

## Training Goals

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### Lisa's running of the mouth...

It is with great pleasure that I share with you the revelation that happened earlier this past week...I have no more back pain! I was running the hill intervals with the Wed. Group Run and halfway through the workout I realized that nothing hurt. The pain receptors have finally turned off and I can run with pure enjoyment again. For those of you have endured my whining the past 6 months "thank you"! This was perhaps the most frustrating injury I have had to deal with and figure out in the 22 years that I have been running.

Injuries are common with any type of endurance sport athlete. Even when you do all the right things like stretching, eating well, wearing proper fitting shoes and equipment we cannot predict when an injury will occur. I can, however, tell you when my back injury started. I was riding my Mt. Bike along Lake Ave. when my cell phone rang. I reached back in my jersey pocket to answer the phone (it was one of my athletes calling!) and I hit my front

brake too hard and did an endo over the front of my handle bars. So, the lesson for me is to loose the cell phone when riding.

What we can do is to try and *prevent* injuries from happening. The number one source for running related injuries are old or improper fitting shoes. Most injuries manifest from the point of impact – how your foot strikes the ground. Therefore, it is critical to wear shoes that fit and feel good from the moment you try them on. If you get a shoe salesperson that tells you "the shoes will break in" then walk away from that shoe and store. *A shoe should feel comfortable as soon as you try it on.*

One of the second most common reasons for injury is improper nutrition/hydration. The fuel you put into your body determines how you respond and recover from your workouts and races. I have always been a firm believer in moderation and balance with my own nutrition and I would like for you all to take a good long look at your own nutrition and hydration.

This past month I have developed a relationship with a Sports Nutritionist – Kathy

Zawadzki from Denver, Colorado. Kathy offers a very comprehensive look at what your food intake is during a typical week. Kathy analyses your week and produces an individualize report on what your nutritional week should look like. Her e-mail address is [Trainsmart@comcast.net](mailto:Trainsmart@comcast.net). If you would like to talk to me in detail about what type of nutritional support Kathy offers please contact me. I strongly urge many of you to consider this as an option to helping you stay healthy and injury free long term. This cost is \$95.00 for the report, follow up and consultation.

The third most common reason for injuries is: human error. Like trying to talk on the phone while riding your bike, or running into a fire hydrant while running, or running into a barbed wire fence. These are actual events that happened with TrainingGoals.com members.

### December Training

12/13 Colorado Running Co.

12/20 Colorado Running Co.

12/27 El Pomar Fields  
(Behind the new Kohl's on South Circle)

## Pueblo ½ Marathon Race Results

Congratulations to all those who ran the Pueblo ½ Marathon. We took home many age group awards and it was rewarding to share in your joy as you completed the race.

One of our members pointed out we ran on several types of surfaces – concrete, asphalt, gravel road, dirt trail, washed out river bed, and plank and ply wood bridges.

### 26 GW Jones

53 M 1 50-54  
Monument CO  
1:29:12

45 Lisa Rainsberger 41 F  
2 40-44 Colorado Springs CO  
1:35:04

### 49 Bud Rainsberger

47 M 6 45-49  
Colorado Springs CO  
1:35:54

51 Kevin Silsby 36 M  
11 35-39 Colorado Springs  
CO 1:36:11

56 Shannon Meredith  
32 F 1 30-34  
Colorado Springs CO  
1:37:57

58 James E Newton  
46 M 7 45-49  
Colorado Springs CO  
1:38:43

72 Carla Augenstein  
45 F 1 45-49  
Colorado Springs CO  
1:42:49

99 Gary Lee Henry  
37 M 18 35-39  
Colorado Springs CO  
1:47:54

143 Kelly E  
Phillips-Henry 35  
F 9 35-39  
Colorado Springs CO  
1:56:06

199 Ginger M Jeffrey  
41 F 9 40-44  
Colorado Springs CO  
2:04:19

207 Jim M Gessert  
56 M 4 55-59  
Colorado Springs CO  
2:06:15

222 Karen Pfeifer  
43 F 12 40-44  
Colorado Springs CO  
2:08:21

223 Mindy Bent  
29 F 12 25-29  
Colorado Springs CO  
2:08:30

225 Diane K  
Cridennda 51  
F 8 50-54  
Colorado Springs CO  
2:08:45

239 Buzz Borries  
50 M 16 50-54  
Colorado Springs CO  
2:12:47

281 Charlotte  
Galicinao 49  
F 14 45-49  
Monument CO  
2:35:02

282 Ernie Galicinao  
46 M 28 45-49  
Monument CO  
2:35:02

## Jingle Bell 5k Race Results

19 4/13  
Gordon Heuser  
44 Colo Springs  
CO 0:20:36

29 4/15 Annmarie Kiemel  
36 Colo Springs CO  
0:26:59

31 4/15  
Robin Fitch  
46 Colo Springs  
CO 0:27:09  
32 4/13

Susan Junkin  
44 Colo Springs  
CO 0:27:16  
35 5/15

Colleen Badgley  
45 Colo Springs  
CO 0:27:23

47/13 Bugstance  
Heuser 13  
Colorado Springs CO  
0:28:48

## World ITU Triathlon Championships

Susan Williams 24<sup>th</sup>  
overall.

Congratulations  
to all and happy  
training!

Coach Lisa