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Utah's Premier Online Running Magazine

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Resources and opportunities for runners

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Taking Steps to 2016 Olympics

PROPER FOOTWEAR?

A Runner's Guide to the right shoes

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enjoy running



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Utah's Specialty Running Stores

This really is a fun time of year. It always shocks us how fascinating spring is. We experience it every year, but the beauty and feeling of renewal that it brings never ceases to amaze us. In this issue of Run Utah, we wanted to center everything around the "Running Movement" and getting more of our families and friends out running during this time of fresh starts. There's something about the fresh air, the green buds, the smell of blossoms, and the warmer weather that whispers to many of us to lace up those running shoes and slip out the door. We hope this edition not only inspires you to put the miles in yourself, but also motivates you to invite those in your circle of influence to do the same. Enjoy!

Ken and Janae Richardson
UtahRunning.com





TORI COX

Run Utah Managing Editor

I'm thrilled to be back in the Utah running scene! Though I loved living in St. Louis, there's nothing like Utah running for its scenery, weather, and community. I ran for Weber State University from 2002-2007, under James Blaisdell, Chick Hislop, Paul Pilkington, and Dan Walker. With two little girls, I've traded in my spikes for distance shoes and a BOB stroller, but enjoy experiencing all that running has to offer throughout the seasons of my life.



Amy Donaldson is a sports writer and columnist for the Deseret News. She spent eight years covering crime and corrections and has covered high school sports, outdoor recreation and fitness for the last 12 years. Originally from Anchorage, Alaska, she graduated from Snow College and the University of Utah, and is proud to call Taylorsville home.



Mark D. Anderson - PT, MPT

Mark Anderson received his Master degree in physical therapy from the Medical University of South Carolina in 2003 and is currently the clinic director for Mountain Land Physical Therapy at their Holladay, Utah location. In his spare time Mark enjoys running, family, and both watching and playing sports.



Danielle Longhurst is a native of Ogden, Utah, and is a writer, runner and mother of three active children. She was a former mid-distance runner at Weber State University and now enjoys doing road races. She can be reached at Danielle.longhurst@gmail.com



Jake Krong is an avid runner and currently serves as a USATF-Utah Officer. In this interview he shares the mission and purpose of USATF-Utah, and all of the resources they offer Utah runners, coaches, and officials.

Interview with Jake Krong: USATF-Utah Officer Explains What USATF Has to Offer Runners in Utah.

RunUtah.com: Tell us a little bit about your running background, what brought you to Utah, and how you got involved with USATF-Utah.

Jake:

I moved to Utah in 2010 (to be honest, it was for the skiing!) and ended up sticking around, in many ways because Salt Lake City is a great place to live and train as a long distance runner. My desire to reinvest myself in competitive running was ignited, and I've had some success over the past few years - running 1:05:45 for the half-marathon and 2:20:41 for the marathon. I'm working hard to qualify for the 2016 USA Olympic Trials Marathon.

As I looked for races to run during my first year or two here, the USATF-Utah circuit races always seemed to be competitive and well-organized. In an effort to give back and hopefully add something to the local running community, I volunteered to help out with the USATF-Utah Long Distance Running committee starting in 2012.

RunUtah.com: Give us a little background regarding USATF-Utah. What is the purpose or mission of the organization?

Jake:

The purpose of the USATF's Utah Association is to encourage, improve and promote the sport of Amateur track & field in the State of Utah. The association does a lot of things that many athletes might take for granted, including coordinating, sanctioning, and scheduling events, educating

and certifying coaches and officials, and promoting the overall development of the sport.

