

Cranberry Y Dawn Crackers Times



www.getfitfamilies.com

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THIS WEEK:

- Running workouts
- Cycling Workouts
- Swimming workouts
- Race Results
- All about kids
- Training Calendars

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Recipe of the Week

Homemade Vegetable Soup by:

Joella Baker

Use a large stock pot.

Ingredients

Olive oil

1 large onion chopped

2 carrots chopped

2 celery stocks chopped

2 large potatoes peeled and cubed

One bunch of fresh spinach or kale

One bag of frozen corn

1/4 pound of bowtie pasta optional

3 cups of homemade vegetable broth

2 cups of water

Salt, pepper, parsley, basil to taste

Chop all the vegetables

Add a generous amount of the olive oil to the pan over medium heat.

Add the chopped vegetables, stir for about 5 minutes and add two cups of water and allow to simmer for 10 to 15 minutes.

Add the vegetable broth and additional vegetables and pasta and the herbs, cover and simmer over low heat stirring occasionally.

Once the soup is hot, taste it and add additional herbs, dry or fresh as needed to your taste and continue to simmer up to 1 hour.

Serve and enjoy. This can be frozen and made with any vegetables you like.

Upcoming Race Schedule

February 19, Triathlon Clinic

March 4, YMCA Indoor Triathlon

March 17, Shamrock Shuffle

April 1, Knoxville Marathon

April 16, Boston Marathon

May 6, Pittsburgh Marathon

May 12, Kinetic 1/2 Ironman

Triathlon Clinic

Sunday, February 19 from 6:00 AM to 11:00 AM. Please let me know if you would like to attend. It's \$20. All proceeds will go to purchase new swim equipment at the YMCA. We will do an open water swim training in the pool at 6:00 AM, followed by a cycling/spin training, followed by running training and transition training. The first 17 people to sign up will get spin bikes if they want them. Everyone else will have to bring their bike and trainers with them. You can register with me.

RESYMCA

Spinning Schedule

Monday

6-7 AM Lisa G.

9:30-10:30 AM Andrea

6:00-7:00 PM Jen Roy

7:00 -8:00 Jeremiah

Tuesday

9-10 AM Laura

10:30-11 AM Senior Spin with Kelly

6-7 PM Joella

Wednesday

6-7 AM Joella

9:30-10:30 AM Andrea

5:30-6:30 PM Spinning Boot Camp

6:30-7:30 PM Kelly

Thursday

9-10 AM Laura

10-11 AM Spinning Boot Camp

5:30-6:00 PM Mini Spin with Joella

6-7 PM Joella

Friday

6:00-7:00 AM Jeremiah Friday

9-10 AM Spin-Pilates with Jen C and Donna

Saturday:

8:00am Kelly

9:00 am Jen R and Andrea

Sunday

11:30 AM Jen R

Running Workouts



Stacey & Wendy

Tuesday

Run Club

Running workout

10 minute warm-up

5 times through, Two hill repeats at the race pace for the race your training for, Advanced 20 push-ups, everyone else 10 push-ups, 2 minutes at 10K pace, 1 minute recovery, 1 minute at 5K pace, 1 minute recovery

Cool down 10 minutes

Thursday Run Club

10 minute warm-up

8 x 2 minutes hard with a 2 minute recovery jog after each. Focus on being able to run just as hard on the last one as you do on the first one. Fully recover on the 2 minutes. These should be tough. Think about a high cadence and good form.

10 minute cool down walk

Saturday

3-8 mile run from the YMCA at 8:00 AM

February 5, Superbowl Sunday

Sunday 7:00 AM

Run from CVE:

Boston Runners 13 miles

Napa Runners miles

Pittsburgh Runners 18 miles full, 11 miles 1/2 marathon



Running Tip Of the Week.

Are you dropping your hip? Hands on head running

Alternate between normal running and hands on head running. If you have any lateral movement in your normal running gait then it seems to become more pronounced by doing this drill and then you can work to improve your gait.

