marathon** Sunday  
October 30, 2011  
@8:30 AM Falmouth,  
MA

### **The Andover Country Club XC 3.5**

**mile race** Sunday  
November 27, 2011  
Andover, MA

### **Pass it on**

Know anyone who might be interested in our newsletter? [Click here](#) to forward this email to up to 5 friends at once.

*No way. I like to hear cars and dogs sneaking up on me.*

9) Favorite pre-run meal?

*Usually just an energy drink of some sort (or Mt Dew). I can't eat before I run.*

10) Why do you run?

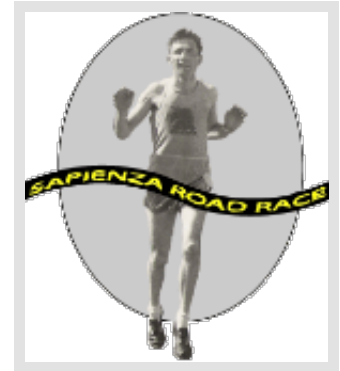
*It is my 'me time'. I like to set a small amount of time each day for myself.*

## **Sapienza Memorial Road Race**

---

*Also don't forget the 25th (and last) Sapienza Memorial 4 mile Road Race on Thursday, July 21 at J.G. Whittier Middle School, 256, Concord St, Haverhill, MA @ 6:30. I would like to thank MVS for all the support given us the past 24 years and would like to invite all in joining us in our final race this July.*

<http://www.sapienzarace.com/>



## **RUNNING RESOURCES by Steve Seide**

---

When you have an interest in something it's natural to become a bit of student whether casual or serious to learn more. In days of past this was generally accomplished through magazines or other written means. In today's world, getting information is easy and instantaneous with the web. Media has evolved pushing much information electronically to us. The downside from my perspective can be the associated advertising. Guess I'm old fashion but I still like a newspaper and I subscribe to some publications. Perhaps it's that I like to be able to take them with me, sometimes making notes and using them again.

With this article I'm sharing the two best running resources I am aware of and they are available 24x7. The first is a website owned by a publisher. Rodale was founded in 1930 by J.I. Rodale to teach people how to improve their lives by improving their health. They were ahead of their time and their mission hasn't changed. You are probably familiar with Runners World, one of their publications.

The other a weekly newsletter from Active.com which has some excellent content for runners of all types and motivations.

[www.runnersworld.com](http://www.runnersworld.com) is a website chock full of content in the written form, pictures and videos. It's a wonderful resource for training with information on workouts, barefoot running, treadmills, etc. There is even an age graded calculator for anyone interested in seeing how their results stack up to world class, national, regional or local times.

Injury prevention and treatment is a popular part of the site I'm sure. There is a host of information and videos for exercises and stretching. There is

much more – just click on the hyper link above or past it into your browser and save the site as a favorite.

[www.active.com/running](http://www.active.com/running) never ceases to amaze me. If you subscribe you will receive a weekly newsletter covering roughly 5-6 topics. I have learned much from their authors over time. The topics range from training suggestions and specific workouts to nutrition and injury management. I could do without some of the collateral messages I receive. I tolerate them because I enjoy their newsletter and it's free. So I understand they have to make a buck too. They also have a similar newsletter for triathletes, for those interested in swimming and biking.

If you're looking for more resources their website is [www.active.com](http://www.active.com) – click on "endurance" on their tool bar for more guides and information.

The beautiful aspect to today's technology is most everything is just a few key strokes away. So whatever your pleasure, have at it. Good running.

## **GOING TO THE RUNNING WELL by Tom Licciardello**

---

Writing a monthly article about running should be easy. It's an essay that's only due twelve times per year, and my many long years as a runner should provide plenty of fodder. Some months are easier than others.

Perhaps it's the "dog days of summer" that are keeping my creative juices from flowing, but I found myself searching for an idea for this month's column in Runner's World magazine. Perhaps the most widely read national magazine on every aspect of running, surely I would be inspired. I grabbed a copy and began to peruse the content.