RunUtah.com: **What can runners do to get involved with USATF-Utah?**

Jake: In addition to road racing, the association has committees for track and field, cross country, youth running, masters running, race walking, officiating, and coaching. Depending on your interests, there are plenty of ways to contribute. Every fall the committees hold elections to select new officers. You can check out the contact page on the website for more information: <http://utah.usatf.org/>

RunUtah.com: **Could you explain to our listeners how the Utah LDR Racing Circuit works?**

Jake: The LDR Racing Circuit is a series of (usually about a dozen) races throughout the year ranging from 5K to the Marathon. Runners receive points based on how they place relative to other USATF members in their divisions at these events. At the end of the year, the point values are added up, and \$6400 in prize money is distributed to the Top 5 Open Men & Women and Top 3 Masters Men & Women at our end of the year banquet. There are also prizes and awards for age group division winners.

RunUtah.com: **Cash prizes are offered to overall men, women, and masters runners for the racing circuit, but how do you feel the racing circuit can benefit all runners of varying ages and fitness levels?**

Jake: The benefits of the racing circuit definitely go beyond the prizes awarded to the top athletes. USATF-Utah LDR Racing Circuit events are certified and sanctioned by the association, which means the courses are accurate and the races agree to follow all USATF competition rules. We always aim to work with the best race directors in the state – those who do their best to put on a fantastic race experience for ALL runners, especially beginners. If you are new to the sport and running the circuit races, you're likely to bump into lots of experienced athletes and find that they will be more than happy to give you tips and advice. The USATF circuit races are often among the most competitive races in the state - so if you want to push yourself to a new PR, then these are the races where you will find the company to help make that happen!

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KIDS IN MOTION: HOW TO SAFELY GET KIDS OUT RUNNING NOW AND FOR THE REST OF THEIR LIVES



My daughter Raelee is now five. She's been exposed to track meets, cross country meets, and road races. She's experienced riding in the jogger for countless miles while mom and dad run, running her own little legs around the neighborhood and the Bonneville Shoreline trails, and watching and experiencing life as dad and mom make a race management business and UtahRunning.com the family businesses. Some may say that we are brainwashing our children into believing that life revolves around running. While this may have some truth to it, we want to make sure that she continues to see "running with mom and dad" as a treat not a chore.

There are kids who have participated in road races and high mileage at very, very young ages. Take Golden Harper for example. Golden is the son of Cheryl and Hawk Harper who are the owners of Runners Corner Running Store in Provo and who have raised a family of successful distance runners. Golden ran his first marathon at age 10 and finished in 3 hours and 8 minutes. He got faster each year and at age 13 ran 26.2 miles in 2:43.

A few years ago, Running Times magazine wrote an article about a junior high phenom, Alana Hadley, who at 12 years old was running 40-50 miles a week and at the age of 14 was averaging

70-75 miles a week. While many respond in amazement at the ability and dedication of these young athletes, others respond with criticism that these kids are doing too much too soon and will damage their bodies, wear down, and burn out.

In June 2007, Pediatrics Journal published an article discussing overuse injuries, overtraining, and burnout in children and adolescents. They addressed concerns about the increased popularity of youth participating in endurance events. They said, "There is, at present, no scientific evidence that supports or refutes the safety of children who participate in marathons. There are no recorded data on injuries sustained by children who run marathons." However, they did discuss the risk of overuse injuries in the pediatric/adolescent and how these types of injuries can be more serious for this age group because the growing bones of a young athlete cannot handle as much stress as the mature bones of adults. To avoid overtraining, injuries and burnout, The American Academy of Pediatrics Council on Sports Medicine and Fitness recommends "...limiting 1 sporting activity to a maximum of 5 days per week with at least 1 day off from organized physical activity. In addition, athletes should have at least 2 to 3 months off per year from their particular sport during which they can let injuries heal, refresh the mind, and work

on strength, conditioning, and proprioception..."