Hip drop is the result of weak abductor strength, which are the muscles on the outside of the upper leg and thigh. In the “bad form” below, you can see yours truly at mile 15 of an Ironman event—notice the pronounced dip on the right side of the body. This is very typical amongst triathletes on the latter stages of the run. Dropping the hips increases strain on the knees and ankles, increasing risk of injury and also increases lateral, or side to side, movement. Essentially, half the body is sinking towards the ground with every stride, and this “slop”, which shows up as lateral movement, is taking energy away from propelling you forward.



Drills make you stronger and more efficient.

High-cadence spin-ups
The Drill
 Spin at 70 rpm in a low gear, increasing by 5 rpm each minute until you bounce in the saddle. Then back off to being stable again and hold for a minute. Drop your cadence 5 rpm each minute until you're back to 70 rpm.
The Benefit
 Teaches you how to spin a small gear at a fast cadence, which spares your leg muscles so they stay fresher longer. Off-season is the perfect time to practice this, because you can convert the strength you build in the weight room to speed on the bike.

Spinning Workouts

Saturday's Spin Workout (1/28)
 Steelhead Half Ironman Bike Course Simulation

Monday's Spin Workout (1/30)
 Warm Up
 False Flat
 Hill Repeat Set
 Climb
 Hill Repeat Set
 Climb
 Hill Repeat Set
 Climb
 Sprints
 Warm Down

Tuesday's Spin Workout (1/31)
 Warm Up
 8:00 Interval
 7:00 interval
 6:00 Interval
 5:00 Interval
 4:00 Interval
 3:00 Interval
 2:00 Interval
 1:00 Interval
 (2 min recovery after each)
 Warm Down

Wednesday's Spin Workout (2/1)
 Warm Up
 False Flat
 Interval
 Seated Climb
 Standing Climb
 Downhill/Interval

False Flat
 Seated Climb
 Standing Climb
 Downhill/Interval
 False Flat
 Seated Climb
 Standing Climb
 Downhill/Sprints
 Warm Down

Friday's Spin Workout (2/3)
 Warm Up
 False Flat
 Long Climb
 3:00 Interval
 2:00 Interval
 1:00 Interval
 Long Climb
 3:00 Interval
 2:00 Interval
 1:00 Interval
 Long Climb
 3:00 Interval
 2:00 Interval
 1:00 Interval
 Long Climb
 Sprints
 Warm Down

Swimming Workouts by: Jeremiah Friday



Jeremiah at the Dam Tri.

Advanced Swim Workout

Warm Up:

700 Choice

(700/700)

Set 1:

2 x 500 Free (Strong/Every 4th length fly)

(1000/1700)

Set 2:

4 x Broken 500s

200 Hard/2 x 100 Hard/1 x 100 Easy

#1-Free (1:30 pace)

#2-Pull (1:30 pace)

#3-Stroke (1:40 pace)

#4-Free (1:30 pace)

(2000/3700)

Warm Down:

6 x 50 Easy on :50

(300/4000)

Intermediate Swim Workout

Warm Up:

400 Choice

(400/400)

Set 1:

1 x 500 Free (Strong/Every 4th length hard)

(500/900)

Set 2:

4 x Broken 500s (20 sec rest between)

200 Hard/2 x 100 Hard/1 x 100 Easy

#1-Free

#2-Pull

#3-Stroke

#4-Free

(2000/2900)

Warm Down:

100 Choice

(100/3000)



Beginner Swim Workout

Warm Up:

300 Choice

(300/300)

Set 1:

1 x 500 Free (Strong/Every 4th length hard)

(500/800)

Set 2:

3 x Broken 500s (30 sec rest between)

200 Hard/2 x 100 Hard/1 x 100 Easy

#1-Free

#2-Pull

(1000/1800)

Warm Down:

200 Choice

(200/2000)

Fist Swimming

Swimming with hands completely in a fist. No "karate-chop" hands allowed! Concentrate on body position, using your forearm in the catch and optimum elbow bend through the stroke. When you return to swimming with an open palm, your hands will feel as large as kickboards!

Have fun and think Distance Per Stroke!

Try swimming a straight 200 or 400 with closed fists or alternate 100's of closed fists and open hands for a 400 or 500 straight.

