SOUTHERN CALIFORNIA

ZIP . . . . . .

The Newsletter of the Inland Empire Racewalkers
P. O. Box 261, Riverside, CA 92502

December 2008

The Folks Who Guide IER

President: Al Lynch
Secretary: Dorothy Joy, Yvonne Weber
Treasurer: Christine Timms
Coach Emeritus: Mel Grantham
Race Director: Dave Snyder
T-Shirt Sales: Patti Kennedy
Fluid Replacement: Ralph Hannibal
Club Award: Christine Timms
Club Activities Chair & Librarian: **Open**
Newsletter Editor: Cliff Veasey, Christine Timms

President's Message

To our Members and Friends,
A Special Thank You.

It is with great appreciation to Karn and Suzanne for hosting this year's party.

At this time, it is also appropriate to thank Janet Ellerman for hosting our post Run Through the Pines pot luck. It was a beautiful setting with great food and music. It certainly was a very memorable summer afternoon.

It wouldn't be Halloween without the annual trek to Galen and Jenny Dean's home for our annual Halloween Pot Luck. Galen and Jenny have been extremely generous to IER and through their efforts they have helped in the establishment of a club tradition which is well attended each year.

Have the Happiest of Holiday Seasons and hope for Peace and Prosperity for 2009. See you next year!

Al

Meeting Minutes
Minutes of IER meeting, Nov. 1, 2008

No treasurer's report but we have money in the checking account per Christine.

Jan Adams gave a report on the Friends of Fairmount Park meeting in Oct.

- There will be several fund raising functions.
- In the past there have been plans to cover the locomotive. These will be reviewed.
- At each of the Friends of Fairmount Park meeting there is a police update on the area. At present the park is patrolled by "rent a cop". Randy, the ranger, is overseeing the park.
- The SailBoat Club will be back next summer.
- There will be a controlled burn of the Island for sanitary purposes.

The "Trails" task force is asking for your ideas before their next meeting in November in order to finalize plans. All trails must be made of decomposed granite and have fencing.

Palm Desert Sr. Games, 5K and 1500 meters. Palm Desert High School 10 AM. Race Walk division. Feb. 8, 2009.

Dave Snyder has received the IER re-registration form from Track and Field. There may be members who need to bring their Track and Field memberships up-to-date.

Flo thanked all for their donations to the Undie 5000 race she is doing in honor of a dear friend who died of colon cancer.

May 17, 2009 will be MAY FEST. Mark your calendars and plan to help to make this another eventful walk.

Flo told of the Buzz walk in Paso Robles/Camp Roberts, on Feb. 14th 2009. There is a full marathon, ½ marathon and a 5K. Cost, about $35.

The Palm Springs ½ marathon relay is on Feb. 15, 2009. If interested in being on one of the teams, be sure to get your name in the "pot" for the January 2009 meeting. Names will be drawn at that meeting, setting up the teams. This is always a lot of fun. Plan to join-in.

Who Has Arthritis?
By: Cindy Eggert

Anti-inflammatory drugs are often prescribed to help ease the pain of arthritis. It appears that if you incorporate particular foods into your diet, you may be able to alleviate some of the inflammation naturally. In a recent article "Anti-Inflammatories: The New Superfoods," Anne Underwood reports that there are foods that have anti-inflammatory properties. Flaxseed, tuna, salmon, walnuts, dark greens (like spinach and kale), sweet cherries, blackberries, strawberries, raspberries, apples, onions, tomatoes, and bell peppers were all listed as having anti-inflammatory properties. Basically, is seems that if we just eat a really well-balanced, healthy diet like we have heard about for the prevention of so many other ailments, we can help inflammation too. Wow, go figure!

Peanut Energy Bars
By:Dorothy Joy

Individually wrap in plastic and keep at room temperature for up to 1 week or freeze for up to a month. Thaw at room temperature.

Sports nutritionist Nancy Clark loves this carbohydrate-rich bar, which was adapted from Amy Harrison's prize-winning submission in the Plains (Georgia) Peanut Festival recipe competition. It includes a little protein, and is a great grab-and-go pre-workout snack on mornings when you don't have time to digest a full meal.

