

# Track Shack's START LINE

Central Florida's Guide to Events and Health | September 2013



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- Foundation Update
- Stretching for Runners
- Fall Essentials

**RUN  
NONA**  
5K  
at night

## GREAT COURSE

Mostly Flat, Shaded Route

## RACE SWAG

Half Marathon:

Long Sleeve Tech Tee,  
Finishers' Medal

Track Shack Lake Eola 5k:

Tee Shirt  
Race Souvenir

## PRIZE MONEY

Merchandise Prizes

## POST-RACE PARTY

Beer & Live Music!



# 13.1



## OUC

### ORLANDO HALF MARATHON



## Expect fun beyond the run!

Lake Eola, Downtown Orlando • December 7, 2013

# Run to [OrlandoHalfMarathon.com](http://OrlandoHalfMarathon.com)



Benefiting Youth Health and Fitness!

# Welcome | BETSY'S CORNER



As a young runner in the late seventies, I never dreamed of doing a marathon unless I was ready to run under three and half hours. Boston Marathon was one of the few races to even consider. Boy, have times changed. Beginning in

1988 runners, even walkers had a new reason to marathon train, people who never, ever considered tackling any distance event had the courage and desire to get in shape while helping others in need. Thus began "Team in Training" or the purple people as we in the event business affectionately call them. Just 15 years later, more than \$1.3 billion have been raised by you and me, the running community, toward finding a cure for blood cancers like Leukemia.

Cancer sucks. Sorry, I don't like that word either, but it just fits. Last year a dear friend lost his battle, now my nephew Tony is going through horrific treatments for lung cancer...he is just 37, a new daddy and a great athlete. But

I think we need to stay positive that cures are discovered every day. Donna, one of our training program coordinators is a breast cancer survivor ☺. Most of us know someone who has overcome the odds. Our

beautiful niece Megan was diagnosed with Leukemia at age 16. It was an awful time...but now we are off to this healthy, independent, 29-year-old young lady's wedding in Maine. What a celebration we'll have! A couple years back she and Emma (our daughter) ran the Disney Half Marathon amongst hundreds of TNT's purple people; an incredible experience for those two. Megan actually worked at Track Shack one summer while undergoing treatment, she looked so awesome in her ball cap, covering her sweet bald head, while behind the counter ringing out customers.

Hey, did you hear? Fall is coming to Florida in September? Right...doesn't it always feel cooler come September 21st? Like magic we'll be wearing cute little jackets like the Saucony ones arriving at Track Shack soon. Tights and capri's may have to wait



Tony, Judy, Mia and Tucker

until December when the winter season begins. I'm rolling my eyes...oh brother ☺. These seasons were certainly not chosen by anyone living in Florida! I'm still moping up the kitchen floor as sweat drips from my sweaty clothes after a morning run, yuk! But, because it is fall we are busy creating exciting and fun running and walking events for all of Central Florida to enjoy! Run to TrackShack.com to see our amazing new website, take a peak at the great colors of the new shoes coming in and then pick and choose some events to put on your calendar. The UCF, U Can Finish 5 and 2 mile always reminds me that football season has started. The UCF event is our first Distance Dare of the season and the medal is awesome! We actually have collegiate running hats now at Track Shack by Headsweats. I think Jon plans to wear his FSU one a lot this fall. (another eye roll for me, time to read a new book...football season excites me so much). However, I am looking forward to Saturday night, November 2, because the RunNona 5k, run/walk will be a night of good food and fun activities. Of course, we are all gearing up for the OUC Orlando Half! We will be running the same course as last year, there is prize money for the top finishers, music, great awards and our goal is to make this THE event no one wants to miss! Our Baker's Dozen training program just started as well, perfect timing for a winter half marathon.

Our Track Shack family is growing...and growing. A baby is on "his" way come October for Sarah. She'll be easy to spot working some of our early fall events. But not to worry, she won't be doing the heavy lifting of tables and such. And our sweet Annie, who does a great job on Track Shack's website plus helps coordinate registration for events, is getting married! Jon and I are so lucky to have two families: our own and our staff.

It may not seem possible but it's time to think about the holidays. My goal, after being reminded of this by a good friend, is not to sweat the small stuff. I plan to enjoy the season, start my planning early, be organized and not stress. I have a secret stash of presents already growing in the closet; no last minute shopping for me. Jon and I want to spend more time with family and friends this year as we count our blessings and continue to pray for those less fortunate. Once again, I'll see you on the roads and if you happen to run by a purple singlet during an event, say thanks!

