



Training Goals

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Boston Results

As I watched the Boston Marathon on ESPN2 I could not help but wonder early on in the race if my distinction of being the last American Woman to win Boston was going to fall. 34 year old American Marla Runyun was an early leader and looked strong however, as the race progressed you could see her working effort was becoming more and more labored. Also, I could not help but wonder if Marla carried the muscular strength to compete well on Boston's hilly course. Marla, being *very* thin just did not seem to have the muscular strength to carry her to a victory. Now, speed is another story...Marla holds the American Record in the 5k and is planning on competing in this event this summer in the World Championships in Paris.

GW Jones, of Colorado Springs and one of the athletes I coach ran a very solid 3:34:59. He experienced heat and head winds that slowed him, however, he will head to Chicago this fall to break the infamous 3 hour mark. (GW ran 3:02 last Dec. at the age of 52!)

I still cannot get over Paula Radcliff's 2:15:25 at the London Marathon...

May Training

I hope all of you are familiarizing yourself with my web-site. My intent is to bring more information to you each month and the web is a great vehicle to do so. If you are struggling with the web-site I will gladly walk you through the site. Also, if you have any suggestions as items you would like to see posted please send me an e-mail with your thoughts.

If you would like to personalize your User Name or Password please send me an e-mail to Lisa@TrainingGoals.com and I will gladly change them for you.

The Perfect jar of Spaghetti Sauce...

Pasta is a regular at our house and I think I have finally found the perfect jar of Spaghetti Sauce – **Emeril's Puttanesca**. Why? Because it kicks! It can be purchased at Albertson's for \$3.99 a jar. This is about a dollar more than most pasta sauces, however worth it.

Why am I so thrilled about this sauce? There is no sugar added. Zero grams of sugar. Sugar is in almost every thing we eat. Simple processed sugar. Why is this so bad? Well, as an endurance athlete you want to consume carbohydrates that are complex. Complex carbohydrates are more stabilizing and sustaining. Simple sugars process quickly, give you a sugar "high" then drop you like a bad habit. Therefore, anytime you can eliminate or replace the simple sugars from your diet the better.

Have you ever picked up a jar of spaghetti sauce and read the ingredients? Some brands such as Prego have up to 17 grams of sugar per serving. Others like Paul Newman, Ragu, Store Brand average 6-10 grams of sugar. Why do manufacturers add sugar? For flavor and it is an inexpensive filler.

Emeril's Sauce Ingredients? Crushed Tomatoes, Water, Tomato Paste, Black Olives, Green Olives, Fresh Onions, Fresh Garlic, Capers, Canola Oil, Anchovies, Salt, Corn Starch, Extra Virgin Olive Oil, Black Pepper and Spices.

(Don't get worked up about the Anchovies!)

New Members

We have had several new members join the Group Runs. Please welcome:

Ann Flemke

Doug Stevenson

Ginger Jeffrey

Kevin Silsby

Lori Cordova

Holly Anlian

Shannon Meridith

Training Locations

5/03 – Colorado Running Company. Corner of Cache la Poudre and Tejon St. 8:00 am sharp. The bathrooms will be open for our use ☺. (Lisa will be gone however, my handy assistant and husband Bud will be present and taking roll call!)

5/10 – Colorado Running Company. 8:00 am

5/17 – Colorado Running Company. 8:00 am. Lisa will be gone. However the group will still meet.

5/24 – Waldo Canyon (weather permitting). We will carpool from the Manitou Springs Public Swimming Pool Parking lot then drive up to Waldo. Parking is limited at Waldo so plan on meeting at the pool by 7:45am. We will load up a few cars and drive up to the Waldo Canyon Trail Head. Directions, take Hwy 24 to the main Manitou

Springs exit. Once you exit go right and just after the Hwy underpass you will see the Swimming Pool Parking Lot on your right. Please be prompt. If you choose to drive up to Waldo take Hwy 24 West. The Trail head is about 5 miles past Manitou Springs and on the right. Be aware that the turnoff comes up quickly.

5/31 – Colorado Running Company. 8:00 am.

Wednesday Group Runs will all meet at Monument Valley Trail at the Water Cooler 12:00 noon or 5:30 pm

Good luck to the Athletes who are Competing this Weekend:

Tami Collier: St. Anthony's Triathlon. Tampa, Florida

Colleen Badgley: Nashville Country Music Marathon

Annie Kiemel: Nashville Country Music Marathon

Lynn Vance: Nashville Country Music Marathon

Lisa Rainsberger: St. Anthony's Triathlon. Tampa, Florida.

Brandon Taylor: Dixie Games, Warm Springs, GA

Bert Burns: Dixie Games

Chris Malcom: Dixie Games

Happy Training!!!

Coach Lisa