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INTERVALS

Merrimack Valley Striders Newsletter

Welcome to the October issue of Intervals.

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In Other News

The next races in the MVS 2011 Super Iron Runner Series

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

MVS Spotlight on Christine Aloise!

10 Questions with ... Christine, Merrimack Valley Strider
Hometown: Bradford, MA
Role(s) as a club volunteer: Greeter!
Interviewed by Amy Dalton

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

I have been running now for the past four years. It sounds crazy, but the reason I started running was the need for a new workout routine. I always went to the gym and did cardio and weights. I found a pair of running sneakers and thought I should try a change in the stale routine. I'm hooked!

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

2) How long have you been running with MVS?
I signed up for MVS almost two years ago.

3) What is your running sneaker of choice?
I've tried many sneakers, but the ones that I always find that just work are Asics. I'm currently running in the Asics Kayano.

4) What race if any are you currently training for?
I was easily persuaded when I heard how many friends were running the Philly Marathon in November. I'm going for marathon #2.

5) What is your proudest running moment?
Just finishing my first race was something that I never thought I could do. It was the Feaster Five in 2008. I ran the 5 miler with a friend.

6) What keeps you motivated?
Sometimes it's difficult to get out there on those cold snowy days or in that hot humid air but I love that feeling after a run. I read a quote once from a friend's posting "the only run I regret is the run I miss." It always stuck with me!

7) If you're not running, what are you most likely doing?
Being a mom to a middle schooler and bringing him to his soccer games ==)

8) Running with headphones - definitely or no way?
Depends. Definitely a no if I'm running with friends. If I'm alone on a long



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run, I need the distraction sometimes. For shorter distances, no way. I love the quietness.

9) Favorite pre-run meal?

Slice of wheat bread with peanut butter.

10) Why do you run?

What elsethe high!

Volunteer for the 24th Annual Feaster Five Road Race

The online module for Feaster Five Volunteering is open!!

This is our largest event of the year, requiring about 600 volunteer positions to be filled and we rely on our members to fill the bulk of those positions. Even if you plan to run the race, there are plenty of opportunities to volunteer, and family and friends are always welcome! Please take a moment today to visit www.feasterfive.com/volunteer and let us know how you can help.

As it was last year, the race expo will be held at the Andover / North Andover YMCA in Andover.

Here is a quick description of each role and how many we need:

Sunday, November 20

- Registration set up at YMCA – We need about 25 people to help set up the registration area and organize volunteer t-shirts. We will begin at 9am and hope to finish up by 11am.

Monday through Wednesday, November 21-23

- Registration Expo at YMCA – Registration is open each day from noon until 7pm (Wednesday closes at 6pm). The day is broken into two shifts – 11:30-3:30 and 3-7. You may work as many shifts as you like, but we do ask that you please try to work an entire shift if possible. We need 30 people to cover each shift, so just with this job alone we are looking for 180 volunteers.

Wednesday, November 23

- Move to Woodworth 6-8pm – We need about 15 people to help break down registration at the YMCA, and move everything over to Woodworth Motors.

Thursday, November 24 – Race Day – The following roles are open:

- Parking/Traffic – We need about 20 volunteers to help direct traffic in the parking area both before and after the race. We'll need you there between 6:30 and 10am. This is a critical area – the more volunteers we have to help out here, the more smoothly things will flow.
- Registration – We'll need about 30 volunteers to handle post registration at Woodworth Motors. We'll need you there between 6:30 and 8:30, and you can volunteer here and also run the race.
- Kids K – We need about 20 people to help out with the kids race which is held on the track near the start of the race (on Balmoral Street). We need you there between 6 and 8:30, and you can run the race after volunteering here. This is a very fun place to volunteer!
- Pie Distribution – We need about 60 volunteers to help hand out pies to the finishers after the race. We'll need you there between 6:30 and 10:30 and this is not a role that you can volunteer for and also run the race.
- Human Chain/VIP Program – Two roles that require a "uniform". We'll need you there between 6:30 and 10 for the VIP Program, and 7:15 and 8:30 for

Human Chain. Please contact Lyn Licciardello for details and to sign up – lynlicc@verizon.net

- Clean-up – We need about 30 volunteers to help break down and clean up after the race. The more we have, the earlier everyone can go home to eat turkey. You are promised to be out of there by noon, and you can run the race.

In order to sign up to volunteer, please go to www.feasterfive.com and click on "volunteer". Unless you have been contacted by a captain to join a specific group, and were given a password to do so, you only need to click on the first link – "I want to volunteer for the Feaster Five Road Race". You may volunteer for as many roles as you'd like, and you will receive automatic confirmation of your requests. If you forget what you signed up to do, you may go back to this site and click on the same link. At the top of the page there is a link that says, "Forgot your assignments?" You may click there and enter your e-mail address and you will receive an e-mail with your assignment.

Please contact [Crissy](#) with any questions.

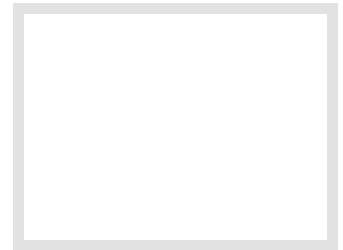
If you are interested in volunteering even more of your time to this event, please contact me about attending our next Organizing Committee Meeting. Thank you!