Indoor Triathlon is now open for registration

The Indoor Triathlon will be held on March 4 at the YMCA. The event is open to Adults and Children. Adults, 14 and older will swim 500 yards in an open water swim format, bike 15 miles on the spin bike and run 3 miles on the treadmill. Transition times will not count for this triathlon. Awards will be given out for the top men and women overall and the top men and women in swimming, spinning and running.

The kids will swim 50 or 100 yards in the pool, spin 3 miles and run 1 mile on the track. Again, transition times will not count. Children must be 8 years old or older. The children must be able to swim the distance and they must be at least 52 inches tall to be eligible and participation will be based on their ability to fit on the spin bike properly.

This event is meant to be fun and a way to introduce new people to the sport of triathlon in a controlled environment. It's also meant for intermediate or experienced triathletes to have fun and keep the triathlon experience going throughout the winter.

An added award will be a parent/child awards given to the top three parent child teams to finish their respective races.

We hope you will join us at this fun event.

How well do you know your Dawn Crackers?

1. What are your favorite things about running? For years I could never figure out why I struggled to keep a consistent running program going. Then I began running with a few friends, and found it helped. Then, I was turned on to the DCs and got hooked again. So, running with a BUNCH of buddies is definitely one of my favorite things about running ... that, and getting faster of course.
2. What sized shoe do you wear? 10-UK, 29-JP, 44.5-Euro (11-US)
3. If you could change one thing about your running, what would it be? I would be Jason Jacobs! Ok, I would run like Jason Jacobs. Seriously, I miss running fast.
4. What do you eat before a big run? First, its important that I remember to hydrate well leading up to the run. I don't typically drink enough water. Then, the morning of the run my favorite quick fuel breakfast is a toasted wheat english muffin with chunky peanut butter, coffee, and a banana. I'll substitute a greek yogurt for the banana if it's available.
5. How long have you been running? I recall that I started running around the time when the kids were born. Smelly diapers and colic were great motivators. I was generally engaged in team sports through school and my twenties. The kids and work made fitting run workouts in easier than accommodating a rigid game schedule. I have to admit though my runs were BORING. Races were fun, but workouts were a drag? Hmmm, (refer to question 1).
6. How many bathroom stops do you typically have to take during a marathon? Only one in the books, and there were zero bathroom stops. I didn't know it until more recently, but that's a great thing about triathlon. Apparently...it's completely acceptable to just go when ya gotta go. In fact, from what I'm told you're not a true triathlete unless you've peed on the bike!
7. What is your favorite running course in the area? The Grandparents course I think. I find it very tough on the way out, but then feel fast on the way back in. I always feel a sense of accomplishment finishing Grandparents. Well, it was my favorite until Jillian broke her arm out there. :(
8. What is your most embarrassing moment being around the Dawn Crackers? At the end of one morning run club, I got back to my car, but my key wasn't in my pocket. WHAT?!?! I had taken my ignition key off the key ring and zipped it in a small back pocket on my run shorts. The key wore a hole in the mesh pocket and fell out somewhere on the workout. My first thought was what a needle in a haystack. Lucky for me Dan Monhenmius was there. He took off and retraced the North Boundary loops we had run. I was sooo relieved when Dan came back with a big smile on his face ... "found it!" Lifesaver. Thanks Buddy.
9. What is your long term goal with running? I think I've read others say this too. But it is just to be healthy enough to keep running very late into life. If I'm not active I am a 'less pleasant' person. I don't take having my health for granted though. I feel very fortunate, and hope to be running long, for a long time to come.
10. If you could do a different job that had to do with running, what would it be? That's easy! I would own "Mojo by the Sho", a very casual, speciality running and beachwear shop at the shore. Jenn, can I borrow the Mojo brand please...?

The Importance of A Training Schedule

It doesn't matter if you're training for a 5K, a marathon, a Sprint Triathlon or an Ironman, if you plan to be successful, it's important to follow a training plan. Whether you follow a plan online, choose a Hal Higdon plan, a Tri Newbie plan or you simply follow your fellow Dawn Crackers, find a plan and stick with it as much as you can.

