

# The Latest News From Metro Run & Walk, Springfield

Mark & Helen Russell

AUGUST 1, 2009

Summer is here now! Heat and humidity are the hallmarks of summer in the Washington DC region. One of our feature articles this month focuses on a common sense approach to Hydration.

The weekend of August 7 - 9 is Virginia's tax-free shopping for Back to School items including clothing and shoes. The tax-free status extends to articles of clothing including sports bras, shirts, shorts, socks, and shoes with an individual price of \$100 or less. The tax-free status does not extend to nutritionals, inserts, orthopedics, accessories or any special orders placed during the weekend.

There are a number of regulations and rules that must be followed. All our staff will be fully briefed on the regulations and we'll have a copy of the guidelines available for your review in the store during the weekend. Ringing up purchases may be a little bit slower since we will need to identify each tax-free item. Thank you in advance for your patience.

For more information:

<http://www.tax.virginia.gov/site.cfm?alias=SalesTaxHolidayConsumerFAQs>

## NEWSLETTER DEAL OF THE MONTH

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We announce special deals every newsletter good until the next monthly newsletter is published. In keeping with the Back to School theme, this newsletter's deal is...

**Metro Run & Walk will donate 5% of your purchase of regularly-priced merchandise to one of the following partner high school running programs (cross-country and track teams). You MUST mention this special and identify the high school that you wish to support at checkout for us to tag your purchase as eligible.**

**Edison  
Mt. Vernon  
R.E. Lee  
West Springfield  
Hayfield  
Annandale**

## LOYAL CUSTOMER REFERRAL

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Did you know that if you give one of our referral cards to a friend and they come into the store, sign up for the Loyal Customer Program and make a purchase, YOU receive 5% of their purchases in Loyalty Credit. The referral cards are in the front of the store by the cash register. Take a few on your way out.

## PHILANTHROPIC SUPPORT

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As a means of providing philanthropic support while growing our business, we are now offering "Philanthropic Support Cards." These cards can be distributed by event directors to participants. Every time a card is presented at purchase, 5% of that sale of regularly-priced merchandise will be dedicated and donated to the named cause.

If you're organizing an event and would like our help in raising money, just give us a call.

## EVENT SUPPORT

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We have purchased a race clock. Like many other things, it wasn't inexpensive, so we find it necessary to charge a rental fee if you would like to use it for your event. The rental fee is \$75 which includes the clock and tripod. Reservations are on a first-come, first-served basis and a refundable deposit is required.

We are having a generic Metro Run & Walk Finish Line banner produced. We can make this available for your event at no charge with a \$25 refundable deposit. Again, reservations are on a first-come, first-served basis.

Marine Corps Marathon Runners -- Because we'll have a team running, we'll also have support and personal belongings storage for all our Loyal Customers also running. Send us an email and let us know that you're running and we'll work out logistics.

## PRODUCTS AND DISCOUNTS

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We have selected apparel and shoes at 30% off, and our clearance apparel rack and odds-and-ends bin are 50% off.

We've moved the Saucony Hurricane 10 to the shoe clearance rack. As of publication, we have Womens 7.5, 8, 8.5 and Mens 8, 8.5, 10.5, 13, 14 and a few wides. If this is your shoe in your size, hurry in and get a great deal. We can take payment over the phone and hold the shoe if you can't make it in soon.

### **New Products**

#### Nutritionals

GU Chomps - CHEW YOUR GU! GU Chomps utilize GU Energy Gel's proven blend of carbohydrates, amino acids, antioxidants and electrolytes to make a chewable form of GU.

GU Brew - GU Electrolyte Brew™ is water's new best friend. The fact is, when you work out you sweat more than just water (see article on Hydration below). So when you drink you gotta have a special Brew with the right amounts of sodium, potassium and carbohydrates to bring your system back into balance.

#### Inserts, Footwear and Socks

Injinji Toe Socks - Performance socks made with wicking fabrics feature **Anatomical Interface System (AIS)** engineered to separate your toes with a thin, anti-friction membrane that is both lightweight and breathable. Seamless in construction, the tetratsok forms to every contour of your foot. This allows for true restriction free movement from your heel to five toes, encourages healthy circulation, and eliminates skin on skin contact between your toes to prevent blisters from developing.

Thorlo Experia Socks - The THORLO Experia was designed for athletes who want foot protection without all the weight. The socks feature ball and heel pads that have been sculpted to retain a sufficient amount of padding to protect against shear and impact forces. The lightweight sock features an aerodynamic design that hugs the foot and allows maximum breathability.

