



ARIZONA NATIONAL GUARD ATHLETIC CLUB NEWSLETTER December 2010

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Last month I was invited to give a presentation as part of the health readiness briefings during the reintegration activities (Yellow Ribbon Program) and provide a information table about the club, good news since then our membership increased by 34 for a total of 185 members not bad for just over one year since forming the club. During the December reintegration activities I expect a growth of another 40 plus athletes, at this rate of growth and activities maybe it's time to truly formalize the club (more to follow on this).

It's been a busy month with all the different events that our members have participated in from supporting the Wounded Warrior Project (Soldier Ride), Cycling and Running events, and of course the BIG DADDY "Arizona Ford IRONMAN". Check out the results some outstanding times posted.

There are a lot of events occurring within the next couple quarters so review them and develop your personal schedule then post it on your refrigerator so that you see it every day, maintain your focus and physical discipline. I've attached my personnel event schedule for the next few months as an example and maybe some of you would like to join me.

Send me your stories and pictures of your events so you can share your positive and negative experience.

Email me if you have any suggestions/ideas to improve and/or address any areas of interest that you would like to read about in future newsletters.

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Gilbert Soto (Tour de Tucson 2010), Robert Allen, Roland Gonzalez, Maurice & Nicky Wells, David Martinez

UPCOMING EVENTS: (www.getsetaz.com for a complete list)

1st Annual Recycle 5k Run
Presented by All Arizona Running Events
December 12, 2010
www.allarizonarunningevents.com

Toys for Tots Jingle Bell Run 5k
Presented by Four Peaks Racing
December 18, 2010
www.4peaksracing.com

5th Annual Frosty's Run
Presented by All Distance Running
December 19, 2010
www.alldistancerunning.com

Desert Classic Duathlon
Presented by TriSports.com
February 20, 2011
www.desertclassicduathlon.com

Tour de Cookie
Presented by Blue Pant Racing
January 9, 2011 (Phoenix), January 30, 2011 (Tucson)
www.tourdecookie.com

12 Hours in The Papago
Presented by Red Rock Company
January 8, 2011
www.redrockco.com

RACE RESULTS:

24 Oct – Army 10 Miler

- Mary Williams - Finishing time of 1:40:57

30 Oct 10 – Cave Creek Thriller

- Kevin Herzinger – 30k – 16th Overall with a finishing time of 4:38:50

12-14 Nov – Susan G. Komen 3 Day for the Cure

- Amber Hodge, Jennifer Nemcek, Heather Perez, Jason Drissel, Samantha Robles – They raised over \$4,000 and walked 60 miles each over the 3 days.

14 Nov – Aflac Iron Girl 10 Miler

- Amber Johnson finished 16th in her division with a 8:14 pace

- Diana Lutfy finished 18th in her division with a 8:59 pace

14 Nov 10 – Cave Creek Bike (Road Bike) Festival – 35 Miler

- Maurice Wells, Nicky Wells, Roland Gonzalez

20 Nov 10 - Dust Devil Mountain Bike Series #3 (White Tanks)

- Robert Seals – Rock Crusher overall 2nd Place with a time of 1 hr 6 mins

20 Nov – El Tour de Tucson

- Jack List – 109 Miler, 10 hrs 15 mins with a 10.6 mph pace

- Ken Thompson – 109 Miler, 6 hrs 52 mins with a 15.8 mph pace

- James Dean – 109 Miler, 7 hrs 19 mins with a 14.8 mph pace

- Scott Timmerman – 109 Miler, 8 hrs 23 mins with a 13 mph pace

- Rodney O'Hara – 109 Miler, 6 hrs 52 mins with a 15.8 mph pace

- Gilbert Soto – 109 Miler, 6 hrs 50 mins with a 15.9 mph pace

- David Martinez – 80 Miler, 4 hrs 44 mins with a 16.7 mph pace

- Robert Allen – 66 Miler, 4 hrs 09 mins with a 15.9 mph pace

- Nicky Wells – 66 Miler, 5 hrs 50 mins with a 11.3 mph pace

- Maurice Wells – 66 Miler, 5 hrs 50 mins with a 11.3 mph pace

- Roland Gonzalez – 66 Miler, 6 hrs with a 11 mph pace

21 Nov – Ford Arizona Ironman (2.4 mile Swim, 112 mile Bike, 26.2 mile Run)

- Dustin Benker – 12:31:20

- Aaron Vangelisti – 14:02:34

- Erik Wichmann – 14:02:34

- Hoyt Slocum – 16:37:59

21 Nov – Philadelphia Half Marathon

- Chase Duarte finished 7th overall in his age division with a 1:25:38 finishing time

25 Nov – Mesa Turkey Trot 10k

- Freddie Ortega – finishing time of 51:34

NUTRITION TIP: Before the Big Event: Carbohydrate Loading

By Ryan Hutmacher and Sara Haas



The infamous pre-race pasta dinner...is it a necessity, or waste of time and calories? Is that big plate of pasta before the big event really that helpful? Athletes have practiced the ritual of consuming high carbohydrate foods before an event since the late 1960's. Scientists have conducted multiple studies since then that prove that carbohydrate loading increases an athlete's endurance.

