

1: Running Pace Calculator | ACTIVE

*Once in a while, there is a worthy running book to read, and *Running and Racing After 35* is one of them. I learned a lot of useful information, and I liked how the authors laid out the specific tips in appropriate sections.*

Racing in the Rain: You can control a lot of things nutrition, hydration, pace, etc. As I arrived in Washington D. Thanks to her spontaneous charm, the current weather forecast has yo-yoed from a 90 percent chance of rain to now. It is also calling for 72 percent humidity, 18 mph winds, and temps around 55 to 60 degrees F way too warm for my liking. That all that training in the heat of the summer will kick in. So I decided to reach out to all the awesome runners I know on Facebook and Twitter for some advice. Use lots of Aquaphor or BodyGlide to prevent chafing. There is no such thing as too much lube. Apply liberally before the race. Carry some with you. Stop and apply as needed so a blister does not stop you. Put Vaseline on your feet to stop blisters! Use mad BodyGlide everywhere. And if possible, have family with an extra layer somewhere half way through the race in case you get cold! Use lots and lots of Aquaphor! I ran the Portland Marathon in the rain. The best you can do is lube up and hope for the best. I did the Flying Pig Marathon in the rain and had sports bra chafing. I also had chafing from my shorts, so wearing compression shorts under my jeans later that day worked well. Wear a hat or visor to keep the rain out of your eyes. Wear a hat to keep the rain out of your eyes. Rain in the eyes and face is annoying. I did the Philly half marathon in pouring rain the entire time. We hung out in a parking garage before the race, but once it started, we got wet. Be one with garbage bags. A garbage bag is essential to wear while waiting in your corral to keep you dry. I ran the LA Marathon and it was a torrential down pour from start to finish! I made the mistake of tossing my garbage bag. As people were ditching their bags, others were picking them up. Never take off the poncho! Make sure you put a lot of waterproof lube on your feet. Wright socks are great also because of their double layer. It actually made things more fun. Look into a good pair of socks. Consider putting an extra pair in a Ziploc bag and give it to one of your spectators. ThunderChooch: I would use my water resistant gear depending on the weather. Bring a couple of extra pairs of performance socks in Ziplocs. My mile long run before the New Orleans Marathon was in the rain. The squishy feeling was icky on my feet. Compression socks with lots of Aquaphor helped. Wear wool socks and coat your feet with Aquaphor. Dress for the conditions. Consider short sleeves, arm warmers and a thin water repelling vest like the Brooks Hi Viz if you are more cold natured. Wear short sleeves, arm warmers, and light layers. Choose the right fabrics no cotton, protect electronics, and watch your footing. Make sure your layers are something you can take off, like arm warmers. Consider ditching or at least protecting your music. No matter how many baggies you use and how carefully you tuck it into your water resistant belt, you will kill your iPod or iPhone if you use it for music water goes in through the headphones slot. If you must have music, run out to Target and get a cheap mp3 and dump your playlist into it. If possible, save the music for the second half so that if something happens, you are already half way done! You can buy waterproof cases for your iPod with ear buds. If you run with an iPod, put it in a small Ziploc baggie I use the snack size, and pin the baggie to the inside of your shorts to help keep it dry. I ran with my shuffle in Portland in a baggie inside my shorts and my iPod was fine. Just roll with the punches and stay positive. In my first marathon, I was completely drenched. The rain happened from about miles 5 to There is nothing you can really do about that, other than run wearing a trash bag, or something similar. The rain no longer bothers you. You can just keep on going. Think positively, focus, and get excited. It rained for 20 miles of the Portland Marathon the year I did it. I ran a PR. Good luck to everyone racing in the rain in Marine Corps Marathon this weekend, and to everyone running and racing. Have you ever run long distances in the rain? If so, what tips would you add to this list?

2: RUNNING THE RACE Enduring to the End

Running and Racing After 35 has 5 ratings and 1 review. Keith said: I found this book more useful than I might have thought, and so kept it checked out fr.