Remember, running a marathon or completing your first triathlon can be a very rewarding experience. However, one of the most important factors to ensuring that you run your best possible race is making sure you set up a quality schedule. Preparing for a big race like a marathon or triathlon takes a lot of time and dedication so it is best to start planning about a year in advance.

If this is your first marathon or triathlon, the planning will include mentally preparing yourself, focusing on a nutrition plan, building up support from friends and family, and most importantly finding a training schedule that will work for you.

Let's focus on the marathon. Most marathon training schedules require around eighteen weeks in order to be fully prepared. You should have already built up to a six mile run before training for a marathon. I require my marathoners to start with a 10 mile run at the beginning of their training. Once you establish a base mileage, having a marathon training schedule that allows you to slowly build up your endurance will give your body time to adapt and adjust at a comfortable pace.

If you're planning to compete in a triathlon this summer, starting your training now is essential. Getting comfortable in the swimming pool and on the bike is just as important as running. More importantly, already starting bricks (putting two disciplines together) is what will have you ready when Spring and Summer training kicks into full gear.

As you train for your race, remember that every training program relies on one thing, honesty from the athlete. Just because the plan tells you to do something doesn't mean it's written in stone. It's still up to you to listen to your body and to adjust accordingly. If you happen to be sick, your body is just tired or something hurts in a way that isn't just from normal training, then you need to be smart enough to rest and recover. However, it's extremely important that when you take a few days off, you don't try and make those days up in any training plan. Nothing is worse than trying to make up a workout. If you miss a workout, that workout is gone. Simply start with the next day and move past the workouts you missed. I find this to be the hardest thing for most "Type A" personality athletes. For some reason, you all get caught up in what you've missed instead of focusing on what's ahead. My best advice, forget the past.

In addition to listening to your body when you need days off, following a recovery week and actually letting your body recover those weeks is also very important. Too many people don't slow down enough during a recovery week. Each recovery week can be a little different based on where you are in your training. If you're training for a marathon, you'll see mileage cut down, intensity cut down and a week to simply relax a little more. Take advantage of it.

If you're a triathlete, you may still see some tough swim workouts, even in a recovery week. Again, it depends on where you are in your training and what you're training for, but swimming is the one sport you don't need to recover as much from when training for a triathlon. In fact, in many training plans, you may see your day off or easy day as still being an easy swimming day.

Aside from recovery, cross training, specifically for marathoners, is extremely important. Most marathoners get caught up in running too many miles throughout the week. Finding various forms of cross training that compliment your training program will keep you from getting bored and keep you injury free. Cross training can be swimming, cycling, core and strength, aqua jogging, the elliptical machine, stair master or various fitness classes like yoga, pilates, kick boxing and more.

Again, it's just important to have a plan moving forward, and the best plan to look for is a training program that incorporates cross training, recovery, a slow increase in mileage, speed work, strength work, and hills. This is required for both a running and triathlon training plan. Therefore, as you look at a training plan, choose wisely. Choose a plan that fits your lifestyle and one that you can follow.

Have fun and stick to whatever plan you choose.

Get Fit Families Summer Camp Schedule

Our camps have been approved by the Park Association. Please mark these on your calendar and look for the application soon. A mailing to past participants will be going out by the end of the month, then I'll be opening it up to the public by mid February. The Adult camp, I'm looking into a weekend camp at Camp Kon O Kwee. I'll keep you posted. I'm also getting my dates together for the Open Water Swim Clinics. I plan to have those dates for everyone in the next few weeks and have them submitted to the State Park soon for approval.

Youth Triathlon Camp: June 18-22

Youth Triathlon Camp: June 25-29

Adult Triathlon Camp: June 30 and July 1

Youth sport conditioning camp: July 9-13

Youth Triathlon Camp: July 16-20

Youth Cross Country Camp: August 6-10

You can start to verbally hold spots for your kids as of January 2, 2012. A down payment of \$50 will hold your child's spot in the camp. All youth triathlon camps are from 9:00 AM to 3:30 PM each day. All food and snacks each day are included with the camp fee. This also includes their membership to USA Triathlon and all fees for the Zelenople Community Park and Pool. The camp will be \$225 per child with a \$50 discount if the parent volunteers for the week. There is also a discount for kids who sign up for multiple camps. That information will be available the beginning of the year.