½ cup dry roasted salted peanuts
½ cup roasted sunflower seeds or other chopped nuts.
2 cups raisins or other chopped dried fruit
2 cups rolled or instant oats
2 cups toasted rice cereal, such as Rice Krispies
¼ cup toasted wheat germ (optional)
½ cup creamy or crunchy natural peanut butter
½ cup packed brown sugar
½ cup light corn syrup or honey
1 tsp. vanilla extract

1. Coat an 9-by-13 baking pan with cooking spray.
2. Combine peanuts, sunflower seeds (or other nuts), raisins (or other dried fruit), oats, rice cereal and wheat germ (if using) in a large bowl.
3. Combine peanut butter, brown sugar and corn syrup (or honey) in a large microwaveable bowl, microwave on High until bubbling, 1 to 2 minutes. Add vanilla and stir until blended. Pour the peanut butter mixture over the dry ingredients and stir until coated
4. Transfer the mixture to the prepared pan. Press down firmly. (It helps to coat your fingers with cooking spray.) Let stand for about 1 hour to harden. Cut into 16 bars.

Per serving: 255 calories; 9 G fat (1G sat, 2G mono); 0 mg cholesterol; 42 G carbohydrate; 5G protein; 3G fiber; 95 MG sodium; 242 MG potassium

I have made these a couple of times. Never with just peanuts because they weren't in the house. I have used pecans instead of sunflower seeds, craisins and crunchy peanut butter. They have been well received by all who try them. And they need to be wrapped and sit for overnight for best texture.

Spice is nice
Adapted from Masters Athlete (March - April 2008)

Spices are an excellent way to jazz up bland chicken and fish (the same can't be said for most marinades). A bit of curry or chili powder can transform a ho-hum dish into a different taste experience.

Plus, many spices can be used in place of salt, which can raise blood pressure levels if consumed too liberally.
Additionally, spicy food is often enjoyed leisurely and eating more slowly allows extra time for your intestines to send a message to your brain that you are full. Here are four powerhouse spices that athletes should incorporate into their everyday eating.

CINNAMON
This dried bark of a tree indigenous to Sri Lanka seems to be a weapon in the battle against diabetes and heart disease. The spice improves insulin's ability to move sugar out of the blood and into the muscle, where it can be used for energy. In addition to diabetes, high blood sugars are a contributing factor to unwelcome weight gain.

Oatmeal, sweet potatoes, smoothies, yogurt, and rice can benefit from a sprinkling of cinnamon. With green tea, coffee and hot chocolate, you can add a flavor and health kick by dropping in a cinnamon stick.

CAYENNE
The phytochemical capsaicin gives cayenne its steamy personality and chili its heat. Researchers in the International Journal of Obesity determined that exposure to appetite-suppressing capsaicin reduced calorie and fat intake in subjects.
Feeling the winter blues? In response to the minor discomfort produced by cayenne's burn, the brain releases endorphins - substances which create a sensation of pleasure or a so-called "high". Pain reduction, improved immunity and fewer stomach ulcers are other good reasons to turn up the furnace on your fare.

Mix cayenne with turmeric, sea salt, garlic, oregano and black pepper to make a hot rub for beef, poultry and fish. Add a dash of cayenne to popcorn, oil and vinegar dressing, toasted nuts, scrambled eggs and soups.

TURMERIC
Stained Tupperware is a small price to pay considering the health boost this yellow spice native to India and Southeast Asia brings to the table. Turmeric (a prominent component of curry powder) is teeming with phytochemical curcumin, which acts as a string anti-inflammatory. The spice helps reduce risk of heart disease and cancer, eases symptoms associated with arthritis and improves exercise recovery.

Turmeric's slight pungency works well in a number of dishes such as stir-fries, casseroles, soups and stews. Next time you're cooking rice, quinoa and other grains, toss in a half teaspoon of turmeric powder into the pot for Indian flavor.

NUTMEG
Consider adding a dash of nutmeg to your post-workout smoothie. Free radicals are compounds produced during exercise and are believed to contribute to muscle soreness, fatigue and prolonged recovery time. Nutmeg has heaps of anti-oxidants, including myristicin, which helps the body resist inflammation.

Sweet in character, nutmeg is best used sparingly, but provides added flavor to breads, cookies, cakes, coffee drinks and scrambled eggs. Nutmeg compliments vegetables very well, especially cooked root vegetables such as squash and spinach.

This is an article first published in Runner's World in July 2003
By: Liz Applegate

Apparently, the information is still good as RW re-published it in 2007.