As adults wanting to encourage our young people to be runners, we need to be aware of the risks that the repetitive nature of running can create and that a gradual training progression is important. Before a child hits puberty it may be best to allow him/her to participate in a variety of sports. Research has shown that young athletes who participate in a variety of sports have fewer injuries and play sports longer than children who specialize in a specific sport before puberty. Running takes place in one plane of motion, so it makes sense that having kids involved in activities requiring the use of muscles in multiple planes of movement would help strengthen stabilizing muscles and reduce the risk of injury. Research also shows that while exercise capacity increases gradually during childhood, early endurance training doesn't necessarily increase VO2 max (maximal aerobic capacity) in athletes 10 years old or younger. It is after puberty that the effects of endurance training are similar to adults. In other words, focusing on a single endurance sport at a young age doesn't show the same gains as it does for older children. For these reasons it makes more sense to me to keep children involved in a variety of sports, especially at a young age, and to help keep running fresh and fun along the way.

As I've thought more about my children's involvement in running and the role I hope to play in their progression, I've realized that it is important for me to consider what the

ultimate goal is - the end from the beginning. Is it for my child to be the best in the sport, get a college scholarship, run professionally, or go to the Olympics (depending on the sport only 0.2% to 0.5% of high school athletes make it to the professional level)? Or is it for my child to develop a lifetime pursuit that teaches them life lessons and keeps them healthy and happy throughout their lives? Although I have to admit I want my kids' legs to be fast, I think the bottom line is I want to provide them with opportunities to challenge themselves in running, find the joy in it, and continue to run throughout their lives because THEY want to.

Other Thoughts and Resources...

- Make a big deal about kids participating in races. Check out this great Utah race fully supported and focused on kids:
 - o HEY KID RUN - MAY 24, 2014
 - o Spanish Fork, UT
 - o 2 mile course for 6-16 year olds and a 100 Meter run for kids younger than 6
 - o For more information go to: <http://www.utahrunning.com/events/race/ref/Hey-Kid-Run>
- Check out this resource for some general exercise guidelines for specific ages of child development - [Best Practices for Physical Activity: A Guide To Help Children Grow Up Healthy](#)
- [Pediatrics Journal](#) article referenced in text above

- Journal of Sports Sciences article - [The child and exercise: An overview](#)
- [Deseret News](#) article on the Harper Family
- [Running Times](#) article on Alana Hadley



Janae Richardson is a homemaker, runner, coach, and co-founder of UtahRunning.com. She graduated from Weber State University with a Bachelor's Degree in History Teaching and PE/Coaching. Janae is a Level 1 Certified USA Track and Field Coach and recently completed a Master's degree in Exercise Science at Utah State University and a Sports Nutrition Certification from the International Society of Sports Nutrition. She previously coached cross country at Davis High School (Kaysville, UT), but currently offers private coaching to runners of all levels.



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Christie Spencer Holzworth Just do it, it does a body good 😊

November 8, 2012 at 8:47am via mobile · Like · 👍 1



Robb Strong Why do I run? Keep my sanity. What keeps me running? Insanity.

November 8, 2012 at 8:57am · Like · 👍 1



Karyn Hodgson If your feet are hurting, its because you're kicking its a**. For some reason that got me going 😊

November 8, 2012 at 8:57am · Like · 👍 1



Joseph Coles I only run when someone is chasing me. From my Dad.

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Amy Matson When you get those butterflies in your stomach before a race, take them out, strap them to your feet & fly 😊

November 8, 2012 at 9:50am via mobile · Unlike · 👍 2



Justus Reynolds It is not the mountain we conquer, but ourselves. -Sir Edmund Hilary

November 8, 2012 at 10:07am · Like · 👍 2



Vince Romney "I hammered up the trail, passing rocks and trees as if they were standing still" - Red Fisher, Wasatch 100, 1986

November 8, 2012 at 10:08am · Like · 👍 2



Andrea Fisher The distance between point A and point B, isn't the point.

November 8, 2012 at 10:19am · Unlike · 👍 1



Mikey Jaramillo Just keep running.

November 8, 2012 at 10:33am via mobile · Like · 👍 1



Mike Russell Pain is weakness leaving the body.

