

RIDGE RIDER ATHLETIC CLUB

January 2007

2007 MEMBERSHIP RENEWALS DUE

2007 club membership dues are due. It is \$15 for an individual, and \$20 for the family.

We have over 140 members, and we are still growing.

To download your membership form, please log on our website at www.ridgerider.org.



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MOUNTAIN BIKING OPPORTUNITIES

The club is meeting on Sundays at 2:00 PM at the softball fields at Craighead Forest for mountain bike rides.



For questions, please contact Jim Stearns at jstearns@sbrmc.org.

Bring your helmet and come join the fun! Everyone is welcome.

Mountain Biking

- Included as an event in the 1996 Olympics, mountain biking is one of the fastest growing sports in the world, both in popularity and in participation.
- What is all the fuss about? Many riders say it is the freedom. After all, destinations are unlimited.



**OUR JANUARY MEETING WILL BE HELD
TUESDAY, JANUARY 9TH
6:00 PM
SAN FRANCISCO BREAD COMPANY
MAKE PLANS TO COME!**

CENTRAL BAPTIST CHURCH 2 MILE RUN/WALK

Please join us at Central Baptist Church on Saturday, January 27th at 2:30 PM for a 2 mile run/walk. This is the first of the 2007 RRAC Series races.

Brian Agee will serve as the race director for this new event. "The race is just something that the church thought would be fun and a good way to end a series that our preacher has been teaching titled "A Better You", reports Agee. "The series of messages is about being and becoming better both spiritually and physically."

The run/walk will begin and finish behind the Family Life Center of Central Baptist Church. Registration, award ceremony, warm up track and restrooms with showers are located inside the gym.



You can view the course by visiting www.mapmyrun.com and searching with the keyword 'Central Baptist Church'. The course will be marked and supervised with volunteers and police officers.

Each registered participant will receive

a long sleeve t-shirt, gift certificate for a free sandwich at Chic-Fil-A, and other neat items in their goody bags. There will also be plenty of refreshments after the race provided by Pepsi and Country Mart.

Registration will begin at 1:00 PM until 2:15 PM. The event will begin promptly at 2:30 PM. Cost is \$15 per person before January 21st and \$20 per person after January 21st. Please register today!

Door prize winners will be randomly pulled from the database and displayed on a projection screen to make it quick and easy. Also, event coordinators will be selling CD's that have a power point show and pictures of the event immediately after the race.

CENTRAL BAPTIST CHURCH 2 MILE RUN/WALK DOOR PRIZES

- * 30 people will win \$20 cash - NEA Clinic
- 30 people will win a \$10 gift card to San Francisco Bread Company
- * 13 people will win \$20 cash - Simmons Bank
- 3 people will win a 3-month membership to the Wellness Center/Athletic Club
- 1 person will win a \$1,100 Spirit FE50 Elliptical Machine (gym quality)
- 1 person will win a \$100 gift card to Chic-Fil-A
- 1 person will win a \$25 gift card to Colton's Steak House
- 1 person will win a \$525 ACT Prep class from Sylvan Learning Center
- 1 person will win a \$425 Advanced Reading ("speed reading") class from Sylvan Learning Center
- 1 person will win a \$225 Skills Assessment from Sylvan Learning Center
- Many people will win "prize bags" filled with neat stuff