The Adult camp will be held at Moraine State Park or Camp Kon O Kwee and will include open water swimming, cycling skills, running and transition.

Upcoming Events

The MS 150: Get Fit Families will have it's first official team for the MS 150 this year. In the past we rode with the Wacky Wheelers. This year, the Zeumies who organized the Wacky Wheeler Team will be taking a break. In an effort to carry on their tradition, we'd like to have the Wacky Wheelers join the Get Fit Families Team and we'll have the Get Fit Families, Wacky Wheelers Cycling Team for the MS 150. we can't thank John and Chris Zeumie enough for their hard work and dedication to the MS Society over the years and we look forward to continuing the group.

Kinetic Race Series: If anyone is looking for an early season Half Ironman, a group of us will be traveling to Virginia on May 12 to compete in the Kinetic 1/2 Ironman. Also, on Sunday May 13, they have a sprint tri, so those of you training for a later 1/2 or full Ironman, you could do both. Just something to think about.

Club Nationals: This year the USAT Club Nationals will be held in Oklahoma City on September 22. Once again, athletes will have the opportunity to compete in a sprint, Olympic or half ironman distance race. I'm in the process of trying to look at travel options. Seeing if taking a bus down would be most economical or flying. Either way, I hope some of you will consider racing for us in September.

Events, Results and Good luck wishes, Nutrition.

USAT Club

Challenge

This is the last week of cycling miles. Please get all of your miles entered by midnight on January 31 to have them included in this session.

Bragging Rights



Nutrition Tip of the Week

There are countless studies that prove exercise promotes overall good health and a strong immune system. For some of us this time of the year is not only the beginning of a cold winter but may also be the beginning of our training for marathons and half marathons taking place early next year and heavy training can suppress your immune system. Needless to say; picking up a sore throat or common cold can be a setback because unfortunately the only cure is time off from your training schedule. Running while you have a cold or if you have not recovered fully is not a good idea and could set you back even further – so don't even go there!

But I thought running would boost my immune system!

Running and the cold weather doesn't have to spell disaster, here are some really simple tips to help you ward off any colds or sore throats by implementing and maintaining a healthy diet.

Runners Need Starchy Foods

A carbohydrate rich diet is the number one fuel source during training and it can also boost your immune system – protecting you from infections. Including a variety of starchy foods like; pasta, rice and bread, and a mix of root and leafy vegetables into your diet is a natural way of defending against unwanted infections.

Protein Meat is a rich source of protein, iron and vitamin B12 but it has a high level of saturated fats so limit the amount of red meat you eat. Vegetarians will get theirs from beans, pulses and also some green leafy vegetables.

Get Your Five a Day Having five fruits and vegetables in your daily diet is a sure-fire way of building your immunity to help your body keep colds and coughs at bay. Ensure that you have a variety because different fruits and vegetables will provide your body with different vitamins and minerals. It's a well known fact that vitamin C a powerful antioxidant that minimizes the effects of intense exercise caused by free radicals. It is not clear exactly how much vitamin C is needed per day but a dose around 500 – 1000 mg per day after intense exercise should be sufficient – what your body doesn't use, you'll pee out anyway.

Eat Something Fishy Having fish at least twice a week will aid in maintaining a healthy immune system. Fish like Salmon, Sardines and Mackerel are great sources of Omega-3 essential fatty acids which protect the body against infections. Most fish types also contain Selenium which is essential for the normal functioning of your immune system.

Making these small changes to your diet is not the only way to protect yourself against winter sniffles when you are following a rigorous training schedule. Looking after your body during and after training is just as important and easier than you think without having to mix concoctions of powders.

During Training Your body can only store a finite amount of glucose so if you are running for 60 minutes or longer you must add fuel while you train. Isotonic drinks, jelly beans, raisins and energy bars are all options you will benefit from.

