



March 2019

SJMR President's Corner

I stepped out onto the porch this Saturday morning - home from the regular club run at the Looney Bean - and was struck by the loud chatter of birds in the trees. It was a welcome sign of winter's thaw, and it reminded me of the increasing turnout we are seeing at our Saturday runs as the days get longer and temperatures improve. I want to encourage each one of you to "catch this wave" and jump into the many opportunities that the club offers for training, social connection and fun: Come out for the March educational series. Travel to Moab and join the crew who are taking on the challenge of the Canyonlands Half Marathon and 5-miler. Collect together a group from Saturday morning and share a training plan for a targeted race this summer. Build the Black Canyon Ascent and the Trail Town 10 into your plan, and you'll be set for the next six months!

Amidst this increasing excitement, I want to ask for a moment of your thoughtful consideration: we have **three club leadership roles that are opening up this year**, and the board and I would love to see some "fresh legs" come take advantage of those opportunities to serve! We need a "numbers person" to step into the Treasurer role; an "organizer" for the Turkey Trot Race Director role; and a "team leader" to prepare to step into the President role in the fall. None of these opportunities to serve is too demanding- as the club is a well-oiled machine and there are many helping hands that enjoy being part of what we do. If you are interested drop me a note at sjmr.pres@gmail.com or just drop in at the next board meeting on April 25th.

See you on the trails!

Scott
SJMR President

Inside this issue:

Weekly Fun Runs	2
Member Sharing; What was I thinking?	2
Upcoming Seminar: Running	3
SJMR Race Calendar	3
Runners in the Know	4
SJMR Scenes	5
GOTR	5
SJMR Club Info	6
Message Board	6

Canyonland Half Marathon and 5 Mile Run

Join some of our own SJMR this March 16th in the Canyonlands Half Marathon and 5 mile run. Enjoy the scenic Moab red rock formations along the winding Colorado River as you parallel the Arches National Park. If you would like to connect with other SJMR participating in this event, contact [Jan Peart](#).



Weekly Fun Runs



Several SJMRs routinely meet to during the week to run. If you would like to join any of the runs for the first time or after being away for a while, **send an email to the contact person** using the link below to confirm the time and location.

Day	Run Description	Contact Person
Saturday	Meet at Looney Bean at 8:30 am for a run along the river	Jan Peart
Monday	Montrose Run with options like Shavano Valley Rd & Government Spring Rd	Jan Peart
Tuesday	5k and 10k Fun Run and Walk that starts March 12th . Meet at 6 pm at Two Rascals Brewing Co., 147 N 1st St., Montrose	Ammon Leggett

Member Sharing: What was I Thinking?



When my cousins challenged me to participate in the L.A. Marathon, I thought why not. It's on my bucket list, L.A. is my home town. Why not?! First off, who knew Montrose, Co. would have such a wonderful winter! That said, I get home from work around 5pm. Too dark & too cold to run outside. Typical weekday runs: Mon, Wed, Fri have been on the treadmill we purchased at a yard sale 5 years ago. We have a love/hate relationship. For long run Saturdays I teamed up with the SJMR.

I have been running off and on since my high school days, circa 1980s. Never ran more than an occasional half that I may show up to with not much commitment. I knew this had to be different. In comes Jan with a plan and accountability. The run plan Jan put me on started slow, built miles and speed work. As the miles got longer, it also got harder to run on a treadmill. Not fun! One must

be mindful not to step off or you will fly off! I look forward to Saturday runs with the SJMR.

Saturday's long fun runs 10 – 20 miles in blah degrees, snowy, sometimes crunchy paths have been quite the challenge not to mention a balancing act. There have been times when I was just not feeling it, get "mentally tuff" says Caroline. Despite the bitter cold, the Saturday runs to my surprise are magical. Truly peaceful, quiet, still. All you can hear is your breath and the crunch of snow under your feet. On occasion the laughter at some shenanigans from fellow runners.

There was a Half Marathon in Pueblo last weekend. To my disbelief I ran it in 2:07. Faster than expected. Committing to this goal has taught me about proper shoes, socks, nutrition, hydration, rest, and stick to

it – hard work pays off. My kids and husband are my super crew! They have been encouraging all the way. I know I can finish this thing...with a little help from my friends (SJMR).

Speaking of...the SJMR! God bless this group of runners. They have offered support, wisdom, encouragement and held me accountable on these runs. It blows my mind that anyone would want to run 15 miles just because it sounds good. I want to grow up to be that kind of person. Always ready on a whim to support a fellow runner. Which is funny to say because I never really considered myself a runner, until now. Not loving my blistered toes and ugly feet, but they really digging that they take me where I want to go one step at a time.

Susie
Runner

2019 SJMR Seminar Series: Running and Your Joints

Maybe you have been told that "All of that running is going to wear out your joints." Or perhaps it was posed as a question to you. Is there any truth to that concern? Find out what the current state of research says about your running and your joints. Join long-time SJMR member John T. Unger, Sports Chiropractor and Acupuncturist, who has been studying the sport science literature on that topic for more than a few years.