Is a reduced-fat food truly a better option than its full-fat counterpart? Are vegetarian products more healthful than non-vegetarian versions? Having so many seemingly healthy choices makes it difficult to know for sure which foods are best for you and your running/walking.

Regular Peanut Butter vs. Reduced-Fat Peanut Butter

Liz's pick: regular peanut butter. Check the label, and you'll find that both versions pack about 190 calories per 2-tablespoon serving. But, while the reduced-fat variety has less fat (12 grams versus 16 grams in regular), it has considerably more sugar.

Even if you're looking to slash the fat in your diet for better heart health, you'll still want to stay away

from the reduced-fat varieties. Why? Reduced-fat peanut butters contain hydrogenated vegetable oil, which is a primary source of artery-clogging trans fats. In comparison, regular peanut butter is a natural source of cholesterol-lowering monounsaturated fats. So when you opt for a reduced-fat peanut butter, you actually end up eating more unhealthy fats. And thanks to the healthy fats and the disease-fighting phytochemicals in regular peanut butter, it should be a part of every runner's diet. Bonus: The fat in peanut butter helps you feel full, making a PB and apple snack a great way to stave off late-afternoon hunger.

Multi-Grain Bread vs. 100-Percent Whole-Wheat Bread

Eating whole-grain bread makes great sense for runners/walkers because it packs a hefty dose of rejuvenating carbohydrates--about 40 grams in two slices. Aim for at least that many carbs soon after a tough run to restock glycogen stores. And on a daily basis, runners logging 20 to 40 miles per week should eat eight to 12 servings of grains, with one slice of whole-grain bread or a half-cup of whole-grain pasta counting as one serving.

Reduced-Fat Potato Chips vs. Baked Potato Chips

Liz's pick: baked potato chips. By going "baked," you can get the great crunch of a potato chip without all the fat. A 1-ounce serving of baked chips (about 11 chips) has 130 calories, only 1.5 grams of fat, and 2 grams of fiber, while a reduced-fat version packs 140 calories, 7 grams of fat (1 gram of it saturated), and half the fiber.

Baked chips fit easily into a performance-oriented diet. Eat them with nutrient-rich salsas or yogurt dips (try a dip with clams for added protein and zinc). But always keep an eye on the portion size (remember, 11 chips is about a 1-ounce serving). If you open a bag and munch mindlessly, you'll eat way more than a serving or two in no time.

Turkey Franks vs. Beef Franks

Liz's pick: neither. You'd assume the safe money would be on the turkey franks. But while most turkey franks have slightly less fat than beef hot dogs, they're both still loaded with fat. A traditional beef frank has about 16 grams of fat and 180 calories, compared with a regular turkey frank that weighs in with about 13 grams of fat and 150 calories. And since much of the fat in either frank is saturated, these dogs are best kept off your plate.

If you like hot dogs, opt for a soy brand or a reduced-fat version, such as Healthy Choice franks. Soy dogs taste great and come packed with extra nutrients you won't find in traditional dogs, such as 20 percent of the Daily Value for iron and 15 percent of the Daily Value for zinc. Soy dogs also supply about twice the protein of traditional dogs. As for reduced-fat franks, most come with just a few grams of fat and less than half the calories of regular franks (brands vary so check the Nutrition Facts food label).

Frozen Yogurt vs. Light Ice Cream

Liz's pick: light ice cream. Sure, yogurt sounds healthy--and, for the most part, it is. But in frozen form, yogurt can pack more sugar and calories than you expect. A half-cup serving of regular frozen yogurt contains 200 calories, about 5 grams of fat, and more than 4 teaspoons of sugar, while light ice cream comes with only 120 calories, less than 3 teaspoons of sugar, and the same amount of fat, with slightly less saturated fat.

Sweet treats are a must for runners/walkers (there, you have it in writing). Since your running/walking burns calories, fun foods like ice cream can easily fit into your healthy diet. During the summer months, top off a bowl of it with seasonal fresh berries and chocolate syrup. Or toss a scoop of light ice cream into the blender along with two types of fruit and a splash of fruit juice for a great recovery shake after your workout.

Frozen Meat Lasagna vs. Frozen Vegetarian Lasagna

Liz's pick: meat lasagna. The meat version came out on top with less fat, more protein, and the same amount of fiber as the vegetarian lasagna, which was loaded with fatty cheeses. Of course, brands vary, so read labels carefully to determine your best choice.