After Training The first 30 minutes after your run known as the 'Recovery Window' are crucial, this is when consuming protein and carbohydrate is important. You can achieve this by eating food but the easiest and most efficient way of giving your body the right balance of protein, carbohydrates and electrolytes is to use a sports recovery drink.

See, you don't have to do a whole diet make-over! Making these small changes to your daily diet as well as adding isotonic and recovery drinks during and after your training will mean the difference between toeing the line on race day with sufficient training behind you or losing out on valuable training because of a nagging cough or cold and feeling the effects on race day.

Training Schedules

Boston Marathon		Pittsburgh Marathon		Pittsburgh 1/2 Marathon	
January 29	18 miles	January 29	16 miles	January 29	10 miles
February 5	13 miles	February 5	18 miles	February 5	11 miles
February 12	15 miles	February 12	15 miles	February 12	7 miles
February 19	14 miles	February 19	12-13 miles	February 19	8 miles
February 26	16-17 miles	February 26	16 miles	February 26	12 miles
March 4	19-22 miles	March 4	18-19 Miles	March 4	10 Miles
March 11	13 miles	March 11	11-13 miles	March 11	9 miles
March 18	17 miles	March 18	15 miles	March 18	14 miles
March 25	21 miles	March 25	18-20 miles	March 25	10 miles
April 1	15 miles	April 1	13 miles	April 1	8 miles
April 8	12 miles	April 8	17 miles	April 8	10 miles
April 16	Boston Marathon	April 16	18-22 miles	April 16	14-22 miles
		April 23	15 Miles	April 23	10 Miles
		April 30	12 Miles	April 30	7 Miles
		May 6	Pittsburgh Marathon	May 6	Pittsburgh 1/2 Marathon

How Many Weeks Until Your Race?

- Spring Thaw 11 weeks
- Shamrock Shuffle 14 weeks
- Just A Short Run 16 weeks
- Knoxville Marathon 17 weeks
- Boston Marathon 19 weeks
- Pittsburgh Marathon and Half Marathon 22 weeks
- MS 150 27 weeks

Shanghai China, The Start of my Boston Marathon Training...by: Michelle Kochan

I have been very blessed to have had the opportunity to travel to Shanghai, China with my husband, and my two daughters, Kennedy, age 9 and Hailey, age 6. My best friend, her husband and her two children are living in Shanghai, China for 3 years, due to a temporary job transfer by her husband's company. Their home is here in Cranberry, when they are not in Shanghai.

I was hesitant for many reasons not to visit them in Shanghai. The 15 hour flight was one big red flag. I thought 15 hours on a plane with my children, no way. The language barrier was another concern along with the cultural differences. Another country is just so different, that I wondered if my daughters would find this adventure amazing, boring or fun. My girlfriend Kristene, whom lives in China, had given so many reasons to experience this journey through what they have discovered and learned. So I decided to take this opportunity and have it come to life.

Shanghai, China is 13 hours ahead of us in time. We left on a Saturday morning flight and landed in China, their time Sunday at 4pm. As I thought, the not knowing the language was very terrifying from the time we stepped off the plane. We got off the plane and were directed to customs, and we had no idea what we were supposed to do. We tried to follow what everyone else was doing. There were very few Americans, so we could not even rely on another's thoughts or views. We had a few bumps going through customs. We didn't have the right papers filled out and my 10 year old got sick when the plane landed and hadn't recovered, so we were holding her up in line to get to the customs agent. It was a frightening experience, but apparently only from our viewpoint. To the Chinese, we were just another tourist.

We got through customs and Kristene, my girlfriend was waiting for us. I felt safe now, as we traveled to her house. She could understand and translate some of the language. That was huge, because unlike many other countries overseas, many Chinese do not speak or understand English at all.

All the Americans/British that live in China temporarily to work, live on an x-pat. It stands for x-patriot. It's a gated community just like a development in Cranberry. Wouldn't have known you were in China, unless you left the development. We actually felt like we were in Cranberry at her housing plan in China. The government owns all these x-pat houses and they rent them to corporations for temporary housing for their employees, at an extremely ridiculous fee. For example, the government in China rents out a \$3000 square foot home with no frills for a mere \$10,000 a month.