Date/Time: Thursday, March 14th at 6 pm

Location: Summit Room in the Montrose Field House at South 9th Street and Rio Grande Avenue (the site of the old pool)

Cost: None but a Great Outdoors Store gift certificate will be given away as a door prize.

John is a runner himself and this June he will be registering for his 27th Imogene Pass Run. John served, by invitation, as a member of the 2013 U.S. Olympic Committee's

Chiropractic Volunteer Program, treating U.S. athletes and alternates. As a member of the 2017 Pikes Peak Marathon Medical Team, he assessed and treated many of the hundreds of injured runners at the finish line tent.

He examines and treats runners, joggers, and other athletes in his sports chiropractic practice in Montrose. Especially interested in the issue of downhill running and any potential for it to affect joints positively or negatively, he has had two sport science papers published on this topic, one of which was original research from mountain runners in Austria and in the Rockies.

Expect it to be a lively and entertaining hour, with current information with which to equip yourself to spend many seasons enjoying staying fit into the years ahead.

"I also realize that winning doesn't always mean getting first place; it means getting the best out of yourself."

Meb Keflezighi

2019 SJMR Calendar at a Glance

Event	Date	SJMR Race Director/Key Contact
Winter Rim Romp — <i>Club Event</i>	✓	Becky Sondergard
Canyonlands Half Marathon & 5 Miler	March 16	Jan Peart
Girls on the Run 5k	May 4	Julie Osborne
Montrose Aruna Run/Walk	May 11	Graham Trendera
Black Canyon Ascent — <i>Club Event</i>	May 18	Jan Peart
Trail Town 5 or 10 Miler— <i>Club Event</i>	June 29	Dan Quigley
1st Annual SJMR Trail Run & Potluck— <i>Club Event</i>	July 14	Mary Plumb
Mt Sneffels Marathon & Half Marathon	August 17	See website
Log Hill Hustle	August 25	Sponsored by Fortuna Tierra Club
ROK (Running on Kindness) 5 and 10k Trail Run	Oct 5	Mary Plumb
Turkey Trot— <i>Club Event</i>	November 28	TBD
SJMR Annual Dinner— <i>Club Event</i>	December 9	Scott Gleason
Holiday Fun Run	December 14	Sponsored by In Motion

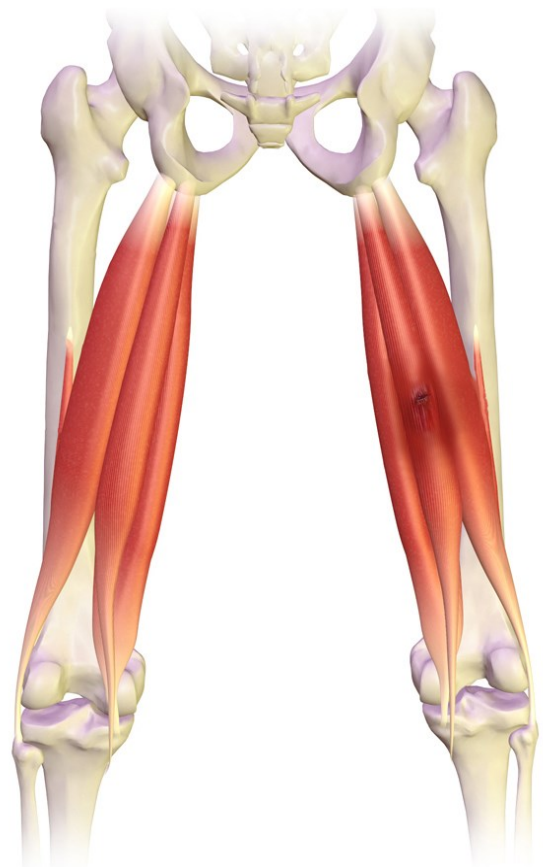
Runners in the Know

Golf Ball in the Hamstring By John T. Unger

Maybe you accelerate too quickly. Maybe you take too big of a stride suddenly. Whether skate skiing on a track or running on a trail, you feel the sudden TWANG behind your thigh. The fading hope that it might be just a cramp gives way to the realization that you are now limping like a character actor in an old cowboy movie. A hamstring tears, even partially, and your stomach sinks.

Despair not. Handled properly, a **strained hamstring** can mend enough in a few weeks to permit running hard again. Here is how:

- ◆ ADMIT IT. Immediately cut short that run and get you and your leg back to town. Pushing through this pain can only damage you further.
- ◆ RAISE IT. As you lay on your back with your good leg through an open doorway, lay the injured leg up against the door frame. Let gravity help drain the initial swelling. Torn muscle cells will have disgorged their contents which then try to settle at the lowest point. Left unattended, this can form the dreaded golf ball noted above, leading to adhesions and hardened tissue later.
- ◆ ICE IT. Each evening for ten minutes, ice the region while keeping the leg straightened. Be glad it is summer and not winter as you apply the ice pack through a thin cloth.
- ◆ REST IT. Alter your training schedule, take shorter strides, cancel the hill work, skip some workouts, and shorten the sessions. Any workout that leads to more swelling or more limping was too much for the healing tissues. Is it psychologically difficult to scale back? Yes. But be objective and realistic and you can return to performance more quickly.
- ◆ TAPE IT. Using certain taping methods on a hamstring allowed me to begin running slowly in a 5K fun run ten days after I had hobbled home with a bad initial tear. Rather than just taping for pure mechanical support, modern tapes and techniques are being used for college and pro teams to reset the muscle firing patterns and return athletes to play sooner.
- ◆ STRETCH IT. Make a loop with a leather belt, and use it to gently and sensitively draw the forefoot toward your trunk, your straightened knee again laid up onto the wall. Do this only when your tissues are warmed up with a controlled workout. Hold for five slow breaths. Keep the entire leg relaxed as you stretch with this belt or a strap. Stop short of setting it into spasm. If you have a desk job, be sure you do not tuck your feet beneath your chair all day. Instead, frequently straighten both knees and rest your heels as far forward under your desk as possible, minutes at a time.
- ◆ ALIGN IT. Research has shown an association between hamstring strain and existence of joint fixation in the sacroiliac joint. Getting joint fixations adjusted and realigned may allow better distribution of weight and thereby smoother safer strides in the healing leg.
- ◆ USE IT. Return to full training in stages. Gradually reintroduce longer strides on the trail. Keep stretching it after workouts to minimize any chance for recurrence.



With proper care, instead of limping like the old sidekick in the cowboy movie, you can return to running strong like his galloping horse.

John Unger is a Diplomate of the American Chiropractic Board of Sports Physicians and for more than 25 years is helping to keep Montrose healthy. He recently celebrated his healed hamstring by skiing

SJMR Scenes



Girls on the Run (GOTR) in & around Montrose County

GOTR continues to be a strong spring presence in Montrose County. This spring we have programs running at all six elementary schools in the Montrose County School District. Heart & Sole – the middle school program – is also offered at Centennial and Columbine Middle Schools. Congrats to Columbine and their wonderful long-time coaches – Columbine Middle School is the longest running middle school programs in our council and I am guessing in the nation as well at 16 years! This spring we have more than 215 girls participating in Montrose County and another 100 in Delta County. This is only possible thanks to the 65+ volunteer coaches who contribute more than 50 hours each over the course of the season to empower young girls!

We are also thrilled to once again be hosting a GOTR 5K in Montrose this spring. On **Saturday, May 4th**, more than 350 girls and 75 coaches will join with families, friends and community members for the **4th annual GOTR 5K**. We anticipate nearly 600 runners at this event. We hope you will join us on that morning – either as a runner (although this is not a competitive, officially timed event) or a race volunteer.

We have had amazing community support in past years – both with SJMR and other volunteers from the community – to provide the people power for a safe and fun event. If you are **interested in volunteering**, please contact **Julie Osborne** at JulieOsborne@alpinebank.com. We can always use more volunteers – you can never have too many course marshals and finish line folks cheering girls on! We also would like to thank the San Juan Mountain Runners for their continued financial support of the event. All proceeds from the race ensure that we can keep our program registration fee low and provide easily accessible scholarships. Montrose County usually has one of the highest scholarship rates in our council (usually 40—50%). This means that we truly are offering a program that is affordable and accessible to ALL girls, regardless of their family's economic situation. The support of San Juan Mountain Runners – organizationally and individual members who volunteer as coaches and key race morning volunteers – as well as other local businesses, organization and individuals - continues to be critical to our success. Thank you SJMR for supporting Girls on the Run of Western Colorado!

San Juan Mountain Runners



San Juan Mountain Runners has been southwestern Colorado's premier running club since 1977, sponsoring fun-runs and other running events around the Western Slope.

Our Mission:

SJMR is a nonprofit organization that encourages runners of all ages and abilities to gather for motivation, competition, and socialization.

Contacts

Scott Gleason, sjmr.pres@gmail.com, President
Ammon Leggett, Vice President

Julie Osborne, julieosborne@alpinebank.com,
Secretary/Treasurer

Dan Quigley, dquigley@dowl.com, Equipment Manager



Wanna know what's going on with San Juan Mountain Runners, local races, training runs, fun runs, etc?

Check out the [SJMR Website](#)

Check out the [SJMR Facebook Page](#)

Check out the [Montrose & Delta Runners Facebook Page](#)

Check out the [Cedaredge Run/Walk/Bike Social Group](#)

Message Board

Be a SJMR Newsletter Contributor

Do you have something to share about your running experience. Are you not seeing your favorite runner in our picture gallery? Submit your story, picture, or educational article to [Caroline](#) and your submission may be in the next edition.

Training for the Mt Sneffels Half Marathon

Fellow SJMR member and certified ChiRunning Instructor, RRCA, Newton and Lydiard

Running Coach Jill Burchmore will be offering a 16 week training program this Spring leading up to the Mt. Sneffels Half Marathon for runners of all abilities.

For more information:

- * Contact Jill at (970)708-5037 or email Jill@TellurideRun.com
- * Inquire at Ridgway Adventure Sports
- * See website www.TellurideRun.com

Our Sponsors

