

Second Hand Shoes

As a running club what can we do to make our world a better place and even do something to help our environment? Let me share a staggering statistic. Approximately 1.4 billion people around the world do not own a decent pair of shoes. In addition to this sobering reality, here are two more statistics that are also eye opening:

- In 2011 more than 300 million pairs of shoes will end up in American landfills.
- Many of those shoes take more than 40 years to break down and decompose completely.



Why have I brought this to our attention? I want to introduce you to a new focus for our club called **The Strider Green Initiative**, which will be various projects that we as a club will undertake to make our world a better place. The first of these initiatives is an outreach we are naming appropriately, **Second Hand Shoes**.

Think about your closet. If your closet is like mine, then I am certain that there are numerous pairs of shoes lying about, especially the running kind. As runners we log a certain level of mileage on our shoes and then we retire them. To the average eye our shelved running shoes don't look all that worn, but to someone who has no shoes, they look brand new! So instead of discarding our retired shoes, why not give them to people who need them and improve the quality of their life as well as our environment.

Our own Ellen Ringenberger will be our point person for **Second Hand Shoes**. Through her church she is already connected with an organization that supports a mission in Kijabe, Kenya. Due to the political turmoil in Kenya, thousands have been forced to flee from their homes, jobs, and businesses and are trying to survive in a refugee camp outside of Kijabe. Our retired running shoes will find new life on feet that desperately need them in this refugee camp.

So what can you do? It's really simple. We're asking Striders to 'go green' by cleaning out their closets and delivering their retired running shoes to our drop-off location, which will be McKamy Middle School on Saturday, May 28, 2011, before our 7:30 am run. If you are unable to bring them on that date, simply contact Ellen at groovedesignser@aol.com and she will work out a time and place to get your shoes.

Hey Striders, our new green initiative is called **Second Hand Shoes**. It's the ultimate win-win!

— Tracy

In Stride with...Mindy Muzzarelli



Age 34
 Place of birth Waterloo, Iowa; I'm a farm girl ;-)
 Height/Weight 5' 11"
 Occupation Nanny, Cook, Maid, Laundry Fairy, etc. (aka stay at home Mom)
 Hobbies Is Facebook considered a hobby? Also addicted to my kindle, shopping, poker, and I dabble a little in photography and occasionally hit a ball around the golf course while enjoying an Ultra.
 Personal philosophy Don't take life too seriously; Enjoy the thrill of the ride while you're on it! Having a positive attitude & outlook is everything. Believe in yourself or no one else will either.
 Short term goal Get faster & eat better. Focus on speed work this summer.
 Long term goal I look forward to running races with my kids as they grow up. I hope they discover the joy running that I have found.
 Volunteer activities All of my volunteering is done at my kids school, Faith Lutheran Day School.
 Why I volunteer Usually by default
 Years running Started running distance as a freshman in high school but have been a very casual runner over the years. Have gotten more serious since I joined the Striders and have significantly increased my training in the last two years.
 Weekly running program Intervals on Tuesday, Hill Run on Thursdays, Long Run on Sunday. Recovery on Mondays & then a tempo day when I can. Strength training on Monday & Friday.
 Why I run It's the best high you can get for the money. I am a total addict! I also love that I can just be me and clear my head while I run. Plus I like to push my limits and discover if I have what it takes when the going gets tough.
 Favorite training run The Wild Kingdom of Bartonville
 Favorite distance Tough one, might have to go with a 5K because it is painful & short. A marathon is a close second because it is impressively long and forces me to train diligently.
 Favorite race Boston Marathon 2011 – most exhilarating run EVER!
 Runner PRs Running PRs - Marathon 3:39:09, 5K 21:36
 Number of races finished 4 marathons, 5 Half Marathons, numerous 5K's & a couple of Mud Runs!
 When I joined the Striders In 2006, after the birth of baby #1. Before then I was a very casual runner. This club has some great people and the support, encouragement, motivation and inspiration I have received from the striders is priceless. So thank you to all!
 Running advice for others Really listen to your body – don't ignore problems. Rest when you need it. I have also found a lot of benefit from strength training, hills, intervals, ice baths, compression socks, hypnosis and mental imagery. I am not qualified to give advice. But Tom might be...I have taken lots of his and it has worked out for me!
 Favorite book Gone with the Wind is my all time favorite. Also love The Thirteenth Tale.
 Favorite television show True Blood (the books are great too), Real Housewives of Orange County
 Favorite spectator sport Hockey – GO STARS! And the Cowboys, too, even when they suck.
 Favorite vacation destination Any beach in the Caribbean!
 Favorite famous quote The Gatorade commercial – “is it in you?” meaning – do you have what it takes? That was my mantra while trying to qualify for Boston.
 Favorite foods Figs stuffed with blue cheese. I also make a killer guacamole & home made ice cream. I could go on & on.
 Favorite Restaurants Cristinas, Pappadeaux's, Three Forks, Pappas, Café Italia & Brunch at the Four Seasons, Schlotsky's and Oceanaire. Obviously, I love to eat!

