

The Tourister

www.ridgerider.org

June 2007

Be sure to note:

- June Meeting, Tuesday the 12th at the YMCA.
- Two Series Events in June.

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Good News!

Ever wonder what you would look like after running 50 miles?



Well, these two make it look easy! Congratulations for RRAC's **Guy Patteson**, and Jonesboro's Robert Williamson for completing their first 50 Mile Run. Both finished in 12 hours and some change.

II Mr. & Mrs. Brian Agee will be seeing double this Winter. That is right ... they are pregnant with twins! All the best to the Brian Agee family!

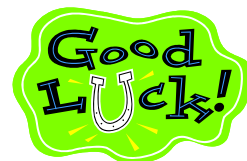


Brad Howerton as they tie the knot on June 23rd.

It is John's wedding bells for RRAC's Lynn Sitz. Lynn wishes to marry John on June 30th. John will be going to Louisville, KY to participate in the National Games in the 5K, 400, 800 and 1500 meter runs.



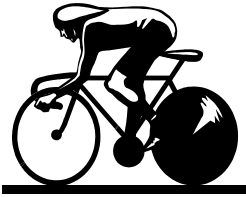
GREAT JOB to RRAC's John Elliott. John participated in the East Arkansas Senior Olympics and won the Gold Medal in the 400, 800, 1500, and the 3000 meter runs. He also won the Bronze medals in the 100 and 200 meter runs and the standing and running long jump and shot putt. John went on to participate in the Southeastern Tennessee Senior Olympics.



GO JOHN!

June RRAC Meeting

Tuesday, June 12th at 6 PM at the YMCA is our next RRAC meeting. Our scheduled speaker is Jim Farris. Jim will be speaking on hydration, and take your questions at the end of his presentation.



Iron Caboose 60 Mile Bike Ride by: Jim Stearns

The second annual Iron Caboose bike ride was held Saturday, May 19th as part of the Loose Caboose Festival. RRAC members Brady and

Kristi Allmon and Lane Howerton coordinated a great ride. There were 63 riders. The day was beautiful. There were also options for the ride

to turn back for a total of 7, 10, 30 or 60 miles.

Hydration

Surely we all know that hydration is important to our health and performance. Most of us have been drilled to believe that 8 glasses of water a day is the way. Many of us even know that the human body is made up of about 66% water. That is 2/3 of our mass that depends on us being properly hydrated.

Did you know:

- Our bones are 22% water
- Our muscles are 75% water
- Our blood is 83% water
- Our lungs are 93% water
- Our brains are 95% water

No wonder we get dizzy, and spaced-out when we are dehydrated. Our brain is al-

most entirely made of water. So, when it starts getting low on water, it can't function at full potential. Other signs of dehydration are:

- dry, itchy skin
- Headaches
- Thirst
- Fatigue
- Crankiness
- Unclear thinking
- Cramping and weakness
- Dry mouth
- Constipation

Water is also the force behind temperature control for our bodies. We sweat to help regulate our body temperature.

If we can't sweat (for lack of water), our body temperature spirals up and we quickly find ourselves at risk for heat injuries, like heat cramps, heat stroke, and exhaustion.

If you are trying to lose weight, hydration is even more important. Even if you eat healthy and moderately and exercise, you will not lose weight without drinking enough water. Water is a big part of the metabolic system. It helps to convert food into energy instead of fat. Without enough water, your body will convert more food to fat than to energy.

To find out how much water you need per day, speak to your health profession. Be sure to include your activity level.



Reasons NOT to Run a Marathon by: Aimee Spencer

Fun With Chafing! Even the most technical fabric can turn itself into sandpaper after 3 hours of running. Because you've never trained to the marathon distance ... you'll chaff under your arms, your inner thighs will smoke, every skin fold, even your eye lids will resemble weal marks.

The High Cost of Living! Asics don't grow on trees. And, neither do good sports bras, socks, shorts, singlet's, race entry fees, and heaven knows what else! You'll spend three figures and that is hard

cold cash that could go towards movie tickets and popcorn.

Sex Appeal! Polls of the Sexiest People Alive do not include marathon runners. It is the folks at the other end of the spectrum ... the iron pumpers and tanned body builders.

Runner's Runs! No one tells a perspective parent how hard it can be to raise a kid. Just like this issue is rarely discussed with marathoners. Paula Radcliff grazes the subject in

her autobiography. Could it be the carbo-loading, could it be the loss of sweat and salts, or could it be the bouncing that takes place in the abdomen? I don't know ... but it can happen to you.

It Keeps Hurting! The day after race day can be hellish. You'll want to walk backwards down the stairs, and dream of the days when you touched your toes. About 10 days post-marathon, you'll find yourself in front of your computer searching for your next marathon.



2007 Jonesboro Kids Triathlon *by: Jim Stearns*

The second annual Jonesboro Kids Triathlon was held Saturday, May 12th at Craighead Forest park. RRAC was on the course volunteering to help the kids complete the 50 meter swim, 1.5 mile bike, and half a mile run or the 100 meter swim, 3.0 mile bike, and 1 mile run. There were approximately 40 kids that participated in the event. Racers ranged from age 5 to 15 years old.

This is certainly one of the best events to be held in Northeast

Arkansas in a number of years! Kudos to Jonesboro Parks and Recreation for continuing this event. Great job to RRAC volunteers for giving back to the sports, and the children.

Thanks to RRAC volunteers who helped with the kids triathlon. Because of you ... 40 kids participated.