Frozen entrées such as lasagna make great meals. Serve it with a large mixed-greens salad and steamed vegetables. The leftovers make an easy

take-along-to-work lunch or a post workout meal with some whole-grain bread.

Light Soft Margarine vs. Yogurt-Based Spread

Liz's pick: too close to call. In this instance, go with your taste preference. Both of these options save on fat and saturated fat compared with regular margarine and butter. A tablespoon serving of light margarine or yogurt-based spread supplies about 50 calories and five grams of fat (with one gram saturated). That's a 60-percent fat savings compared with the full-fat versions. But both spreads contain hydrogenated vegetable oil, so you do get a tad of trans fats with them.

Soymilk vs. Low-Fat Milk

Liz's pick: low-fat milk. Thanks to its high-protein and low-fat content, low-fat milk (1-percent fat) is the winner here. An 8-ounce serving comes with 130 calories, just over 2 grams of fat, and 11 grams of protein (about 20 percent of the Daily Value), while soymilk provides the same number of calories, 4 grams of fat, and 7 grams of protein. But both are calcium rich, containing 30 percent of the calcium Daily Value. Yes, soymilk comes with health-boosting isoflavones that may stave off heart disease and cancer. But according to new research, milk drinkers have a reduced risk of developing insulin resistance syndrome, which typically leads to Type 2 diabetes and heart disease.

That said, runners/walkers shouldn't bypass soy. Soymilk remains a wonderful soy option along with soy burgers, tofu, and a host of other soy products including tasty soy "sausages." Runners need more protein than sedentary folk (about 70 to 100 grams daily), and both low- and nonfat dairy, along with soy, are excellent protein sources.

Health
By:Lambeth Hochwald

What if there was something simple you could do every day that would burn calories, be good for your heart, and help you stay young. You'd do it, right?

Well, that's why researchers and doctors are so gung ho about walking, especially in light of new research that credits it for everything from cutting breast-cancer risks to helping you sleep.

Walking is not just a weenie activity for the nonathletic, says Michelle Look, M.D., national medical consultant to the Breast Cancer 3-Day Walk and a physician who specializes in sports medicine in San Diego, California: "It's good for just about anybody, and the health benefits are particularly significant for women." Here, eight reasons to start walking -- or just walk a little more often. **Health.com: Sneak more walking into your life**

1. It's great for the heart

In a recent study conducted at Duke University Medical Center, researchers found that walking briskly for 30 minutes every day lowers your odds of developing metabolic syndrome, a cluster of risk factors linked to higher risks of heart disease, diabetes, and stroke. Roughly 24 million women in the United States have metabolic syndrome. Don't have time for a daily half-hour walk? Try multitasking: A British study found that active commuting (incorporating walking and cycling into your sedentary commute) is associated with an 11 percent reduction in heart-disease risk, especially among women.

2. It cuts breast-cancer risks

Walking, even for a few hours a week, significantly reduces breast-cancer risk, according to a study published in the Journal of the American Medical Association. The thinking is that walking helps reduce levels of body fat, a source of estrogen. The research looked at 74,000 postmenopausal women between the ages of 50 and 79. Those at a normal weight lowered their risk by 30 percent; those who were overweight, by 10 to 20 percent. Younger women may also gain similar benefits.

3. It helps you sleep

A brisk walk in the afternoon will help you get a better night's sleep, according to the National Sleep

Foundation. Experts say that walking may boost levels of the feel-good hormone serotonin, which relaxes you. Or, the rise in body temperature brought on by walking may signal the brain to lower your temperature later, which promotes sleep. (Avoid a walk two hours before bed --that's too late to cool down.)

4. It cuts down on aches and pains

Walk the "Chi" (pronounced chee) way and you could have fewer achy days. Nine years ago, Danny Dreyer, an ultra-marathoner then living near San Francisco, California, invented ChiWalking, which incorporates ideas from Tai Chi, yoga, and Pilates. It looks like regular walking but, because you consciously relax, improve the alignment of your body, and involve arm movements, puts less stress on the legs while you walk. That means fewer aches. "ChiWalking can cut down any risk of injury," says Alice Peters Diffely, a ChiWalking instructor in Portland, Oregon. "Your whole body will feel better."