*See you on the roads!*

# EVERYONE RUNS FASTER IN THE DARK.

Join us, for a spectacular 5K Run under the stars at Laureate Park, Lake Nona. Cross the finish line into an epic block party fueled by 4 Rivers Smokehouse, Samuel Adams, energetic music and incredible lights.

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**Saturday, November 2, 2013**

Laureate Park, Crescent Park - Lake Nona

**5K START: 6:30PM**

Nemours Kids Zone & Run: 6:00PM | Awards Presentation: 7:30PM

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Registration includes a complimentary post-race meal by 4 Rivers Smokehouse

REGISTER AT [TRACKSHACK.COM](http://TRACKSHACK.COM)

**RUN  
NONA**  
5K  
at night

Nemours  
Children's Hospital

4 RIVERS  
SMOKEHOUSE

Track Shack  
EVENTS

SAMUEL  
ADAMS

LAKE NONA

# Community | FOUNDATION UPDATE

## Track Shack Foundation Awards \$26,000 To Local Organizations

Track Shack Foundation's Board of Trustees recently awarded \$26,000 to 22 area schools and organizations that provide education and opportunities for young people to participate in a wide range of sports and fitness related activities in Orange and Seminole counties.

Track Shack Foundation proudly introduces its most recent grant recipients:

American Heart Association, Orlando,  
*Greater Orlando Health Walk*

Apopka Family Learning Center, Apopka,  
*Community Health Kitchen*

Bear Lake Elementary, Apopka, *PE Health Day*

Bear Lake Elementary, Apopka, *Running Club*

Blankner School, Orlando, *Smile Mile Club*

Brookshire Elementary, Winter Park, *Swimming Lessons*

Central Florida Fellowship of Christian Athletes, Orlando,  
*Running Club*

Colonial High School, Orlando, *Boys & Girls Cross Country Team*

Goldsboro Elementary Magnet School, Sanford, *Seeds of Change*

Great Expectations of My Success, Sanford, *Camp*

Lake Como Elementary, Orlando, *Lady Comets Run Club*

Lake Howell High School NJROTC, Winter Park,  
*Athletic Equipment*

Lakemont Elementary, Winter Park, *Children's Yoga*

Lawton Chiles Middle School, Oviedo,  
*Cross Country and Track Teams*

Loving Assisting Nurturing and Educating Teenage Girls (LANES),  
Orlando, *Shape Up Dance Fitness*

Maynard Evans High School, Orlando, *Cheer Camp*

Orlando Rowing Association, Orlando,  
*Summer Program*

South Orange Patriots Athletic Association, Orlando, *Cheer Camp*

Star Athletics Track Club, Orlando, *Track Club*

The Gift of Swimming, Winter Garden,  
*Healthy Kids Through Swimming*

Winter Park High School Crew, Winter Park,  
*Summer Learn to Row Camp*

Winter Park YMCA Family Center, Winter Park,  
*Minimaniacs Youth Triathlon*

Financial support of the local organizations is made possible by runners and walkers who actively take part in Track Shack's local running events. Race proceeds positively impact the community and improve the quality of life for so many.



**TOP LEFT:**  
Orlando Rowing Association  
Summer Camp

**TOP RIGHT:**  
200 young athletes participated in  
the MiniManiacs Youth Triathlon

**CENTER:**  
LANES Shape Up Dance Fitness  
Program

**BOTTOM RIGHT:**  
First season for the Central Florida  
Fellowship of Christian Athletes  
running club



**TRACK SHACK**  
*Foundation*  
Promoting Health & Fitness Since 1994

The Track Shack Foundation  
is a 501©(3) organization  
that helps provide health  
and fitness opportunities

to Central Floridians through the funding of youth athletic programs.  
To find out more about the Track Shack Foundation or to donate or  
apply for funds, please visit [www.TrackShack.com](http://www.TrackShack.com)

# TURKEY TROT 5K

Thanksgiving Morning  
Orlando, Florida  
www.seniorsfirstinc.org



24th Annual  
Seniors First

## Turkey Trot 2013

Thanksgiving morning, 11/28/2013

Lake Eola, Downtown Orlando

8:00 am Race Time

9:15 am Free Kids Tot Trot

# TURKEY TROT 5K



ARE YOU A  
**TURKEY**?  
OR A CHICKEN  
THEN PROVE IT

register at:

**TurkeyTrotOrlando.com**

Proceeds from Seniors First Turkey Trot 5k will benefit Seniors First, Inc. who provides Meals On Wheels and other programs that enable seniors to live independently.