Oklahoma City Memorial Marathon, May 1, 2011

Cecillia Milla

I stood waiting at the finish line. As the runners passed by me I started to notice a pattern – two red spots on the shirts of the men. I winced. Finally, I saw the runner I had been waiting for. Gabe dragged along with the look of death on his face. As if the red spots weren't enough to convince me, his expression said it all. I was positive the full marathon was not for me. I like to keep all my toenails, thank you. Much later and during one of the Bartonville runs, I met up with Mark S (don't want to maim his last name).

"Hey what's your pace?"

"9 minutes." I replied embarrassingly.

"Ahh, too fast for me."

Really? I thought to run faster you had to run uh, well faster. Oh well, to each his own and I continued at my pace. Later that day Gabe asked,

"Hey did you hear that Mark S. shaved off 20 minutes on his last marathon?"

So the following week I asked Mark S. all about it. He had been working with Jennifer who set up a plan for him to increase his race speed. Just slow it down. The following week I slowed my pace and it made a world of a difference. I can run longer - and not only that, I was really enjoying it. So for weeks I added two miles to my long runs and I looked forward to every one of them. Possibly, possibly, I could do a full marathon. Eventually I called Jennifer who sat down with me to work out a plan. Jennifer, who qualified for Boston ten times over and can still convince me that I was running material. At the same time Ellen R (not gonna write out her whole last name or I'll get carpal tunnel) started her training as well. Ellen and I started running together at a snail's pace and together saw the changes. Our legs were getting stronger and we started to feel like real runners until we hit our 20 miler. The pain after that run was like...hmm....childbirth? Through the calves – ouch twins.

"Ice it down!" exclaimed Mindy through facebook.

"Ice bath time," texted Jennifer.

Needless to say I learned my lesson. Gabe would get the ice bath ready for me as well as a hot drink on the side. [Sorry ladies, he's taken.] That's the first of his awesome support through the whole thing. The time got closer and the day before my race was beautiful. Not a drop in the sky...

The race was to start at 6:30 AM in Oklahoma City. The weather report was that the rain was coming in after noon. Whew, I should be done by then. 5:30 on the bus – just a little sprinkle. 5:40 – just a little rain. 5:41 – oo is that lightning? 6:10 – due to weather conditions the race has been delayed half an hour. I should go to the bathroom – really I should go but this bus is so nice, dry, and warm. We get close to the starting line and reluctantly leave the comfort of the bus. Adrenaline is running through my veins as I got to the start. I ignored the rain, the wind, and the cold. This was my day.



I started off slowly but unfortunately with the 11 minute pace group. Mistake #1, I had to maneuver through a bunch of walkers and slower runners. Did I mention that I should have gone to the bathroom? Mistake #2. I held it until mile 8 and waited in line. I did not notice that it had been pouring rain through those 8 miles and the gusts of wind had brought the temperature down substantially. When trying to pull up my shorts I realized that my hands were frozen and I even considered just leaving it in the porta potty. This is a "G" rated race I reminded myself and wiggled my way back into my shorts. Sorry, this is probably more of me than you wanted to know. At mile 12, I saw Gabe and my son waving me down and I hardly noticed. I felt great, only to later find out that I was as red as a beet and swollen. Eh, just more of me to love. By mile 14, I picked up my pace. The wind should be behind me now and the sun was finally coming out. Until mile 17, I was feeling good and doing great time. But then it started to pour again and finally I hit it. Yes, the wall. But wait, I'm not even at 20 yet. This just isn't fair. I looked up and there was Mark Weir.

"Doing ok?"

"No, I've lost it. I have no energy left. I can't go on."

"When was the last time you've taken Gu?"