The goal of carbohydrate loading is to increase glycogen, or energy, stores in the body. By optimizing the consumption of carbohydrates, athletes can improve their ability to delay fatigue. Carbohydrate loading is especially important for triathletes, who typically participate in events that last longer than 90 minutes. Maximizing carbohydrate intake can begin as early as seven days or as little as 24 hours before the event. Triathletes should aim to consume between 3.5-5.5 grams of carbohydrates per pound of body weight. This amount provides sufficient energy to prevent glycogen depletion.

The type of carbohydrate is also important to consider. Choose foods with a moderate amount of fiber, tapering the amount you consume the day before the event. Avoid consuming too many processed, refined white starches, which can lead to constipation. Pick easily-digestible carbohydrates and pass on foods that contain excessive sugars. Also, do not wait until the day before the event to experiment with carbohydrate loading. It is important to try out different techniques during training to determine appropriate amounts and which types of carbohydrates work best.

Aim for whole grain pastas, brown rice, lean proteins, vegetables and fruits. Avoid high fat and processed foods. Feeling inspired? Try out the recipe below to enjoy the night before a big training run, bike or swim.

NUTRITION TIP #2: Surviving the Holidays

By Jennifer Koslo, MS, RD, CSSD, CPT

The holidays are just around the corner and as our schedules become tight with our holiday to-do lists, sometimes our pants get tight as well! Making time for eating right and getting physical activity during this hectic time of year can be a challenge, but with the right attitude, some planning, and some reminders, you can start the New Year feeling great!

Nutrition Tips for Surviving the Holidays:

- Keep an eye on portion sizes and aim to fill up on your 5 to 9 servings of fruits and vegetables a day
- Plan treats and homemade cookies into your day but substitute them for part of your fats or your grains rather than having them in addition to those foods
- Have a bowl of soup, a V-8, or some hummus and vegetable sticks before you go to a party to prevent you from overeating
- Modify your recipes to make them lower in fat and calories so you can still enjoy your favorite foods without going over your calorie budget

Physical Activity Tips for Surviving the Holidays:

- Exercise first thing in the morning before the day gets busy
- Lay out your gym clothes and sneakers the night before and set your alarm clock 30 minutes early
- Buy an exercise DVD for those days when getting to the gym just isn't an option
- Incorporate physical activity into your holiday gatherings – play touch football, go for a hike, ride a bike
- Lose the “all or nothing” attitude – some physical activity is better than none at all

When the days get shorter and the winter sky becomes cloudy, people spend less time outdoors and do not spend 20 minutes or more in the sun; the time required for your body to make sufficient Vitamin D. Read on to learn more about Vitamin D and the important roles it plays in health:

Vitamin D: The Wonder Vitamin: Vitamin D, specifically vitamin D3 cholecalciferol, has been receiving a lot of positive press lately and may be one of the most underrated vitamins. Medical journals have been publishing the latest research findings on vitamin D and the implications it has on health. But who has time to wade through all of those studies to find the bottom line? What exactly do these findings mean for your health? To find out the answers to those questions and more, pull up a chair in the sun, pour yourself a tall glass of vitamin D fortified beverage and read on!

Just the facts: What is vitamin D?: Vitamin D is technically not a vitamin but is a secosteroid hormone that interacts with almost 1000 genes in the body. The fact that it functions as a hormone and interacts with so much of our DNA makes it easy to see how it can be a factor in the pathology of heart disease, stroke, hypertension, autoimmune diseases like multiple sclerosis, diabetes, depression, chronic pain, osteoarthritis and osteoporosis, birth defects, periodontal disease and at least 17 varieties of cancer (Vitamin D Council, n.d.).

There are three forms of vitamin D: cholecalciferol, calcidiol, and calcitriol. The first is the naturally occurring form that is made in large quantities in your skin when exposed to the sun, is also referred to as vitamin D3 and is the form that can be taken as a supplement. Calcidiol is the prohormone form that exists in your blood that is made from cholecalciferol and when being tested for vitamin D deficiency calcidiol is the blood test that should be drawn. The actual test for calcidiol is known as 25-hydroxyvitamin D. Calcitriol is made from calcidiol in the kidneys and other tissues and is the most potent form with anticancer properties. Calcitriol is often referred to as the active form of vitamin D but it should not be used to determine if you are deficient in vitamin D.