All x-pat persons that live in China have a driver and an IE. An IE is basically a maid. The IE lives with your family while in China and they cook, take care of your house and also watch your children when needed. The drivers are employed by the corporations and they drive a mini-van. You just give them notice and they take you everywhere you need to go. So, we were totally spoiled with an IE and driver to help us during our entire stay.

Kris had our agenda for the week all planned out. We started with a shopping day. We first ventured to the fabric market, where they can custom make just about anything you want for a cost of practically nothing. We got my husband custom made dress shirts for \$15.63. We picked all of the material, he got measured on a Monday and we picked up four beautiful custom made dress shirts on a Friday. I thought, no wonder everything is made in China...it really is cheap! We also ventured to Nanjing Road, which is famous for name brand jeans like True Religion, also at a fraction of the cost in the US. This was our shopping day. My girls even got to buy their own True Religion jeans. They thought that was "so cool" mom!

That evening the Mom's got to do a 3 hour spa night. A 3 hour luxury spa evening in China is a fraction of the cost in the US. It is about \$100 American dollars for 3 hrs of luxurious spa treatments, and you do not tip anywhere at all in China. No waiter tips, etc. It was crazy, considering the Chinese do cater to Americans when it comes to a Chinese service position of some type. They will trip over you to open the door for you to enter an establishment.

My girlfriend, Kris was running the Shanghai, China half marathon in a few weeks and this was the start of Boston, Marathon Training, so we got up for runs each day. The weather was amazing all week. It was about 70 degrees with not a cloud in the sky. The runs were beautiful, but interesting. Everyone in China rides scooters or bikes. They have designated bike, scooter paths everywhere that are as wide as residential streets. You will see families of 4 crammed on one scooter. You will see scooters hauling anything that would be hauled in a pickup truck in the United States.

Our run was in those scooter, bike paths for a while and it was like running in between taxi cabs in NY city and this was early AM. Scooters and bikes are constantly beeping horns and bells. They seriously will run you over. It is totally chaotic. It was either run in the scooter, bike path or the sidewalk, and the sidewalks were cobblestone, so too hard to run on. Once we got off this highway bike, scooter paths we then ran along a beautiful canal. It was breathtaking. The Chinese were fishing along the canals with their homemade fish nets and fishing rods about 10 feet long, handmade from bamboo. There was just so much to see along our runs. I forgot I was even running, until the horns started beeping again for me to move out the way, which was every minute a scooter and bike went by. I couldn't get used to it even after a week. We had a lot of laughs during those runs, because you never knew what we were going to see on those scooters.

Another adventure we took in Shanghai was to Watertown. Watertown is a place in Shanghai, which is similar to Venice, Italy. It has beautiful canals, gondolas and shops along each side of the canal. Watertown is about 45 minutes outside of Shanghai. Although traffic in Shanghai is worse than NY City if you can believe that there is traffic everywhere, all day long. Rush hour is 24/7 in Shanghai. Driving anywhere is a challenge and the horns never stop beeping.

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Weekly Training Schedule

Tuesdays at North Boundary Park

5:45 AM

4:45 PM (Youth and Adult Run Club)

Thursdays at North Boundary Park

5:30 AM

4:45 PM (Youth and Adult Run Club)

Saturday 8:00 AM from the YMCA after the 2 hour spin class.

Sunday from CVE Elementary in Zelienople, PA at 7:00 AM for those running longer and 7:30 AM for those building a base for Pittsburgh.

Swim Practice

Monday at 5:45 AM and 9:30 AM

Wednesday at 12:30 PM

Friday at 5:45 AM and 12:30 PM

Core & Strength: these are times when I'm working out. Join me if you like.

Monday at 7:00 AM

Wednesday at 7:00 AM

Thursday at 6:45 AM

Community Events

- ♦ The Shamrock Shuffle. March 17. Downtown Harmony. Half Marathon, 5K and 1 mile run.



How well do you know your Dawn Crackers?