## Flexibility: The Forgotten Fitness Component

By Susan S. Paul, MS, TSF Training Program Director

*What if you could improve your PR without running HARDER or running MORE miles? You might just be able to do exactly that by simply incorporating regular stretching into your running routine.*

The American College of Sports Medicine lists the five major components of fitness as aerobic fitness, muscular strength, muscular endurance, percentage of body fat, and muscular flexibility. These five fitness components are easily measured through a series of tests. Most runners are fairly fit and score very well on all of these assessments, except muscular flexibility, making flexibility the forgotten fitness component.

Aerobic fitness is measured by our cardio-respiratory (heart and lungs) response during exercise and is usually assessed while on a treadmill or a stationary bike. Muscular strength and endurance are assessed by the number of push-ups and sit-ups we can perform in one minute. Percent of body fat is estimated with calipers that measure the amount of subcutaneous fat on specific body sites. And, last but not least, muscular flexibility is assessed by performing the Sit-and-Reach test. For this test sit down on the ground, extend your legs straight out in front of you and with your knees straight and your feet flexed. Now, lean forward and reach past your toes. Can you reach your toes? Can you reach beyond your toes? How far?

### Top 5 Reasons to Stretch

Maintain and improve joint range of motion.

Reduce injury risk.

Improve running efficiency by developing better posture and body mechanics.

Improve recovery time by boosting circulation.

Improve performance.

Why do runners score so low on flexibility? The answer is simple: repetitive use. Running uses the same muscles— day after day, mile after mile, in the very same movement pattern, over and over and over. Repetitive use means the joints and the surrounding muscles only perform within this specific range of motion. This limited range of motion tends to reduce flexibility and restrict normal joint range of motion. To counteract the effect of repetitive use, the soft tissues that surround a joint— muscles, tendons, fascia, and connective tissue— need to lengthen or stretch on a regular basis in order to maintain the normal range of motion for that joint. A reduced range of motion limits stride length and power thus diminishing performance. Reduced flexibility also increases injury risk because muscles do not absorb shock or handle changes in motion well.

Commit to make stretching a part your daily ritual. Stretching should rank right up there with brushing your teeth and bathing. Stretch your muscles when they are warm, which means stretch AFTER your run, not before it. Do not use stretching as your

warm-up. The primary purpose of a warm-up is to raise the temperature within the body. This increase in temperature softens connective tissues and infuses muscles with blood, oxygen, and nutrients in preparation for exercise. The best warm-up is one that simulates the intended exercise activity at a low intensity. For example, the best warm-up for running is walking or jogging at a very slow pace until you feel your body temperature increase.

### Top 5 Muscles to Stretch

**Calf Muscles** The gastrocnemius and soleus muscles are located on the back of your lower leg. Calf muscles never get a break, they work all the time whether standing, walking or running. Regular stretching will help reduce muscle cramping.

**Quadriceps** The muscles on the front of the thigh are a group of 4 individual muscles known collectively as the “quadriceps”. They are responsible for hip flexion and knee extension. Every time you pick up your leg to take a step these muscles are involved.

**Hip Flexors** These are really two muscles, the iliacus and the psoas, that together form the hip flexors. They run from the lower back to the inside of the thigh, passing just inside the hip bone. They contract every time you pick up your thigh. When they become tight, they can contribute to low back pain.

**Hamstrings** The muscles located on the back of the thigh are a group of 3 individual muscles called the hamstrings. They are responsible for hip extension and knee flexion, a large part of the running motion.

**Back** The erector spinae muscle group runs the entire length of the back, from the neck to the top of the pelvis. The quadratus lumborum is a set of muscles that attach to the top of the pelvis, the lumbar vertebrae, and the bottom rib on either side of the spine. These muscles work to maintain our posture, stabilize the pelvis, and absorb shock while we run. They become very tight with mileage and speed.

Stretching improves circulation; therefore, by stretching AFTER your runs you will immediately begin promoting the recovery process. Post-run stretching helps remove metabolic waste by-products, reduces muscle soreness, decreases muscle cramping and post-run stiffness. An alternative stretching time can also be at the end of the day, before bedtime. Take a warm shower or bath to warm up your muscles and bring your body temperature up. Then lie on the floor and stretch while you watch TV or listen to music and relax.

**For more training tips and information on available training programs run to [TrackShack.com](http://TrackShack.com)**



Life is a journey.  
Enjoy every step.

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**TrackShack**  
**RUNNING SERIES**

You love exploring the great outdoors and the feel of the ground beneath your feet. And Florida Hospital is there for you to treat any stumbles that might occur along the way, like shin splints, sprains, fractures or tendonitis -- anything that might slow you down. With eight hospitals, 21 Centra Care urgent care centers and 13 rehabilitation and sports medicine locations, our experts are just around the corner. Life is a journey. Enjoy every step.