2007 RUNNING/WALKING SERIES SCHEDULE

Event #	Event Name	Date	Contact	E-mail
1	Central Baptist Church - 2 mile	January 27	Brian Agee	brian_agee@yahoo.com
2	SBRMC Healthy Heart - 2 mile	February 24	Jim Stearns	rrac@suddenlink.net
3	Red Beans & Race - 5K	March 10	Christy Brecklein	cbrecklein@astate.edu
4	American Heart Association - 5K	March 31	Mary Beasley	Mary.Beasley@heart.org
5	Fit for Life - 5K	April 14	Jim Farris	jfarris@astate.edu
6	Jonesboro Jets Fast - 5K	April 28	Jarrold Stroud	jstroud@jonesboro.org
7	Loose Caboose - 5K	May 19	Farron Toler	ftoler@paragould.com
8	Gary Schuchardt Trail Run - 5K	June 2	Melanie Polsgrove	melanie.polsgrove@unitedway.org
9	Flat as a Pancake - 5K	June 9	David Reagler	arkrecords@sbcglobal.net
10	Freedom 5K	July 4	Jarrold Stroud	jstroud@jonesboro.org
11	Sensational Kids 5K	July 28	Brooke Craine	bccraine@sbcglobal.net
12	Hot Summer Night - 4 mile	August 10	Jim Stearns	rrac@suddenlink.net
13	The Blessed Sacrament - 5K	September 8	Angela Watkins	angela@relativityinc.com
14	Turtle Creek Civitan Club - 10K	September 22	Sherri Touchstone-Walker	tooth_fairy2004@yahoo.com
15	Fergus Snoddy Half Marathon	September 29	Jeff Owens	jowens@jonesboro.org
16	The Race for Awareness - 5K	October 27	Paul Kilvington	pkilvington@aol.com
17	The Mid-South Half Marathon	November 3	David Reagler	arkrecords@sbcglobal.net

SHARE YOUR SUPERSTITIONS

Some of us have a favorite pair of race socks, while others have a particular meal, but we **all** have some pre-event quirks!

Send me your idiosyncrasy, and I'll share a few with RRAC. While we would like to know who you are ... I will keep the information under my hat if you wish to remain anonymous.

This could be hilarious, but who knows ... we could all pick up a few tips, too!

Please send them to spenceraimee@yahoo.com before January 31st to be published in February's newsletter. Thanks!



ICICLES ON BICYCLES

Saturday, February 17th, at 10 AM, Farron Toler will host a 15 and a 30 mile ride appropriately titled "Icicles on Bicycles".

This ride is free of charge, and all club members are encouraged to attend.

If you are interested and would like additional information, please contact Farron at ftoler@paragould.com.



NOT FOR PROFIT STATUS

Ridge Rider Athletic Club has been approved for nonprofit status 501 (c).

Jim Stearns at rrac@suddenlink.net.

If you or your organization would like to get involved with RRAC, and learn of the benefits of donating to a nonprofit organization, please contact

A big thank you to RRAC's Brady Almond who worked with Jim Stearns to make this happen.

Ridge Rider Athletic Club has obtained NPO status.

Thanks guys!



GOOD NEWS

Many of Jonesboro's Early Morning runners recently qualified for Boston! They include Blair Dean, Leslie McMillian, Shanda Rogers, & Mika Felkins.

Ted Herget recently qualified for the world's oldest annual marathon as well.

Congratulations guys!

If you have any good news about



yourself or training-buddies ... send me an e-mail and we will help you celebrate! spenceraimee@yahoo.com.

MEMBER PROFILE: KEVIN DIAMOND

I cooked the Southern traditional black-eyed peas and cornbread and summoned my family to lunch on New Year's Day. What a perfect time for me to bring up resolutions and goals setting for 2007! My husband grumbled, "resolutions never stick".

Meet Kevin Diamond.

On January 1, 2005 RRAC's Dr. Diamond began an exercising and diet routine. "I have always battled weight, and constantly on some type of diet," professed Kevin Diamond.

Kevin bought a mountain bike from

Gearhead's Ted, and has been hooked on biking ever since. He later moved up to a road bike and began riding with the club last spring.

Kevin began to run when it was too cold to ride. "My first 5K was November of 05, and I've been running since" tells Kevin. "My first triathlon was in the summer of 2006 at Craighead Forest. That experience was the absolute best. All of my running and biking came together into one competition."

To date, Kevin has lost approximately **150** pounds. "I plan to continue exercising routinely and watching my diet to improve my health, and my 5K

times" tells Kevin.

I asked Kevin what his favorite part of RRAC involvement has been thus far, and he replied, "the great friends friendships I have made."



HEART RATE TRAINING

Heart rate training (HRT) has many benefits. However it is good to review some basic exercise principles related to HRT as you begin your training for the upcoming year

Within each training zone subtle physiological effects take place to enhance your fitness.