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Melissa Angell Davis "Pain is temporary, quitting last forever." - Lance Armstrong

November 8, 2012 at 1:09pm via mobile · Like · 👍 2

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recipe: Overnight Oatmeal

Mix:

- * 1 ripe banana
- * 3-4 Strawberries
- * 1/3 cup oats
- * 2 TBSP peanut butter
- * 1 cup almond milk
- * 2 TBSP chia seeds

Let sit overnight in fridge and wake up to a yummy pre-race or pre-workout meal.





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Avoiding Injury with Proper Footwear: A Runner's Guide

Buying running shoes can be a confusing process, with all the brands, styles, trends, hype, and recommendations. How do you pick the right shoe for you, your foot, and your running style? Let me give you some suggestions based off some of the latest research done on shoes by running researchers.

FUNCTION OF THE SHOE-

Let's start with the function of a shoe. The function of shoes is to provide: protection, traction, shock attenuation, rearfoot control, and energy return. Shoes are also divided into three main types: neutral or cushion, stability, and motion control. That is a lot to think about when looking for the "perfect" shoe. What if I were to tell you the one simple rule in picking the right shoe for running that could



Photo by Derrick Lytle
(<http://media.derricklytle.com/>)

prevent injury really came down to one simple concept—comfort. Would you believe me? What about controlling foot pronation? Not so much. Let me explain. Studies have shown that regardless of foot type (neutral, pronator, highly pronated, supinator) the best shoes tend to be the more neutral/"cushion" shoes or the shoe category "stability," depending on which one was more comfortable. In these same studies it is found the "motion control" shoes increased pain with running regardless of foot type.

THE RESEARCH-

One study in 2010 involved 81 female runners (ages 18-50 yrs old) with 3 different foot postures -- neutral, pronated, and highly pronated. All of the runners participated in a 13 week half marathon

training program. The researchers randomly assigned runners a neutral, stability, or motion control running shoe to train in. Each type of shoe (neutral, stability, motion control) had all three types of foot postures (neutral, pronated, highly pronated) being tested in each particular shoe type. The results were interesting, as the most pain across training programs occurred with the motion control shoes regardless of foot type. In other words the best shoe, regardless of your foot type, is more likely a cushion or stability shoe. Some may conclude that trying to control the foot arch or pronation can increase the likelihood of injury, this type of control occurs in motion control type shoes and/or improper use of an orthotic.

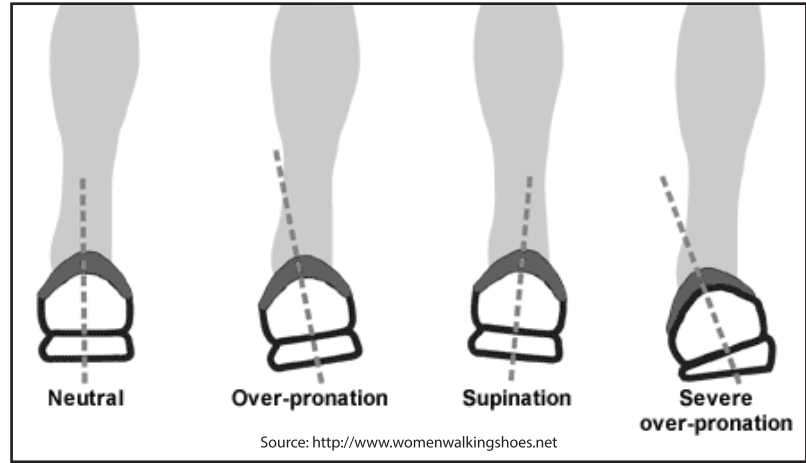
Another study using the US Army in 2009 proved similar findings as the above study. Researchers used these military subjects to determine which type of footwear was best depending on foot type. Here are the details: 1,530 cadets were given running shoes based on static foot posture (or arch position while standing to determine pronation, supination, or neutral) using 19 different shoe models to choose from.