Call (407) 303-DOCS for a physician referral or visit [Healthy100.org/sports](http://Healthy100.org/sports).



Live to a [healthy100.org](http://healthy100.org)



# Essentials | MUST HAVE PRODUCTS

## Running into Fall!

From the latest shoes and gear to showing your team spirit and being seen, Track Shack has everything you need for fall running



"Arriving October 2013. A lightweight training shoe for people who need arch support. Track Shack receives priority shipments, earlier than chain or big box stores - one more reason to buy local."

~ Anthony O'Neill, Store Manager

"Garmin has the best GPS watches on the market and that makes it an essential piece of training gear for running, walking, triathlon."

~ Andres Fernandez, Store Associate and Tech Guru



"Real sports fans never miss an opportunity to boast about their alma mater! We carry Headsweats university hats and visors that are functional on a run and at the tailgate."

~ Jon Hughes, Track Shack Co-owner



"Be seen! Built for high-visibility when daylight gets shorter and your need to run gets longer!"

~ Nathan Adams, Store Manager

(Daylight Saving ends on Sunday, November 2.)

Share your "essentials" for fall training!

**Pinterest**

[pinterest.com/trackshack](https://pinterest.com/trackshack)

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**WWW.DAYTONABEACHHALF.COM**



Three Miles of Merrymaking at **SeaWorld ORLANDO**

Vanessa Welch

**REINDEER RUN**

- **Long-sleeve t-shirt**  
*(Registration is limited to the first 5,000)*
- **Holiday Treats**
- **Costume Contest**

**Saturday, December 14, 2013 • At SeaWorld**

7:15 a.m. 3 Mile Start Runner Wave • 7:30 a.m. 3 Mile Start Walker Wave

8:45 a.m. Wells Fargo Rudolph Run (FREE Kids' Run)

9:15 a.m. Rosen Hotels & Resorts Holiday Costume Contest



Benefitting the Florida Hospital for Children: Hematology & Oncology Program. The Pediatric Hematology and Oncology Program has an international reputation for treating and healing children who suffer from cancer or blood disorders, including leukemia, lymphoma, brain tumors, sickle cell anemia, blood and clotting disorders and thalassemia.



**JINGLE ALL THE WAY...run to TrackShack.com**

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— Based on 2012 data provided to the Florida Public Service Commission



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## EVENT CALENDAR

### Walk. Run. Train.

#### September 2013

- 14 (Sat) Autumn Rock 'n' Run 5k.....Casselberry  
*Presented by Florida Hospital*
- 21 (Sat) Miracle Miles 15k and 5k.....Orlando
- 28 (Sat) Galloway Half Marathon Training Begins.....Orlando

#### October 2013

- 7 (Mon) Store Clinic.....Track Shack
- 13 (Sun) U Can Finish 5 Miler & 2 Mile **DD**.....Casselberry  
*Presented by Florida Hospital*
- 14 (Mon) Store Clinic.....Track Shack  
W.R.A.P. Training Begins.....Orlando  
Junior Running Club.....Orlando  
*Presented by Track Shack Fitness Club*
- 15 (Tue) W.R.A.P. Training Begins.....Lake Mary  
*Presented by Track Shack Fitness Club*  
5k & 10k Training Begins.....Orlando  
*Presented by Track Shack Fitness Club*

#### November 2013

- 2 (Sat) RunNona at Night 5k.....Orlando
- 4 (Mon) Store Clinic.....Track Shack
- 28 (Thu) Seniors First Turkey Trot 5k.....Orlando

#### December 2013

- 7 (Sat) OUC Orlando Half Marathon and Track Shack Lake Eola 5k.....Orlando
- 14 (Sat) Vanessa Welch Reindeer Run.....Orlando

Dates are subject to change.  
\*Track Shack Running Series Event  
**DD** Track Shack Distance Dare Event

Download forms or register, run to  
**TrackShack.com**



### A Track Shack Running Series Event!



Presented by  
**Florida Hospital**

**OCTOBER 13, 2013**

University of Central Florida

7:30 a.m. 5 Miler • 8:45 a.m. 2 Mile • 9:30 a.m. Florida Hospital Healthy 100 Kids' Run

UCF Student and Alumni Divisions • VIP Upgrade Experience  
Interactive health screenings from Florida Hospital  
Take the **DISTANCE DARE** challenge and run both races!

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Benefiting