The Energy Efficient or Recovery Zone - 60% to 70% of your MHR

Training within this zone develops basic endurance and aerobic capacity. All easy recovery running should be completed at a maximum of 70%. Another advantage to running in this zone is that while you are happily fat burning you may lose weight and you will be allowing your muscles to re-energize with glycogen, which has been expended during those faster paced work-outs.

The Aerobic Zone - 70% to 80% of your MHR

Training in this zone will develop your cardiovascular system. The body's ability to transport oxygen to, and carbon dioxide away from, the working muscles can be developed and improved. As you become fitter and stronger from training in this zone it will be possible to run some of your long weekend runs at up to 75%, so getting the benefits of some fat burning and improved aerobic capacity.

The Anaerobic Zone - 80% to 90% of your MHR

Training in this zone will develop your lactic acid system. In this zone your individual anaerobic threshold is found – the ability of the body to process oxygen and carbon dioxide and move lactic acid out of the working muscles. During these heart rates the amount of fat being utilized as the main source of energy is greatly reduced and glycogen stored in the muscle is predominantly used. One of the by-products of burning this glycogen is the runner's worst enemy, lactic acid. There is a point at which the body can no longer remove the lactic acid from the working muscles quickly enough. This happens at an individual heart rate for us all and is accompanied by a rapid rise in heart rate and a slowing of your running pace. This is your anaerobic threshold. Through the correct training it is possible to delay the build up and to increase your ability to deal with the lactic acid for a longer period of time.

BACK PAGE STORY HEADLINE

The Red Line Zone 90% to 100% of your MHR

Training in this zone will only be possible for short periods of time. It effectively trains your fast twitch muscle fibers and helps to develop speed. This zone is reserved for interval running and only the very fit are able to train effectively within this zone.

Resting Heart Rate

To determine your resting heart rate (RHR) is very easy. Find somewhere nice and quiet, lie down and relax. Position a watch or clock where you can clearly see it while lying down. After 20 minutes remain where you are, do not sit up, and determine your pulse rate (beats/min). Use this value as your RHR.

If you have a heart rate monitor then put it on before you lie down. After the 20 minutes check the recordings and identify the lowest value achieved. Use this value as your RHR.

As you get fitter your heart becomes more efficient at pumping blood around the body. As a result you will find your resting heart rate gets lower so you will need to check your RHR on a regular basis (e.g. Monthly).

Calculation of a Heart Rate Training zones

The Karvonen Formula

This is a heart rate reserve formula and it's one of the most effective methods used to calculate training heart rate. The formula uses your age and resting HR to determine your training zones.

The Karvonen Formula for men;

Subtract your age from 220, this equals your maximum heart rate (MHR). Subtract your resting heart Rate (RHR) from your MHR, this equals your heart rate reserve (HRR). Multiple your HRR by your training intensities and then add back your RHR for your Training Heart Rates.

The Karvonen Formula for women;

Subtract your age from 226, this equals your maximum heart rate (MHR). Subtract your resting heart Rate (RHR) from your MHR, this equals your heart rate reserve (HRR). Multiple your HRR by your training intensities and then add back your RHR for your Training Heart Rates.

Example: A 40 year old male with a resting HR of 60 would use the following formula;

$$220 - \text{Age} = \text{MHR}; 220 - 40 = 180$$

$$\text{MHR} - \text{RHR} = \text{HRR}; 180 - 60 = 120$$

$$120 \times 60\%, \times 70\% \times 80\% \& \times 90\% = 72, 84, 96 \& 108$$

$$72 + 60 (\text{RHR}) = 132 = 60\% \text{ training intensity}$$

$$84 + 60 (\text{RHR}) = 144 = 70\% \text{ training intensity}$$

$$96 + 60 (\text{RHR}) = 156 = 80\% \text{ training intensity}$$

$$108 + 60 (\text{RHR}) = 168 = 90\% \text{ training intensity}$$

The above person wanted to train in the Energy Efficient Zone; they would keep their HR between 132 and 144. If they wanted to train in the Aerobic zone; they would keep their HR between 144 and 156. If they wanted to train in the Anaerobic Zone; they would keep their HR between 156 and 168.