## IN-STORE CLINICS

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**We're sorry, but due to schedule conflicts we've had to reschedule the Ladies Only Bra Clinic to September.**

**RECHEDULED Wednesday September 2 -- 7:30 – 9:00pm — Ladies Only! Bra Clinic and Fitting** – A representative from Moving Comfort will be here to discuss types of bras and the support they lend, how to achieve the perfect fit, and help you to determine what is best for you.

**Wednesday October 7 -- 6:30 – 7:30pm — Effective Cross Training** — Help your legs and body benefit from those harder workouts by cross training. Pilates for the Core, Biking for the quads and knees, Swimming for the cardio, Speed Walking to eliminate the pavement pounding.

**Wednesday November 4 -- 6:30 – 8:00 pm-- Ask the Experts & Customer Selected Topic** – We'll have a panel of experts including podiatrists, chiropractors, massage therapists, orthopedists, and nutritionists fielding your questions. For the customer selected topic, we gotten a suggestion for Heart Rate Monitors. Send us other ideas!

**Wednesday December 2 -- 6:30 – 8:00pm -- Great Christmas Gifts for the Active Lifestyle, Winter Fashion Show**

## RUNNING GROUPS

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Every Tuesday evening. Time: 6pm. Place: Byron Avenue parking for the Cross County Trail (CCT), behind the church, just off Old Keene Mill near Accotink Creek. If interested, please call the store (703-913-0313) before showing up in case we have made some adjustments that week based on runner interest.

Distances range from 3.5 to 7.5 miles with paces ranging from 7:30 to 10+ minutes per mile.

## WALKING GROUPS

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Unfortunately due to scheduling conflicts, we've had to discontinue the morning walking groups. However, starting the last Monday in August, we'll be hosting a new walking group starting at 6pm. Starts August 31.

Every Monday evening. Time: 6pm. Place: Byron Avenue parking for the Cross County Trail (CCT), behind the church, just off Old Keene Mill near Accotink Creek.

If interested, please call the store (703-913-0313) before showing up in case we have made some adjustments that week based on walker interest.

## HYDRATION 101

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It's summer, and the HHH (hazy, hot, humid) days are upon us. Unless you're a most unusual person, you're sweating more now even if you run early in the morning or late in the evening (two classic approaches to beating the heat). With all that sweating, it's important to know how much to hydrate and when.

There are two reasonably accurate methods of determining whether or not you're consuming enough fluid. The first is the classic "pee color test." Check the color of your urine upon arising in the morning. If it's a pale yellow, like lemonade, it's likely you're properly hydrated. Totally clear urine is often a sign of being over hydrated (yes, it's possible), while darker urine, think apple juice, generally means you're under hydrated.

A second, slightly more scientific (although the color test has been around forever) method is to weigh yourself before and after exercise. Generally you'll weigh less – some more so than others. (If you weigh more after exercise, you're probably drinking too much!) For our purposes, a pint of water weighs approximately one pound. Therefore, if you lost three pounds during your exercise session, you should theoretically have drunk about three pints to keep up (assuming you didn't drink - make sure you subtract out the weight of the water you did consume!).

By doing this for several exercise periods, you can determine what your average sweat rate is, and plan accordingly. Remember though that sweat rates fluctuate depending on conditions – you'll generally sweat more during hotter and/or more humid weather – so it's good to take your samples during a variety of conditions.

Hydration during exercise, particularly long walks or runs, can present logistical issues. Compounding the problem is that what works for one person won't necessarily work for another – we're all an experiment of one, so learning how to drink while exercising may be an iterative process. Try to exercise where there's water available, or carry your own – we carry a variety of hydration belts and handheld bottles which make it convenient for you to do so. Remember, too, that you sweat during swimming – something many of us forget!

Begin though by drinking 2-3 cups of water or sports drink (see below) an hour or so before exercise. Then,

while exercising, it's often gentler on the system to drink smaller amounts more frequently than a larger amount less frequently. Some of us can drink on the run, others can't – there's no right or wrong way. The only thing that matters is getting the fluids you need (and keeping them down!). After exercise, drink a pint and a half of fluid for every pound lost.

When you sweat, you lose more than water - you lose electrolytes. In addition, while exercising, your body consumes calories, so that at some point, for longer workouts, you may want to consider using a sports drink that combines electrolytes and carbohydrates with water. Use either a pre-mixed solution, or mix your own, but if you mix your own, pay very close attention to the directions – all sports drinks are designed to provide the optimum ratios of water, electrolytes, and carbohydrates. An additional benefit of sports drinks is you can often find one you really like the taste of – which will encourage you to drink. We carry several sports drinks, including Clif, PowerBar, and GU.