5. It makes you happy

Walking can relieve depression, anxiety, and stress. Just one 30-minute walk may make you feel better when you're down, University of Texas researchers found. Head out for 90 minutes five times a week and you'll get the biggest boost, according to a new study from Temple University. One possible explanation: Walking helps the body produce endorphins, the mood-boosting chemicals linked to "runner's high." **Health.com: Get the most out of your walk**

6. It keeps you slimmer

Walking for 30 minutes a day can prevent weight gain in most people who are physically inactive, according to another Duke study. And researchers from Brown University and the University of Pittsburgh showed that women who walked for an hour five days a week and consumed 1,500 calories a day lost and kept off 25 pounds over the course of a year. The reason walking helps control your weight: It's easy! "The harder the exercise is, the less people will do it," says Johnny Benjamin, MD, chairman of the department of orthopedics at Indian River Medical Center in Vero Beach, Florida. **Health.com: How one woman lost 45 pounds by walking with friends**

7. It staves off senior moments

Several studies in older people suggest that walking -- even for as little as 45 minutes a week -- helps ward off Alzheimer's disease. Regular strolls are also linked to mental sharpness in seniors. But regardless of your age, walking is likely to help keep your mind active, Benjamin says-particularly if you stroll with friends; walking while talking is a surefire brain booster.

8. It protects your bones

Just 30 minutes of walking three times a week does wonders to prevent and treat thinning bones. This kind of exercise, which uses 95 percent of your muscles, actually pushes your bones to get stronger so they can handle the load. "Walking," Look says, "is not just for cardio."

WALKING EVENTS

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January, 2009			
	Disney World ½ marathon	Jan. 10	Florida
	Disney World Marathon	Jan. 11	Florida
	Rock n Roll, Arizona Marathon / ½ Marathon	Jan. 18	Phoenix, AZ
	*Grand Prix, Pasadena 10 mile, 5K Racewalk	Jan. 18	Rose Bowl, Pasadena, CA
	Carlsbad Marathon / ½ Marathon	Jan. 25	Carlsbad, CA
February, 2009			
	Surf City Marathon, ½ Marathon	Feb. 1	Huntington Beach, CA
	Buffalo Run ½ Marathon	Feb. 7	Catalina Island, CA
	*Palm Desert Sr. Games		
	#Palm Springs ½ Marathon / Relay	Feb. 15	Palm Springs, CA
	Lost Dutchman Marathon	Feb. 15	Apache Junction, AZ
March, 2009			
	Napa Valley Marathon	Mar. 1	Napa Valley , CA
	*Easy Striders St. Patrick Day Race Walk		Huntington Beach, CA
	Pasadena Marathon / ½ Marathon	Mar. 22	Pasadena, CA
	Shamrock Marathon / ½ Marathon	Mar. 21	Virginia Beach, VA
	Big Sur Mud Run	Mar. 28	Seaside, CA
	#Woman Running Wild	Mar. 29	Palm Springs
April, 2009			
	Santa Anita Derby Day, 5K	Apr. 4	Arcadia, CA
	Sacramento Zoo Zoom	Apr. 10	Sacramento, CA
	Country Music Marathon / ½ Marathon	Apr. 25	Nashville, TN
	Big Sur	Apr. 26	Big Sur, CA
May, 2009			
	OC Marathon, ½ Marathon, 5K	May 3	Orange County
	#*Mayfest	May 17	Riverside
	Run Through Redlands		Redlands
	San Diego Rock n Roll Marathon	May 31	San Diego
June, 2009			
	#*Fontana Days		Fontana
	Rock n Roll, Seattle Marathon / ½ Marathon	June 27	Seattle, WA
July, 2009			
	#Claremont 5000	July 4	Claremont, CA
	Napa to Sonoma Wine Country ½ Marathon	July 18	Napa/Sonoma, CA
	San Francisco full, ½, 5K progressive	July 26	San Francisco, CA
August, 2009			
	#*Run thru the Pines		Lake Gregory, Crestline
September 2009			
	Disney Family 5K	Sept. 5	Anaheim, CA
	Disneyland ½ Marathon	Sept. 6	Anaheim, CA
	Rock n Roll ½ Marathon, V. Beach	Sept. 6	Virginia Beach, VA
	Los Angeles Co. Health Run		Rose Bowl, Pasadena, CA
	ING Philadelphia Distance Run	Sept. 20	Philadelphia, PA

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