Further evidence from observation of modern-day hunting practice also indicated this likelihood Carrier et al. The Tailteann Games, an Irish sporting festival in honor of the goddess Tailtiu, dates back to BCE, and is one of the earliest records of competitive running. I suspect that the sun, moon, earth, stars, and heaven, which are still the gods of many barbarians, were the only gods known to the aboriginal Hellenes. Seeing that they were always moving and running, from their running nature they were called gods or runners. Thus, Theontas Due to the continuous nature of running gait, no certain point is assumed to be the beginning. However, for simplicity it will be assumed that absorption and footstrike mark the beginning of the running cycle in a body already in motion. Footstrike Footstrike occurs when a plantar portion of the foot makes initial contact with the ground. Common footstrike types include forefoot, midfoot and heel strike types. During this time the hip joint is undergoing extension from being in maximal flexion from the previous swing phase. For proper force absorption, the knee joint should be flexed upon footstrike and the ankle should be slightly in front of the body. Absorption of forces continues as the body moves from footstrike to midstance due to vertical propulsion from the toe-off during a previous gait cycle. Midstance Midstance is defined as the time at which the lower extremity limb of focus is in knee flexion directly underneath the trunk, pelvis and hips. It is at this point that propulsion begins to occur as the hips undergo hip extension, the knee joint undergoes extension and the ankle undergoes plantar flexion. Propulsion continues until the leg is extended behind the body and toe off occurs. Propulsion phase Most recent research, particularly regarding the footstrike debate, has focused solely on the absorption phases for injury identification and prevention purposes. The propulsion phase of running involves the movement beginning at midstance until toe off. As the hip extensors change from reciporatory inhibitors to primary muscle movers, the lower extremity is brought back toward the ground, although aided greatly by the stretch reflex and gravity. This phase can be only a continuation of momentum from the stretch reflex reaction to hip flexion, gravity and light hip extension with a heel strike, which does little to provide force absorption through the ankle joint. Hip extension pulls the ground underneath the body, thereby pulling the runner forward. During midstance, the knee should be in some degree of knee flexion due to elastic loading from the absorption and footstrike phases to preserve forward momentum. All three joints perform the final propulsive movements during toe-off. At the same time, the knee flexors and stretch reflex pull the knee back into flexion, adding to a pulling motion on the ground and beginning the initial swing phase. The hip extensors extend to maximum, adding the forces pulling and pushing off of the ground. The movement and momentum generated by the hip extensors also contributes to knee flexion and the beginning of the initial swing phase. Swing phase Initial swing is the response of both stretch reflexes and concentric movements to the propulsion movements of the body. Hip flexion and knee flexion occur beginning the return of the limb to the starting position and setting up for another footstrike. Initial swing ends at midswing, when the limb is again directly underneath the trunk, pelvis and hip with the knee joint flexed and hip flexion continuing. Terminal swing then begins as hip flexion continues to the point of activation of the stretch reflex of the hip extensors. The knee begins to extend slightly as it swings to the anterior portion of the body. The foot then makes contact with the ground with footstrike, completing the running cycle of one side of the lower extremity. Each limb of the lower extremity works opposite to the other. As the footstrike of the one hand occurs, initial swing continues. The opposing limbs meet with one in midstance and midswing, beginning the propulsion and terminal swing phases. Upper extremity function Upper extremity function serves mainly in providing balance in conjunction with the opposing side of the lower extremity. It mainly serves as a balance point from which the limbs are anchored. Thus trunk motion should remain mostly stable with little motion except for slight rotation as excessive movement would contribute to transverse motion and wasted energy. It has been shown that heel striking is generally associated with higher rates of injury and impact due to inefficient shock absorption and inefficient biomechanical compensations for these forces. Since bones cannot