For decades, conventional wisdom said to drink before you got thirsty and to drink continually during exercise. Current research has shown that drinking when you're thirsty may be the best approach. There have been numerous incidents of hyponatremia in recent years, which, simply, is being over hydrated to the point where your sodium level drops, sometimes to dangerous levels. By drinking when your body tells you to, watching your urine color, and determining how much fluid you should be taking in on average, you'll run much more comfortably and safer. Drinking a properly mixed sports drink can also eliminate the possibility of hyponatremia.

One of the best things we learned in this month's Sports Nutrition clinic by speaker Rebecca Mohning, is that CHOCOLATE MILK is one of the best recovery drinks when you are out for a long workout, regardless of whether its running, walking, or biking. Compared to plain milk, water, or most sports drinks, it has double the carbohydrate and protein content, perfect for replenishing tired muscles. Its high water content replaces fluids lost as sweat, preventing dehydration. Plus it packs a nutritional bonus of calcium, and includes just a little sodium and sugar -- additives that help recovering athletes retain water and regain energy. According to Rebecca, you get the same benefits using soy milk instead of cows milk.

Finally, a brief word on race day hydration. This applies to all events such as races, charity events sch as the breast cancer walks, or other similar activities. One of the "Golden Rules" of racing is to do nothing new on race day – so if the event you're doing is serving a sports drink, and if you plan on using the provided sports drink, TRAIN WITH THAT SPORTS DRINK! You don't want to find out after drinking a cup of CrocAid that your stomach simply doesn't tolerate CrocAid! Event porta-potties, especially in the summer, are no fun!

While we could include a long list of references and citations, we'll just say that the above information is based on our own staff's direct, personal experiences and is not intended to be a medical or legal recommendation, but rather just a common sense approach to Hydration.

For more information on hydration and sports nutrition, we suggest making an appointment to see Rebecca Mohning MS, RD, LD (571-437-5249), or simply searching the web for reputable cites including eMedicine, and the American College of Sports Medicine.

## UPCOMING LOCAL RACES & EVENTS OF NOTE

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### Local Inspirations

Lauren Decot, West Springfield resident, first became introduced to Vibha in 2007 when she ran in the Vibha 5K as a participant. After the race, she learned of the great work that Vibha does, and also learned that just \$130 pays for a child's quality education in India for a whole year! Growing up in West Springfield and attending Fairfax County Public Schools all her life, she realized how lucky and fortunate she was to have received such an outstanding education and has been volunteering with Vibha with the hope of making a positive difference in a child's life in India. Lauren is actively involved in organizing this year's **Vibha DC DreamMile 2009** on Sunday August 16 at 7:30am.

Long-time Loyal Customer Merilee Seidman is both a competitive age group runner active in the local racing community AND a physical therapist assistant at the Northern Virginia Training Center (NVTC) which provides on-going residential care and services for adults with intellectual disabilities. Merilee is a primary force in the planning and implementation of the third annual "**Race into Autumn 5K**" on Saturday August 29 to benefit NVTC. The undulating race course is on the 84 (treed) acres of the training center in Farifax. There is also a one-mile race in which many residents (with assistance from the staff) will be participating. All of the proceeds

will go to support leisure activities for the residents of NVTC. For more information, go to: <http://www.runwashington.com/index.php?page=details&race=5622>

Dr. Audrey Prestonsoto, a Lorton resident and South Fairfax Chamber of Commerce Board of Director, is organizing the Chamber's first "**Life without Limits**" 10K Run, benefiting the United Cerebral Palsy of Washington, DC and Northern Virginia. The S. Fairfax Chamber and the United Cerebral Palsy are uniting efforts to bring a greater awareness of people with disabilities to South Fairfax. Dr. Prestonsoto has developed a special bond with members of the United Cerebral Palsy and hopes this event will inspire others to commit some of their personal time to this and other organizations of this type. Dr. Prestonsoto and the Chamber is inviting everyone to join them and meet some of the people they will be supporting. The race takes place at the South County Secondary School in Lorton on Saturday, September 12, 2009, at 8am. For more information or to register, visit their website at [www.southfairfaxchamber.org](http://www.southfairfaxchamber.org) or [www.runwashington.com](http://www.runwashington.com).

### Local Races

Looking for races? We've highlighted just a few of some upcoming local races. Many of these races can be found in multiple event sites.