Answer: Chris Cullen

Shanghai China, The Start of my Boston Marathon Training...by: Michelle Kochan

We finally got to the very rural Watertown and a lot of the Chinese people in Watertown had never seen American children. My children got mobbed a few times for photo opportunities. They spoke no English and they were all asking my girlfriend if they could take photos with my children. It was a very interesting experience and my kids thought the Chinese were crazy to be hovering over them like they did in Watertown.

At this point we were there for about 5 days. My girlfriend thought we should see the Villages. The Villages is where the very poor Chinese live. They create and live in huts of some sort and most of their income is from farming, fishing or selling live animals. The government owns this land and allows these Villages to be built. Although the government can also relocate these villages at anytime and they do that quite often.

We took a long bike ride through the Village. Most homes had blankets for doors and you would see people washing their hair in a bucket. They are very poor and children do not wear diapers, due to cost. So clothes for babies are made without any material through the crotch and back to their bottom. This allows the children to go to the bathroom where ever they are. I had never seen or heard of that before.

The wet market is located near the village. The wet market is where fresh fish, vegetables, animals of any sort are sold to eat. The chickens and fish are live and they kill them on the spot when you buy one. Many of the live items, I did not recognize. My youngest daughter cried her way through the wet market. All the meats are not packaged and just sitting out on a counter to purchase. We got stared at and followed a lot as we took this bike ride, again due to the fact, this is another place the American tourists do not usually venture. The evening following the wet market visit, my children decided they wanted American food. I was not surprised, so we headed to the Big Bamboo sports bar, owned by an American to watch some American sports, have American beer and a good old fashioned American hamburger and French fries!

We were so blessed to have had the opportunity to visit Shanghai, China. Not only to visit Shanghai, but to see many parts of rural and real China that tourists would never venture. Most tourists go to downtown Shanghai, which is set up similar to Chicago, with upscale shopping and restaurants. Americans are all over downtown Shanghai which consists of 23 million people, twice the size of New York City.

Our visit was an adventure of a lifetime and one that I hope my children will cherish and remember as they grow. I hope that this adventure has also taught my children to be thankful everyday for what they have, for there are some children in other parts of world, who are not as blessed with things in life we take for granted.

Many people always ask me where do you train for your marathons? I will now always be able to say, "I started training for the Boston, Marathon in Shanghai, China."



YMCA Stroke Clinics: Registration is still open

Time for that New Year's Resolution!!! Resolve to learn techniques that will help you swim more efficiently.

ALL ages and ALL ability levels (Beginning Swimmer, Masters Swimmer, Triathlete, or Competitive Swimmer) will benefit from these stroke clinics

Registration Options:

Option #1: Register for individual clinics - \$20 per clinic

Option #2: Register for all 6 clinics - \$90 (\$15 per clinic)

BONUS:

You will receive a YMCA swim cap for each registration.



Clinic Dates:

Registration Closes:

#2 Sunday, February 12 (1:00pm-3:00pm) Backstroke Technique and Drills	February 5th
#3 Friday, March 9 (6:30pm-8:30pm) Starts and Turns	March 2nd
#4 Saturday, April 14 (2:00pm-4:00pm) Breaststroke Technique and Drills	April 7th
#5 Sunday, May 6 (1:00pm-3:00pm) Butterfly Technique and Drills	April 29th
#6 Saturday, June 9 (2:00pm-4:00pm) Tailored to Your Needs	June 2nd

Note: During the 6th clinic we will create multiple stations within the pool area that will focus on the top swimming goals identified throughout the registration process.

Additional Information:

- * Member & Non-Member registration for all clinics begins on December 12, 2011
- * Registration for individual clinics closes one week prior to each clinic
- * Registration for Option #2 (all 6 clinics) closes on January 7, 2012

Indoor Triathlon Registration open soon. 28 adults and 20 kids are eligible to participate.

March 4, open to individuals 8 and older. Any child under 55" tall must meet fitting requirements on the bike to participate. Please contact Joella if you'd like to find out if your child can participate.

Adults 15 and older: 500 yard open water simulated swim, 15 mile bike on the spin bike and a 3 mile run on the indoor track

Children 14 & under: 100 yard open water simulated swim, 3 mile bike on the spin bike and 1 mile run on the indoor track.



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