In another group, 1,532 cadets were given only one type of stability shoe (New Balance 767ST) regardless of static foot posture. The results after basic combat training showed no difference

in injury incidence between the 2 groups. Suggesting foot type matched to shoe type does not prevent or reduce likelihood of injury. Additionally interesting was that the Marines and the Air Force repeated this same study and the same results were found.

MINIMALIST SHOES-

Those studies target the main three categories of shoes and may leave the shoe buyer a little confused on what to buy, but informed on targeting the stability or



cushion type shoes first. So what about minimalist shoes then, are they better for avoiding injury? The advent of the minimalist shoe or even barefoot running has increased the question as to the potential benefit of this type of running, both to the bare foot runner and also the runner who does not want to leave their normal shoes behind. The concept of minimalist footwear is to reduce impact on unnatural areas of the foot, namely the heel, putting the force and impact on the softer more accepting forefoot. Studies on this very subject have provided both insight

and caution on changing or considering this switch. The minimalist runner does see a reduced impact peak (or area of the run cycle when your foot hits the ground, also considered the area of greatest injury if you are considering impact to the body). Additionally, less knee motion and greater calf and posterior tibialis muscle activation is evident, resulting in muscle strain, over use, or injury in the foot and lower leg. Meaning the minimalist shoe may shift the load to the forefoot but it will also stress the tissues of the foot and leg in a new and potential damaging way if not carefully progressed and monitored. An analogy to minimalist training would be “push-ups.” We all know that push-ups are helpful and if gradually increased can be an effective exercise to build strength, but if you did 1000 of them at one time you just might be pretty sore the next day, or even for the next week, not to mention the possibility of damaging your muscles. Think of your foot doing the same thing in a minimalist shoe. Moving to this type of shoe is not for everyone, take it slow, and be honest in how your feet and legs feel...don't do too many push-ups.

SO WHAT ARE THE SHOE RECOMMENDATIONS?

Here are some to consider:

- 1) Shoe must be comfortable
- 2) Use ratings or reviews from manufactures, magazines, etc, but beware of bias
- 3) Length should be 1/2 inch beyond longest digit
- 4) Width, make sure you give enough room for the widest part, the forefoot
- 5) Heel should fit snug in the shoe

THE SCIENCE OF RUNNING-

The beauty of running is just that, it is beautiful. Yet, because 50% of runners are injured at some point, this prompts study after study to look at how and why. Some of the neatest research out there today is suggesting how to reduce impact to the body, regardless of shoe. When we consider our shoes, we're all trying to reduce the impact to our body with the cushion under our feet and hopefully reduce injury. What if we could reduce the impact to our body with the way we run? We could take the science of barefoot running, shift the load to the softer more forgiving

forefoot, and apply it to how we run in our shoes, internally reducing impact versus externally reducing it. That is, in essence, running barefoot in our shoes! In that case it really wouldn't matter what shoe we run in or even if we change our shoes every 400 miles, as recommended by the shoe manufactures. The research is out there and providing some very impressive results... but that's another conversation for another article.



**Mark D. Anderson,
PT, MPT**

Mark Anderson received his Master degree in physical therapy from the Medical University of South Carolina in 2003 and is currently the clinic director for Mountain

Land Physical Therapy at their Holladay, Utah location. In his spare time Mark enjoys running, family, and both watching and playing sports.

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UTAHNS LEADING THE PACK



Merrilee Blackham

Age: 36

Current residence: Ogden

Occupation: mother of four (ages 1-14)

Running background: I fell in love with running when I was in 6th grade and we ran the mile in school. I beat everyone in my class, even the boys, and I've been running ever since. I ran at Viemont High School and Southern Utah University. I had several years when my husband was in medical residency and my kids were small and there wasn't much time for serious running. It's been fun to get more competitive again these past few years.