Crissy LippmanDescription

RUNNING AND LOVE by Tom Licciardello

Thank you my old friend, Phil. Thirty-six years ago you lit my interest in running - actually, you lit my interest in running the Boston Marathon. Thirty-five Boston's later, the flame still burns brightly, and my life has been so much happier because of it.

But in that first year, 1976, not everyone in my house loved running.



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

In typical new-runner fashion, I was so hooked by the thrill of running and competing in road races, that it was all I talked about. It was all I could think about, and getting to run the Boston Marathon became an obsession. There are probably runners' spouses that are nodding their heads in sympathy right now.

The problem back then was that I had beautiful 26 year old wife, Lyn, a wonderful 2 1/2 year daughter, Amy, and we were expecting our second little girl, Crissy. Doesn't sound bad, right?

Well, imagine being Lyn, tending to a little one, pregnant, and running the household while her husband went off running for hours every day. I qualified for Boston, promised Lyn that I would run it just once and then trained with even more passion.

At that time, Lyn's only training was going to night school to become a nurse. In her Speech class, she did a presentation on being married to a runner training for a marathon. They loved the speech - I'm sure she got more than a few laughs - and one fellow student asked if she thought I'd run Boston more than once.

"Oh, I'm sure not. Tom is the kind of guy that likes to try something and then go on the next challenge." she replied. HA!

So that was my first year. When I crossed the finish line of Boston in 1977, there was Lyn waiting for me like she had patiently waited at so many races that year. My first words - "Lyn, that was amazing! I can hardly wait for next year!" I'm sure she was horrified.

But then, something wonderful happened.

Like a typical runner, I believed that everyone should run. So, I bought Lyn polyester shorts, a pair of Brooks men's running shoes (they didn't have women's sizes), and a nifty warm-up suit, size....baggy. I encouraged Lyn to begin running, and she did.

I did something beyond talking about her running. I ran with her. Not ahead of her. Not running circles around her. I ran beside her, encouraged her, and watched her transition from jogger to runner.

No decision in our 41 years of marriage has ever had a bigger impact on our happiness. Instead of running being an activity that interrupted our time together, it became a shared passion. We shared our circle of running friends, we traveled to races together, and, by example, we encouraged our kids to become athletes.

Lyn flourished as a runner at a time when women who ran were considered "unusual" and weren't accorded much respect. For example, we ran in a race that gave \$50 to the first place male and a cheap plastic kitchen clock to the first female - true story - the Haverhill Sons of Italy 10 mile race circa 1978! The awards ceremony and post race refreshments were in the downstairs bar where women were not allowed.

In the fall of 1977, one of our running buddies told us about a race being held in Boston that would be just for women and urged Lyn to run. We bought a much more stylish warm up suit (actually a tennis warm up suit as there were no running suits for women) that fit her athletic frame more appropriately and headed in for the first running of the "Bonne Bell Mini-Marathon for Women", now known as the "Tufts Health Plan 10k for Women". Lyn ran for the 35th consecutive time this October 10th, and I couldn't be more proud.

During Lyn's 35+ years of running, she's been featured in "Runner's World" magazine, run four marathons (including Boston) with a PR of 3:43, competed in hundreds of races, has competed in triathlons, and run those crazy mud/obstacle races. We've made hundreds of friends through running, and we share lots of good times together.

Most importantly, she's been my running buddy and my best friend who still encourages us to keep exploring every way for us to be endurance athletes.

When Lyn began, she was an anomaly, a member of a very small cadre of women who dared to run the roads. How times have changed!

In 1980, according to Running USA's statistics, 10% of marathon finishers were women, but it has jumped to 41% in 2010. In 1990, women represented only 25% of finishers in road races. In 2010, 53% were women! Perhaps a leading indicator of the trend for 2011 is the Feaster Five Thanksgiving Day race in our neck of the woods. A 10,000 entrant race, it's perfectly tracked national averages for the past three years. This year, 57% of the entrants to date are women.

I've been contemplating the implication of this trend. What does it mean for women, what does it mean for men and what does it mean for couples? On the one hand for the sake of my daughters and granddaughters, I am very excited that women have made such strides. On the other, I'm just a bit worried about the guys.

Undeniably, part of our culture is the male perception that his role is to be

the stronger one who helps the "weaker" female. The problem in running used to be getting guys to encourage women to run without intimidating them. Well, they're not intimidated so much anymore!

So what happens when the female partner is the one who gets bitten by the running bug before the male partner? How will the man respond to the obsessive running diatribes so typical of runners? Can a guy accept the fact that he may get beaten in road races by lots of women including his partner? Will the cultural macho attitude keep some men off the road? Will it become a source of friction between spouses?

Perhaps I worry too much about such things. I hope so.

Times have changed, but if you're a married runner or in a committed relationship, male or female, encourage your spouse/partner to join you. Give them positive feedback and do whatever it takes to help them find the joy of fitness. If you have kids, they will have a positive example as they grow and will likely follow in your footsteps just as our kids have.