19th Annual Ride the Ridge *by: Jim Stearns*

The Ridge Rider Athletic Club gathered Saturday, May 12th after the kids triathlon for the 19th annual Ride the Ridge bike ride. As always, the T-Shirts and jerseys were a hit with the 42 riders that participated this year. The ride started and ended at Craighead Forest park. This low stress event brought riders from Jonesboro, Paragould, Memphis and Little Rock to ride either the amateur 25 mile loop, or the 55 mile loop around the Jones-

boro City limits. The motto of the day seemed to be Mike Hanks favorite, "the wind is your friend". This year's ride was unusual in the fact that most of the group stayed together and worked together through the worst of the wind, and most of the ridge. Great job to RRAC members Nicola Gregory, and Michael Mangrum for heading up this year's ride! Thanks guys.

"42 riders participated in 2007's Ride the Ridge."

Loose Caboose 5K Run & Walk *by: Jim Stearns*

The annual Loose Caboose festival 5K run/walk was Saturday, May 19th in downtown Paragould. This was the seventh event in the RRAC Running and Walking Series. There were 202 participants. The weather was nearly perfect with early temperatures in the high 60s. In the men's division of the 5K the overall winners:

Brad Reach/Marion IL/16:35
Ted Herget/Jonesboro/16:46

Derek Randall/Jonesboro/16:50
Lance Winders/TN/16:58
Joseph Pearce/Jonesboro/17:14
In the women's division of the 5K the overall winners were:
JoAnn Huck/Poplar Bluff/19:58
Abbey Wise/Jonesboro/21:23
Karen Martin/Jonesboro/21:50
Brooks Parker/Jonesboro/21:51
Shawn Irving/TN/22:13

The top five walkers were:

Julia Dunlap/Jonesboro/37:17
Paula Lewellyn/Jonesboro/37:49
Abraham Salehi/Paragould/37:58
Jami Todd/Jonesboro/38:29
Scott Justus/Pine Bluff/38:55





**“The ‘unknown’
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**Caption describing
picture or graphic.**

Member Profile: Nicola Gregory and Michael Mangrum

RRAC: What is Adventure Racing, and how were you turned on to it?

N & M: Adventure racing involves off road running, biking and canoeing and whatever else the race director wants to throw in! In the races we’ve done, we’ve had to do a variety of ‘mystery challenges’ that are placed randomly throughout the race. For example, we’ve had to rappel, make our way through caves and mud pits, play rounds of Frisbee golf, use a bow and arrows, and even answer trivial pursuit questions. The ‘unknown’ factor of adventure races is what has really gotten us hooked. You know the general distances that you’ll travel in terms of hours (4 - 6 for a sprint, 8 - 14 hours for a day race), and the equipment you will need but the rest is a surprise until race day. Usually we don’t know until just before the race starts what order the running, biking, and canoeing legs will be, how many legs of each to expect or what the distances are. The off road component is a little different than triathlons and other races. We’ve had to carry our bikes through ravines, run with our lifejackets on, and cross rivers on foot, with ropes or even using a zip line. Some of the races also require map and compass skills and/or topographical orientation. The mystery events just sort of up, sometimes you know that they’ll be on a certain section of the course, and sometimes you just arrive at them.

RRAC: Tell us about your training for Adventure Races.

N & M: Well, our training is a bit random, but at the same time we do quite a bit! We try and run and mountain bike a few times a week each, quite often on the same day and do a little bit of swimming and road biking as well. Over the winter we usually do spin class, running, and some weight training. One of the main components to getting through these races is endurance so we usually try to train for a few hours at a time. A lot of teams come out strong for the first hour or so, and get cramps or fatigued, but the key is to be able to maintain a pace throughout the entire race. Knowing how to properly keep your body hydrated, and nourished is just as important as any of the training. Usually we just drink water, take electrolyte pills, and eat small amounts of high protein/high complex carb foods throughout the race.

Some things, however, you just cannot train for. An example, in the last 8 - 14 hour race that we completed, we were in the top 10 around hour 5, and were on pace for an 8 hour finish. Unfortunately, one of our team members got terrible cramps and we had to rig up a tow rope and tow him for 20+ miles on a mountain bike, but when you’re with a team, you have to do what it takes to get the team to the finish line!

RRAC: What would be your advice for anyone wanting to learn more about Adventure Racing?

N & M: Just come out and try ... we did one race in the summer of 2005 with a goal to finish and decided that we wanted to do more in 2006. We trained hard and were 2006 Co-Ed Champions of Arkansas last year for the Sprint Series. These races are so much fun, and you’re even just a bit interested come and try ... you’ll probably end up hooked like we are! Let either of us know if you have any questions.

You may contact Michael at mmangram@bscn.com and Nicola at nmgregory@hotmail.com.

RRAC

Our mission is to promote health, fitness and friendly competition in Northeast Arkansas.

We are on the web!
www.ridgerider.org

June 2nd, 8 AM, the Gary Schuchardt trail 5K event will be held at Craighead Forest. **June 9th**, Flat as a Pancake 5K in Wynne, AR. For more information and registration forms visit www.ridgerider.org.



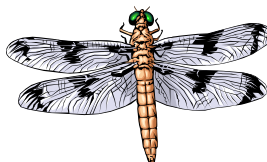
For a complete list of Series events, please visit our website. You may also download registrations forms and view past event results. Invite a friend to be a member of RRAC today!

Other Events of Interest



Saturday, June 23rd is the 6th annual Tour de Corn. Hospitality of the East Prairie, MO community, sweet corn, and beautiful mid-American seen from the less-travel rural highways are a few distinctions of this event. For more information, visit www.tourdecorn.com.

Also, the Dragonfly Tri in Sardis, MS is June 16th. For more information visit www.dragonfly.com.



Friday, June 8th, at 7 PM downtown at Gibson Guitar Factory in Memphis, TN will be the 11th annual Gibson Guitar 5K. For more information visit www.gibsonguitar5k.com.