disperse forces easily, the forces are transmitted to other parts of the body, including ligaments, joints and bones in the rest of the lower extremity all the way up to the lower back. Excessive amounts of compensation over time have been linked to higher risk of injuries in those joints as well as the muscles involved in those motions. However, even among elite athletes there are variations in self selected footstrike types. This brings up the question as to how heel striking elite distance runners are able to keep up such high paces with a supposedly inefficient and injurious foot strike technique. Stride length, hip and knee function Biomechanical factors associated with elite runners include increased hip function, use and stride length over recreational runners. The hip extensors and hip extension have been linked to more powerful knee extension during toe-off, which contributes to propulsion. It also makes it easier for the runner to avoid landing the foot in front of the center of mass and the resultant braking effect. This helps prevent injury as long as the body is neither rigid nor tense. The most common running mistakes are tilting the chin up and scrunching shoulders. The main difference between long- and short-distance runners is the length of stride rather than the rate of stride. Running is often measured in terms of pace [50] in minutes per mile or kilometer. Different types of stride are necessary for different types of running. When sprinting, runners stay on their toes bringing their legs up, using shorter and faster strides. Long distance runners tend to have more relaxed strides that vary. Benefits of running U. Army soldier running to maintain his health A woman running in a speedsuit Cardiovascular benefits While there exists the potential for injury while running just as there is in any sport , there are many benefits. Some of these benefits include potential weight loss , improved cardiovascular and respiratory health reducing the risk of cardiovascular and respiratory diseases , improved cardiovascular fitness, reduced total blood cholesterol , strengthening of bones and potentially increased bone density , possible strengthening of the immune system and an improved self-esteem and emotional state. Although an optimal amount of vigorous aerobic exercise such as running might bring benefits related to lower cardiovascular disease and life extension, an excessive dose e. Research suggests that the person of average weight will burn approximately calories per mile run. For new runners, it takes time to get into shape. The key is consistency and a slow increase in speed and distance. If a runner is gasping for breath or feels exhausted while running, it may be beneficial to slow down or try a shorter distance for a few weeks. If a runner feels that the pace or distance is no longer challenging, then the runner may want to speed up or run farther. In animal models, running has been shown to increase the number of newly created neurons within the brain. A recent study published in Cell Metabolism has also linked running with improved memory and learning skills. Running-related injuries High impact Person with a bad running form. Heel striking and leaning forward are some of the most common mistakes and cause of injuries among beginners. Many injuries are associated with running because of its high-impact nature. Change in running volume may lead to development of patellofemoral pain syndrome , iliotibial band syndrome , patellar tendinopathy , plica syndrome , and medial tibial stress syndrome. Change in running pace may cause Achilles Tendinitis , gastrocnemius injuries, and plantar fasciitis. Runners generally attempt to minimize these injuries by warming up before exercise, [23] focusing on proper running form, performing strength training exercises, eating a well balanced diet, allowing time for recovery, and "icing" applying ice to sore muscles or taking an ice bath. Some runners may experience injuries when running on concrete surfaces. The problem with running on concrete is that the body adjusts to this flat surface running, and some of the muscles will become weaker, along with the added impact of running on a harder surface. Therefore, it is advised[by whom? This is more unstable ground and allows the legs to strengthen different muscles. Runners should be wary of twisting their ankles on such terrain. Running downhill also increases knee stress and should, therefore, be avoided. Reducing the frequency and duration can also prevent injury. Barefoot running has been promoted as a means of reducing running related injuries, [64] but this remains controversial and a majority of professionals advocate the wearing of appropriate shoes as the best method for avoiding injury. The skin feels coarse and develops a rash-like look. A variety of deodorants and special anti-chafing creams are available to treat such problems. Chafe is also likely to occur on the nipple. There are a variety of home remedies that runners use to deal with chafing while running such as band-aids and using grease to reduce friction. Prevention is key which is why form fitting clothes are important. As a sport, it is split into events divided by distance and sometimes includes permutations such as the obstacles in

steeplechase and hurdles. Running races are contests to determine which of the competitors is able to run a certain distance in the shortest time. Today, competitive running events make up the core of the sport of athletics. Events are usually grouped into several classes, each requiring substantially different athletic strengths and involving different tactics, training methods, and types of competitors. The activity of running went through a period of widespread popularity in the United States during the running boom of the s. Over the next two decades, as many as 25 million Americans were doing some form of running or jogging â€” accounting for roughly one tenth of the population. It is affected by many factors, varies greatly throughout the population, and is important in athletics and many sports. The fastest human footspeed on record is