What are the current recommendations?: Currently vitamin D recommendations use micrograms as the unit of measure and for adult males and females ages 19-50 intake is set at 5 ug and for ages

51-70 it is 10 ug. You will also see recommendations use the new International Units (IU) and one ug equals 40 IU making the current RDA for those 50 years and younger 200 IU.

How much vitamin D does my skin make?: Just 20-30 minutes of full skin exposure to the midday sun or to the lights in a tanning booth will result in the production of 10-50,000 units of vitamin D which is more than enough to meet your needs. However there are many reasons that people don't get 20-30 minutes of sun exposure. Sunscreen, clothing and glass all block the UVB rays that make vitamin D. In addition, many people live in areas where there is a lack of sunlight due to cloud cover or colder temperatures.

Importance of vitamin D and health: The most important part of vitamin D metabolism that you need to understand is that after cholecalciferol is made by the skin or taken as a supplement it is transported to the liver and converted into calcidiol. Calcidiol is important for maintaining blood levels of calcium and for the majority of people, this regulation of calcium by way of the kidneys is what uses up the typical vitamin D intake.

However, and this is key, if you take in enough to satisfy the first pathway and have enough left over, then a second vitamin D pathway leads to the tissues where all of the health benefits discovered in the last 10 years occur. Having extra calcidiol in your body is important because it can then go into the many cells in your body that are able of making their own calcitriol which is a potent product for fighting cancer. Another important point is that tissue calcitriol levels continue to increase with intake turning on more genes that are essential to preventing diseases like cancer.

Toxicity protection: Vitamin D may not be toxic in high levels as formerly believed. The body has natural protection against excessive tissue calcitriol levels. The more calcitriol that is made the more that is metabolized and excreted in the bile. Under natural conditions that include sun exposure your skin produces upwards of 10,000 IU and research has indicated that vitamin D is safe when used in doses that are similar to those produced naturally, i.e. up to 4,000 IU (Vitamin D Council, n.d.).

Bottom line: Research findings warrant an increase in the current Dietary Reference Intake of 200 IU of vitamin D a day. Ask your doctor for a 25-hydroxyvitamin D test if you suspect you are deficient. Your blood levels should be between 50-80 ug/ml year round. You can make sure that you are getting adequate vitamin D by spending at least 20-30 minutes in the sun, regularly using a tanning bed in the colder months, and taking a vitamin D supplement.

Reference: Vitamin D Council (n.d.) Understanding vitamin D cholecalciferol. Retrieved September 14, 2008 from <http://www.vitamindcouncil.org/>

TRAINING TIP: Double Duty; Run twice a day to get stronger and faster—sooner (Ed Eyestone: Runner's World)



Amber Johnson (Iron Girl 10 Miler)

From the time I was in high school, and throughout the 14 years I spent running professionally, running twice a day was a staple of my training regimen. Five days a week, I'd do an easy six miles or so in the morning and follow it with a hard workout in the afternoon. Doubling up allowed me to run long on Saturday, take Sunday off, and still get the same 90 to 120 miles my competitors were racking up.

By running more often, you reap the same fitness benefits you get when you boost the duration and intensity of any one run: reduced body fat, increased VO2 max, and improved muscle tone. You just get those benefits sooner.

I definitely felt the advantages of running twice a day. My morning run was easy enough that I wasn't exhausted in the afternoon. But I wasn't fresh either, so it got me used to training through fatigue. I always rehydrated, rested, and refueled before the afternoon run, so I had a much better chance of hitting a quality pace than if I'd tried to grind out those same miles on the end of one long run. Here's how to make doubles work for you.

Build Slowly: Start by doing two-a-days twice a week. Initially, the extra workout can be 20 minutes. When you first add it on, drop the length of your main workout by 10 to 15 minutes. As you get more comfortable, bring the main workout back to its original level and extend the first run to 40 minutes. You can double up on as many days as you want. Just spend at least two weeks at each stage before adding more miles.

Recover Right: Allow at least four hours between your workouts so you can recover fully. After the first run, be sure to rehydrate, and consume at least 500 calories within 30 minutes of finishing to help speed recovery.

Mix and Match: Stay alert for aches and pains, and fiddle with the formula until you find what works best for you. Many of my runners prefer to add a run in the morning when they know they have a hard workout in the afternoon. The easy run gets them loosened up for the hard work later. Others prefer to add extra workouts on their easy days because they're not as fresh after the morning run. Try some of the combinations below.

Two Timing: Each of these paired workouts has its own unique benefits.