Mistake #3. I did not bring Gu. I only had blocks and at the rate I'm breathing I'll choke on them. Oh, there's an idea – down go the blocks. Darn. I'm still alive. Where's that lightning when you need it (and please stop my Garmin while you're at it). Still, Gabe and my son were waiting at mile 18 to change my soaking socks and shoes. Although I was grateful for them, it only lasted 2 miles.

Mile 20, - ok if I hit the wall now, I'll be ok. I hear cheering for Mom. My 14 year old son, my 11 year old daughter, my 5 year old girl, and my hubby were all waving. My thoughts changed from my pain to them. Boy, they were a sight for sore eyes. I waved to them and smiled – this is not just for me anymore. I have to finish for them.

If I continued at the pace I was going I could finish in an hour - I thought on the 21st mile. I had forgotten the gradual hill at the end.

So, as any sane person would do, I started to talk to my legs.

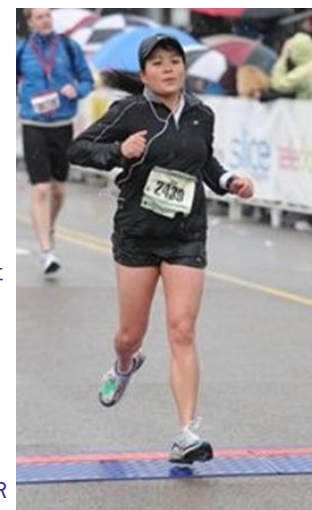
"Come on legs, you can do it, not much left."

"Nah, I think I'm done."

"Remember you trained for this. Heel to butt, heel to butt."

"That's alright, you go on without me. You can't feel me anyway."

I felt like I was going like the wind at mile 22. I'm flying – I thought to myself and I looked down at my Garmin. It was my training pace. What? LIAR! But as I was arguing with my watch I saw a group of firemen ahead of me. My conversations with my legs and my watch went dry. My mind turned to the reason for this race. It was a memorial for those who lost their lives and the senseless violence that made us grateful for the important things. It was also about those brave men and women who risk their lives to save others, on a daily basis. Goose bumps trickled on my arm and I continued 23, 24, 25, 26. I saw the finish line. Wow it was right there. Boy, I wanted that t-shirt. Did I pick up my pace? Dunno. It felt like it. I crossed over and within a moment it started to hail. I am. finished. Thank you Oklahoma.



Boston Marathon 2011, April 20, 2011**Mindy Muzzarelli**

I never really wanted to run Boston until Kevin Brosi told me it was his favorite marathon (since he has run 150 or so I figured he should know!) It sounded like a horrible, crowded course with awful logistics and then there was that qualifying time...maybe when I was 45 I could hit it. Let me just say that the entire event was awesome. The expo was well organized and just being in Boston was awesome. Everyone in the city is excited for this race, including taxi drivers and waiters! Great weather for the day with a good tail wind and the entire course was lined with spectators, and they were out cheering with their cowbells! It was incredible & the most fantastic race I have ever run. I high-fived about 50 kids along the way & drank beer at the bottom of heartbreak hill with a rowdy crowd. Talk about a runner's high. I thoroughly enjoyed it and really didn't focus on my pace. The killer chain of hills that everyone talked about had me a little scared so my philosophy was to run easy and not exert myself until I got to the top of Heartbreak Hill around mile 21. I felt great when I got there and decided to drop the hammer and run hard to the finish. Great time to do it because it was very downhill & my legs still felt great

and those last miles I ran in were sub 8 minute pace. Training with lots of hills definitely paid off, as did all the quad strengthening. Somehow I ran a negative split, which I have never managed before. I felt great at the end of the race and for the first time am not gimping around after a marathon. Getting the bug to do another...

Big Sur International Marathon, May 1, 2011**Ellen Ringenberger**

My quest to run a marathon all started, after Jane N. ran the San Francisco Marathon in July and wanted to run Big Sur. She told me how beautiful it was, what a great time she had the first time she ran it and wanted to run it again. I went home and looked it up on the internet and thought what fun it would be to run somewhere so pretty. Not really paying attention to... (I would be running in the mountains), I signed up. As I told everyone of my new quest, I was told of how steep and hilly it was. I started to think to myself, "Am I crazy? What was I thinking"???? Deep down I knew it was time for me try.