3: How to Begin Running (with Running Plan and Motivation Tips)

Get this from a library! Running and racing after [Allan Lawrence; Mark Scheid] -- A comprehensive guide for the mature runner with guidelines for stretching, strength work, massage, and diet.

In the world of competitive sports, many very good and promising athletes will compete for a title and even dream of obtaining the prize. Even of those who try, many fall out of the race somewhere along the way. The New Testament draws a parallel from this metaphor, as to the endurance required of believers. Late in life, Paul declared, "I have fought a good fight, I have finished my course, I have kept the faith. Henceforth there is laid up for me a crown of righteousness For consider Him that endured So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore run, not as one that beateth the air: But I keep under my body, and bring it into subjection: If we lack in any of these areas, we will become vulnerable to defeat and failure. Endurance, by the very sense of the term, implies the necessity of opposition. Jesus gave several promises "to him that overcometh" [1] , but there must be obstacles, things to overcome, if we are to lay hold of the prize. Paul repeatedly exhorted believers to "continue in the faith Whether we are aware or not, a continual warfare is taking place in the heavenlies. We must actively "fight a good fight! We must not only maintain our present position but "go on" from there: Walking with God is an uphill climb. What Jesus Christ accomplished at Calvary must be worked in to our lives today. We "grow in grace, and in the knowledge of our Lord and Savior. When we would have the tendency to look behind, and be content with how far we have come or discouraged with the length of the way , let us look to Jesus. He is able to keep us from falling. And when we do fall, we must learn to get up again, and begin anew: Desire Even with all the preparation and accuracy of "perfection" in any sport, unless one has the desire to compete and win, his training is useless. We can have all the know-how and go through the religious gymnastics of Christianity; but unless there is within us an unquenchable desire to "follow hard" after the Lord, to know him in his fullness, the final record will reveal our place as falling far short. The actual competition or test of endurance, however, is often a matter of only a few minutes, even seconds. Joseph served 14 years in a place he later was made to rule over. But those years were not wasted time. God was making him into the man he knew would be needed to fit the task. Noah invested a great length of time building an ark that was to keep him and his family alive for several months. God is at work in us now to prepare us for the days that lie ahead. We must not take lightly this time of preparation. God is patient, working for eternity, and his timetable is not like that of man. With him, "a thousand years are as one day. In order to enter the race, or even qualify as a contestant, one must learn to cast aside anything detrimental to his program of training. The Lord wants to be able to present us to the Father "holy and unblameable and unreprouvable in his sight: No man that warreth entangleth himself with the affairs of this life Jesus spoke of those who offered to work for him but did not complete the instructions. Afterwards, they "went their own ways. We may start out in the front lines, leading, but if our progress is not consistent -- if we become entangled with the affairs of this life 2 Tim 2: Our lives in eternity are being affected now by the many choices we make daily. Copyright Diane S.

4: Running - Wikipedia

Running and racing after 35 by Allan Lawrence, , Little, Brown edition, in English - 1st ed.