A.M.: 3 to 4 at easy aerobic base pace

P.M.: Interval workout (e.g., 6 x 800)

PAYOFF: Provides extra aerobic work without fatigue, gets blood flowing through muscles

A.M.: 4 to 5 miles at easy aerobic base pace

P.M.: 4 to 8 miles at a conversational pace

PAYOFF: Improves running economy, boosts weekly mileage, and provides a good fitness base

A.M.: Long run; or 5-K or 10-K race

P.M.: 2 to 3 miles at a conversational pace

PAYOFF: Increases blood flow to muscles, flushes waste from muscles, and speeds recovery

SAFETY TIP: Changing Weather Means Changing Clothes

by: Jeff Lockwood, Life Sport Inc.

With the fall weather upon us, finding the right clothing to wear especially early in the morning can be a challenge.

Sometimes poor decisions in clothing selections are made because of a lack of bike handling skills. You might not have thought of it that way but in reality this occurs all too often. With an uncertainty of overheating and not being able to remove clothing while riding, most people tend to suffer through being a bit cold for the first hour. Not dressing warm can lead to a host of soft tissue injuries especially to the joints exposed to the wind.

The temperature at which arm and leg warmers are worn will always be a personal decision. The general rule of thumb is that temperatures below 65 degrees should be the starting point for selecting arm and leg warmers or a vest/jacket.

Since most cyclists can average 15 mph, the wind chill effect can make this temperature feel much cooler. When you are cold the natural solution is to ride faster to increase core temperature but here again this can have adverse effects on off season training.

**Having the skill to remove clothing on the bike, will have you leaving the house properly dressed to then perform a proper warm up and thereby create a better training outcome all while keeping the joints and muscles healthier in the process.*

The **question** is: will it be safe to take off arm warmers or a jacket and put them in a jersey pocket while riding? The best and only way to know is to practice on the rollers where you have control over the situation.

The **answer** is simple; if you can't do it on the rollers you probably shouldn't attempt it out on the road.

HEALTH TIP: Combating Jet Stress

Jet lag aside, the stress of airplane travel presents its own unique set of challenges. The boredom associated with flight delays and long layovers, aircraft cabin air and limited access to food and beverages can work together to undermine your preparation for an event.

- Boredom can drive anyone to over eat or eat the wrong things. Ward off the boredom of a long flight, layovers, and flight delays by bringing plenty of music to listen to, books or magazines to read, or portable games to play.
- The air inside the cabin of a plane is relatively dry and it's important to continually hydrate to offset the fluid losses that result from the dry air exposure. Buy a bottle or two of water in the terminal and keep sipping throughout your flight to stay hydrated.
- While caffeine beverages used to be on the do not fly list for athletes because they were considered to be dehydrating, conventional wisdom now holds that moderate intake of caffeinated beverages by athletes who are used to consuming such beverages doesn't negatively impact hydration status.
- However, the same doesn't necessarily hold true for alcohol. Alcoholic beverages do have dehydrating effects. The closer in time your flight is to your event, the more you may benefit from limiting your alcohol intake.

Bring your own stash of healthy and good tasting carb-rich snacks so you're less tempted by the limited offerings available in the terminal or on the plane.

EQUIPMENT: Serfas F-200 Floor Pump

The FP-200 boasts an easy-to-read gauge and its valve head adapts to both Schrader and presta valves automatically with the flip of a locking lever. There's even a women's version, the WFP-200, with a shorter stand over height.



MOTIVATION FOR THE MONTH: "I like extreme, intense situations. The more extreme the better. If there's a thunderstorm during a race, it's great. I'm great." - **Missy Giove**

Roland Gonzalez's Personal
2011 RACE SCHEDULE

- 1 Jan – New Year's Day 5K (Papago)
- 22-23 Jan – MBAA Race #2 (McDowell Mountain Park)
- 5 Feb – MBAA Race #3 (Casa Grande)
- 12 Feb – Tour de Palm Springs (56 Miler)
- 20 Feb – Lost Dutchman Half Marathon
- Feb – Laveen Country Challenge Bike Ride (awaiting final published date)
- 27 Mar – Valley of The Gold ½ Marathon
- Deployment Mid April, the following was my plan for the rest of the year

- 10 Apr – Marquee Sprint Tri (Sprint)
- 16 Apr – Tour de Tucson Mountains
- 7 May – Iron Gear Sports Rio Salado Tri (Sprint)
- 21 May – MBAA Race #9 (Prescott)
- 18-19 Jun MBAA Race #11 (Williams)
- 3 Jul – JCC Scottsdale Firecracker Tri
- 17 Jul – Mountain Man Sprint (Flagstaff)
- Jul – Taylor House Bike Ride (66 miles)
- 25 Sep – Nathan Tri (Olympic)
- 9 Oct – Urban Dirt Sprint Tri
- 15 Oct – Tour de Paradise
- 29 Oct – Tour de Safford
- 19 Nov – El Tour de Tucson – 80 miler
- 24 Nov – Mesa Turkey Trot 10K
- 11 Dec – Tucson Marathon (Half)