Get out and run. If you hold the hand of the one you love, the wind will always be at your back.

A HOMELESS EXPERIENCE – RTB by Steve Seide

I am sure there are many of you who have participated in past New Balance sponsored Reach the Beach Relays. This has been on my bucket list for quite some time, but it wasn't until this year that I was able to participate. It wasn't planned and was pretty much last minute. A friend of mine was on a team who needed another runner due to a teammate's injury. The team consisted of thirteen (12 runners and the injured runner/driver) and I only knew my neighbor who had invited me. However, I can't think of a better way to get to know people than to live with them for 36 hours straight.



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

We departed Thursday late afternoon, made the rendezvous to pick up everyone then drove the two vans to Conway, NH for dinner. It became evident that every conventional van in New England and probably New York and New Jersey is rented for this event. There were 400+ teams and while the team sizes vary, it's fair to say there were at least 600+ vans along the course.

The van environment was reserved on the trip up as people were getting to know one another. We all roomed together in someone's ski house. It would have been better if people hadn't become so friendly. By now, it was a late and we needed to get up in a few hours. Our start time was 7:00 AM. We had to allow an extra hour to get to Cannon Mountain due to some road closures and detours caused by hurricane Irene.

The start at the ski chalet was cold, windy and rainy - visibility poor. Fortunately conditions improved at lower elevations. The ambiance was motivating - many teams had themes which included decorating their vans. It was quite entertaining. I ran the third leg and the weather had cleared. While van one was running, van two got a little more rest. Our first six legs were completed about 1:00 PM. We had lunch then I used my sleeping bag to rest on a park bench in Conway. I can just imagine the remarks and thoughts of those driving and walking by. I didn't care - in retrospect I

should have had a sign and container to collect money. It wasn't that I was so tired - I knew what was ahead and I was just trying to conserve energy.

We took over for van two about 7:00PM or so – my run started at about 9:30PM. It was fun to be on the roads with so many people. I estimate there were 4,500 or so participants. From dusk to dawn, you have to wear a head light and front and rear flashing reflectors. Quite the site at night – we looked like a bunch of zombies. We concluded about 1:30AM. Time for dinner... the relay passes through something like 31 New Hampshire towns. The towns that host the exchanges have food around the clock – some for donation and others for a price. Here it is almost the middle of night and men, women and children are preparing and serving food, amazing. You have to be careful where you walk at the exchange areas because there are people trying to rest all over the place – some in small tents and many just under the stars.

Night two was interesting. We had to deadhead to where we started the next AM – we arrived about 2:30AM then I had a bench in the van as my bed. I'm not a big guy but the bench only handled about 4/5's of my length. I considered sleeping outside, New Balance did have tents set up at this state park but I was concerned I'd freeze to death. The temperatures were in the 30's. We were up shortly thereafter, so no matter. By now I was really feeling homeless, minimal sleep the last two nights, sweat on my body from two runs, didn't brush my teeth – what the heck, it was only a couple hours of sleep.

One more leg left. I have to admit, running wasn't the highest priority after that night's rest. No doubt, I was really out of my comfort zone. However, the sun was coming up, there were vans and runners everywhere, and I found myself really getting into it. My longest run was my last leg, I felt great – how can this be?

Our van finished about 1:30PM then van two finished the final six legs to Hampton. We were able to go directly there and enjoy the post relay food. The finish is pretty cool – about .5 miles down the beach then just before the finishing shoot, everyone joins and you finish as a team.

Post relay we told stories and lies as a team – we were now more like brothers and sisters than friends. Trash talking everywhere... There were more vans in the parking lot than you could imagine – I was thinking about the poor sucker who rents these vans next. No way can you rid the van of the odors, etc. of 6 runners who have just lived in it nonstop for the past 36 hours.

The bucket list is checked. The experience far exceeded what I anticipated. I won't forget the laughs and stories. Here is the link to the RTB home page so you can check it out:

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

EAT TO RUN, RUN TO EAT by Marcie Butler

Easy Mexican Soup

Takes about 30 minutes start to finish.

In a large pot over medium heat combine:

11 oz canned "Mexican style" corn

16 oz chili beans (do not drain)

29 oz chicken broth

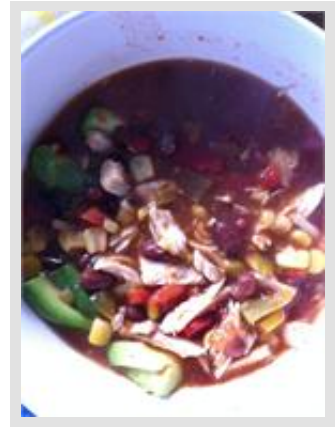
16 oz chunky salsa

small can of chopped tomatoes (drain the extra juice)

Bring to a boil.

Season with salt and pepper.
Add cooked chicken or turkey. (I used one of those oven roasters from Market Basket.)
Cook 10 minutes.
Garnish with fresh avocado.
So good and so simple - go light on the salt there is plenty in the salsa etc.

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



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