Starting with a challenge from a co-worker, Kowalski gave up drinking and smoking and ended up finding lifelong enjoyment in running. Killer Kowalski, 78, a Chicago native, began long-distance running after a challenge by a co-worker in He is pictured crossing the finish line at the annual Victory Bowl race in Fairhope on Jan. I had a friend who also quit smoking and we challenged each other to a 5-mile race. He was an ex-Marine about 10 years younger than me. We went to training for two months and I dropped down to They were all standing there and when we got back I beat him by about 8 minutes and everybody was cheering. After I whipped him I said maybe this is my thing. I started training harder and harder and got to liking it. We ran all over four or five states and we used to run 75 races per year until she died. Each race is held in memory of a different individual who died of cancer. The names of loved ones are submitted by runners each year and one name is chosen at random to be honored the following year. They pull the names out and I thought they would never pull that name out. Last year they drew her name and when they did I almost fell over. I was laying in bed one day when I thought of the concept. She is running down the trail, and here are my two boys waiting in heaven for her, and the grandkids and me are cheering her on. We had the banquet and honored her. I was out of shape, but I had to run hard so I could at least win my age bracket. After she died, when I was 70, I was going to train for a couple of months to make a national time standard. Now I am When I am 80 I will have to set another goal. If I ever stop they will have to throw dirt over me because I am dead. Most people in the Chicago area who followed wrestling know him. He was about 6-foot-9, pounds. I wrestled in high school when he was a champion so I was named after him. The name stuck, I got familiar with it and I liked it. Only recently did Kowalski move to Alabama. Over the years, Kowalski has served as an inspiration to others to either lose weight or train to run. Now he is serving to inspire himself.

5: After the Race | ACTIVE

Running and Racing After 35 by Mark Scheid, Allan Lawrence. (Paperback) We see that javascript is disabled or not supported by your browser - javascript is needed for important actions on the site.

6: Racing in the Rain: 7 Tips from Runners - rUnladylike

That Racing Channel - Cars, Girls, and Racing - ABC Funny Prank and Fails all Amazing Videos Games Here In This Channel Starters Orders 6 Dubai night racing.

7: Running and Racing After 35 by Allan Lawrence

Running and Racing After 35 by Allan Lawrence, Mark Scheid starting at \$ Running and Racing After 35 has 1 available editions to buy at Half Price Books Marketplace.

8: Road running - Wikipedia

He has co-authored 3 running books with Mark Scheid, The Self-Coached Runner, The Self-Coached Runner II, and Running and Racing after These books can still be found on-line through various book stores like Barnes and Noble, and www.enganchecubano.com

9: Formats and Editions of Running and racing after 35 [www.enganchecubano.com]

Wait about two hours before running after a meal. Consume a combination of carbohydrate and protein food or

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beverage within 30 to 60 minutes after any race, speed workout, or long run.

A pleasant comedie of Faire Em, the millers daughter of Manchester, with the loue of William the Conquero Twenty Nights to Rock Sorting (Mortimers Math) Gun-barrel politics: the Black Panther Party, 1966-1971. Recreation, event, and tourism businesses Investigation: Solving Equations Inequalities Containing the Absolute Value Function/t188 Specific information about events and customs of the past by showing how Visual basic 2008 tutorial School climate and online misbehaviors Books in english motivational Other trauma-related disorders and complications Defects in public roads Lexus es300 repair manual Falling away penelope douglas Is this really my family? The MIND of the KING Conditions associated with imbalances Phase 4: Adulthood (using personas) Animal origami for enthusiast 100 startup full book My Hugger Is Empty Dancing Moose, from the LifeStories for Kids(TM Series Striving For the Whole Duty Of Man British Columbia Travel Map A southern flight Doing gender in media, art and culture Introduction to ordinary differential equations lecture notes filetype Maximizing your skills and abilities Palaces of Medieval England Head and neck anatomy Historical inevitability, by I. Berlin. Oliver Stones Platoon Salvador The stardust child Wigs and make-up for theatre, television, and film Martin luther king biology book child Flying over Kansas Jack and the ginger with a twist keely jakes Pregnancy and Birth (21st Century Health and Wellness) Collection of treaties, engagements, and sanads relating to India and neighbouring countries. Facts about planning courses.