In January I started my training. Everything was going great, then all of sudden I started experiencing all kinds of pain from the knees down. I thought I had a stress fracture. Three weeks into my marathon training, I thought I was through.

I planned on running the 3M half marathon in late January. The weekend of the race, I was still having pain, but decided to go and have fun anyway. (Girls weekend and running what more could I ask for).

I tossed and turned the night before the race trying to decide whether to run or not and kept thinking to myself, what was my long term goal....RUN BIG SUR, so I swallowed my pride and decided not to run.

After multiple doctor's appointments and x-rays, I was relieved to know there were no stress fracture, so I started my training again.

When February approached, I realized I would be traveling to see my son play baseball for the next 3 months. My weekend consisted of; driving 4 hours on Saturday to watch two baseball games, have dinner with my son and driving 4 hours home. I then had to get up Sunday morning at 5:30 for my long runs.

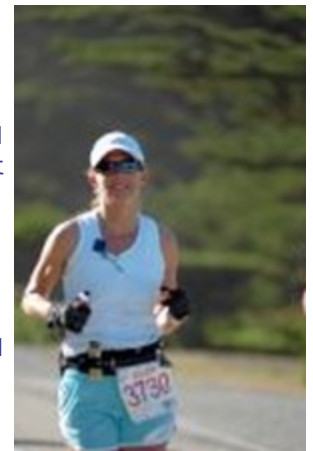
A long story short, many doctor's appointments, a few more x-rays, early morning runs and tired Mondays later, I was ready to run Big Sur.

The morning of Big Sur was perfect weather to run in. As Jane, Laura, Amanda and I waited for the race I reflected on my journey to getting there and knew nothing was going to stop me.



Jane and I stayed together the first 15 miles. I was feeling strong despite all the hills. I was on pace to finish around the time I had set for my goal for my first marathon. I stopped to take pictures along the way. I could not believe how beautiful it was. Then along came mile marker 21. I started to feel sick to my stomach and thought I had hit "the WALL". So what did I think would help...gu. Wrong choice....I started to feel dizzy, got really sick to my stomach and thought I was going to pass out. It got to the point with each step I was looking for a safe place to pass out. I started to walk and could not believe that I had come this far not to finish.(I wanted that medal and I thought how was I going to get in touch with Jane and Laura if I did not finish). I knew my time was no longer important. Survival and finishing the race became my goal. I kept in mind Lee's story about how he was determined to finish his Ironman race one step at a time.

First came mile marker 22 and then I started to run/walk my way to mile 23 and then mile 24 and so on. As I approach the finish line I knew I was a winner. It was not a pretty race, but I made it and I can say "I AM A MARATHON RUNNER".





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On June 1, we celebrate together

“National Running Day, held annually on the first Wednesday in June, is a day when runners everywhere declare their passion for running. Wherever we are and whomever we’re with, we run—fast or slow, alone or with others, all over town or just around the block. It is a coast-to-coast celebration of a sport and activity that’s simple, inexpensive, and fun. It’s the perfect way for longtime runners to reaffirm their love of running and for beginners to kick off a lifetime and life-changing commitment.”

Come celebrate National Running Day with us!!!!

Who: All runners

What: Fun run. How far? It doesn’t matter! Join us for 3, 6, 9....miles or however far you wanna run. Stay afterwards and we’ll have cold drinks and watermelon to cool off and maybe even a couple of prizes.

When: Wednesday June 1st, 5:30 AM, yep nice and early!

Where: Liberty Elementary School,
4600 Quail Run, Flower Mound

Water at Bridlewood Fire Station located 1.5 miles from Liberty on Bridlewood Blvd.

Routes:

- 3 Miles: Bridlewood Firestation and back
- 6 Miles: Double Oak Firestation and back
- 9 Miles: Through Double Oak Loop and back



Running Green

We all can help reduce our environmental footprint by following these easy steps to becoming a green runner:

- Ride your bike or carpool to group runs or workouts.
- Run outside whenever you can (rather than inside on a treadmill)
- Run or bike to the store for small, easy to carry items.
- Leave your car in the garage and bike or run to the gym once a week.
- Buy powdered sports drinks and mix them yourself.
- Mix the sports drinks in reusable bottles instead of throwaway plastic bottles.
- Donate old running shoes.
- Purchase eco-friendly clothing.
- Don’t litter. Hold on to your water bottles, gel packs, and even excess clothing, until the next trash receptacle comes along. Be an example of a green runner to others!