[runwashington.com](http://runwashington.com)

8/1 Friends of W&OD 10K, Vienna

8/15 Runstock 5K, Quantico

8/18 Burke Lake 4.5 mile, Burke Lake

8/29 Race Into Autumn, 5K and 1M Fun Run, Fairfax

9/12 South Fairfax Chamber of Commerce Race without Limits 10K, Lorton

9/20 Navy Federal 5K, Vienna

9/20 Our Lady of Good Counsel Fall Festival 5K and 1M Fun Run, Vienna

9/27 Kit Callahan's Miracle Mile 10K, George Mason University Campus, Fairfax

9/27 Dash for Dad / Depend 10K and 2K Fun Run. Alexandria

[racepacket.com](http://racepacket.com)

8/15 Summer Strides 5K, Alexandria

9/19 ROCKS 5 Miler, Burke Lake

9/20 PVI RunFest 5K, Fairfax

[active.com](http://active.com) (search = within 10 mi of 22150, Running)

8/1 Race for Ryan, Fairfax

8/16 Vibha DC DreamMile 2009 5K Run/Walk, Reston

9/7 Abebe Bikili Day International Peace 1/2 Marathon and 1 Mile, Alexandria

9/19 New Orleans Rebirth 5K, Alexandria

9/27 National Capital 20M / 5M, Alexandria

**Other websites - use your favorite search engine and search for these race names**

9/12 Women of Noble Character 5K Run/Walk, Springfield, [www.womenofnoblecharacter.com](http://www.womenofnoblecharacter.com)

9/26 Walk for the Kids, Lake Accotink [www.2540.com](http://www.2540.com)

10/25 Marine Corps Marathon 25:40 Charity Team, Washington DC, [www.2540.com](http://www.2540.com)

## STAFF NEWS

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It was October 1997. Helen and Al (Gore) were both running the Marine Corps Marathon on a 38 degree day in the pouring rain. Helen ran the first 26 miles with a 30 gallon trashbag as a "poncho" in an attempt to keep from being completely soaking wet. Helen took two vows at the 26 mile mark: (1) I WILL NOT cross the finish line in a trash bag and (2) I WILL NEVER do this again!. Well, that was 12 years ago and Metro Run & Walk is fielding a team and needed one more woman. So, being a team player, Helen has vowed that she WILL NOT cross the finish line in a trash bag!

Mark is pushing to get back into marathon shape for a couple of fall runs in Arkansas and Texas. No time goals, just getting a nice mileage base and trying to stay healthy in preparation for new horizons in 2010. (Editorial from Helen: "New horizons" means something completely nutty like some super distance event, or running across the Gobi desert or something -- not that I don't support it)

John allowed himself to be cajoled into "running" the Marine Corps Marathon as part of the Metro Run & Walk team, and is wondering if this will be, at mile 18, one of those "it seemed like a good idea at the time!" moments.

Although Hillary usually sticks to triathlons, she has signed up for not 1, not 2, but 3 marathons in the month of October.

Terry is determined to visit every state before she starts her 18 credit courseload later this month. She's off to California this time!

Harrison loves his Experia socks. He's had a sore knee and has fallen a bit behind in his MCM training, but youth alone and the desire to beat his mother (in the race) will carry him through.

Jason has completed his field hospital training in Fort Sam Houston, TX. He left one hot humid place and returned to another hot humid place. He'll be back for the first ten days of August and then off to Georgetown Medical School.

Ethan leaves us first week of August to return to Shippensburg College in PA. He says that he's really enjoyed working in the store and hopes that all of his customers are happy with their shoes.

Ben, usually a shorter-distance runner, is biting the bullet and training for a half-marathon in November.

Anisha leaves us as well in early August to return to school at James Madison University. But, we'll see her again since she's running on the MRW MCM team in October.

Chris has been running a lot this summer getting back into shape. He intends to run the Army Ten Miler this fall. Chris leaves us August 13 to start at his new school: Blue Ridge Community College in Harrisonburg, Virginia. Chris thanks all his customers for the opportunities that he's had in serving them.

## TAKING YOUR "TEMPERATURE"

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We want to do the right thing and need your help. If you have an opinion about the following two topics, please share by sending an email to [metrorunwalk.springfield@gmail.com](mailto:metrorunwalk.springfield@gmail.com)

1) Do we call /email you or not? When we move shoes to the clearance rack, do you want to receive a call from us if there is a shoe that is your size and style? For instance, if we move a Saucony Ride in a mens 9.5 to the clearance rack and that is your shoe, would you appreciate a phone call or email and the opportunity to purchase the shoe at the 30% off price before someone else?

2) Newsletter content and length? Are we providing you with interesting and meaningful information? Is it too long? Is there something that you would like to see included that is not?

## ADDITIONAL INFORMATION

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If you're in the area and just want to visit, ask a question, or see what's new; come on in. We've always got time to see friends.

When visiting the store, help yourself to a cup of tea, coffee, lemonade, or just a glass of water at our new refreshment station. Or, if you're out for a long walk or run and need to use the bathroom or fill your water bottle, come on in!

*It's always a pleasure to see you. Please don't hesitate to give us feedback.  
Mark & Helen Russell*