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

Within the pages of this magazine, I found expert advice on a variety of topics. For example, author and coach Bob Glover presented a program for new runners that emphasized a slow start - run/walk for 20 minutes - and then progressively increasing the running and decreasing the walking over time.

Echoing Glover's advice was an article on women's running by Dr. Joan Ulyot. In recognizing the tremendous growth in women's running, Runners World introduced a special section called "Women's Running". The article centered on over-training, and began with, "Most overuse injuries in sports result from trying to do too much, too soon". Among the suggested rules were to increase mileage by no more than 10% per week, and make no more than 10% of training speed-work.

In an article entitled "Advanced Circuitry", Mary Slaney's coach, Luiz de Oliveira gave a peek behind his training methods that made Slaney a running phenomenon. The secret is reducing overall mileage and incorporating circuit training. Using more than 50 different types of exercises, he helps his athletes build core strength and increase flexibility.

And finally, my favorite article was written by Boston Marathon winner and editor, Amby Burefoot. "You Should be Committed" chronicled the exploits of five runners who shared a common bond. Each had a favorite race in which they have competed every year. For example, Al Briede ran 27 consecutive New Orleans Thanksgiving Day races, Doc Robbins's streak of 34

Manchester Turkey Trots was done barefoot, and Atlantan Jack MacFarland had 18 straight Chickmauga Chases.

But what was really exciting was to see my wife's name within the article. In a quest to find a woman who had a streak of races, Burfoot contacted the folks at the Tufts 10k for women looking for a streaker. They identified a young woman who had run every single one of them! It was Lyn. Amby was thrilled to have found a woman who had run consecutive races - there weren't that many, and Lyn had run NINE straight years!

Well, if you didn't recognize some of the authors, or you know that Lyn's streak now stands at 34 consecutive Tufts 10k's, you may suspect that something is awry.

The Runners World I opened to gather ideas was the February edition...1986, a mere 25 years ago.

Funny, isn't it, that the advice in running magazines today is pretty much the same as it was then. Running is simple and something we were all born to do. If we are careful to follow the advice of experts who suggest all around strength and a reasonable running schedule, we may all be fortunate enough to make running the lifetime activity it was meant to be.

Find a race you love, and start your own streak. Who knows, maybe Amby Burfoot will find you just like he found Lyn! I'll look for you in a future issue of Runners World.

## **EAT TO RUN, RUN TO EAT by Amy Dalton**

---

### **Banana Blueberry Streusel Muffins**

*Makes one dozen muffins*

Preheat oven to 350. Grease a muffin tin or load it with cup cake papers.

Mix in a large bowl:

2 eggs

1 cup granulated sugar

1 teaspoon vanilla

Add:

1/4 cup milk

1/4 cup vegetable oil

In a medium-size bowl mash 3 ripe bananas with a fork and then add to the above mixture:

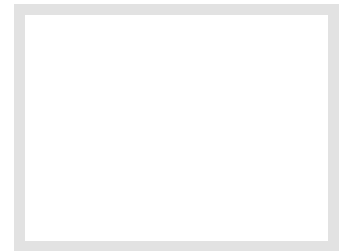
Sift in a small bowl:

1 1/3 cups flour

2/3 cup whole wheat flour

2 teaspoons baking powder

1/2 teaspoon salt



Gradually add flour mixture to banana mixture. Mix in:

1 cup blueberries

Spoon mixture into muffin tin.

Using a fork, combine in a medium-size bowl until crumbly:

1/2 stick butter

1/2 cup flour

1/4 cup granulated sugar

1/4 cup brown sugar, packed

Sprinkle brown sugar mixture over the batter. Bake 15-20 minutes or until toothpick comes out clean.

This email was sent to [email address suppressed]  
[Click here](#) to *instantly* unsubscribe.

[Visit MerrimackValleyStriders.com](http://MerrimackValleyStriders.com)