PR's: 5K 18:02, 10K 35:52, Half Marathon 1:19:22, Marathon 2:46:13

Tell us about some of the recent races you've competed in (St George? Winter races?) I was in great shape going into the St. George marathon last year. The weather was perfect and I was looking to run a PR and hoping to break 2:50. I started out a

little slow but was able to make up a lot of time on the second half of the course. I actually beat my half marathon PR by a minute on the second half. I have never felt so good at the end of a marathon. I was able to maintain a 5:50 mile pace the last six miles of the race and placed 5th in the women's race in 2:46:13.

This winter I've been focusing on training for Boston. I ran the Salt Lake Track Club Winter Series 5K and came within a few seconds of beating my PR on the track from college. A few weeks ago I ran the Striders Winter Racing Circuit 10 miler. I detest the course but it runs through my neighborhood so I have run it several times because the location is so convenient. I knew there would be some great runners there with the race on the USA Track and Field Circuit this year. I did feel I had a bit of an advantage knowing the hills so well. I let a couple women go ahead of me at the start and hoped I could

catch them on the hills, which I did. I had runners pushing me all the way to the end though and I didn't get to relax when we got to the downhill. It was a hard fight, and I was able to finish in 1:03 (6:18 mile pace) on an extremely difficult course. It has given me a lot of confidence going into Boston.

It is safe to say that over the last year you have taken your running to a new level. What do you feel has contributed the most to your current level of fitness and running success? 2013 was great year for me. Almost every race I ran was a PR. I think several things have contributed to my success. My coach, Paul Pilkington, has helped me a lot. I started training with him in 2010 and have taken 25 minutes off my marathon PR since then. I'm not good at motivating myself to do the hard workouts so it helps me to have someone watching my workout and someone I'll have to

report to. He also has so much great experience both as an athlete and a coach at the marathon distance. He's given me a lot of great advice and the workouts he gives me have prepared me well for races. In 2012 I had just had my fourth baby. In spite of running and swimming during my pregnancy, I found myself out of shape and weighing more than I ever had. Life was crazy juggling a new baby, a teenager, and everything in between. I was about to turn 35 and I was worried that my best running days were behind me. The time off during my pregnancy turned out to be good for me though. It gave time for some nagging injuries to heal and I came back with motivation to work hard. The extra weight I was carrying motivated me to change my eating habits (not really a diet... ice cream and cookies). The pregnancy weight came off quickly and the eating habits stuck. Soon I was lighter and fitter than I had been in years. I started running faster and it has

given me a lot of confidence to push myself harder and race against runners that in the past I would have told myself I couldn't keep up with.

Training regimen/schedule (weekly mileage, types of workouts, when you fit it in): My peak mileage is about 60 miles a week. Tuesday I do a track workout with my coach. Thursday is another speed day, either a tempo run or another track workout. Saturdays are my long runs, with occasional speed mixed in. Monday, Wednesday, and Friday are distance days and I take Sunday off. Most of my running is done early in the morning while kids are asleep and before my husband is out the door to work.

Favorite place to run: The trails around Ogden and at Snowbasin, especially in the fall.

Favorite pre-race meal and post-race drink: Olive Garden pasta and bread sticks if I'm traveling. At home it's

usually spaghetti. Powerade or Gatorade have always been my post-race drink but a lot of running friends have convinced me lately that chocolate milk makes a great recovery drink.

Favorite race distance: I love the challenge of the marathon. Distance running has always been my strength. I used to say if I ever broke three hours in the marathon I would retire but as every runner knows it becomes addicting and I'm always thinking what I can do next time to get a little faster.

Why run (motivation, inspiration): Running is such a big part of my life that it's hard to imagine not doing it. I feel like my day isn't complete until I've gotten my run in. A lot of days running is the only time I have for myself. I also enjoy running with my husband and sometimes having the kids along whether it's running, riding a bike, or in a stroller.

Favorite quote or best advice you've been given as a runner: Dick Beardsley gave an inspiring talk at the St. George expo last fall. I thought about his comments a lot during my race the next day. He talked about how powerful your mind is and when you believe you can do something it will help you more than anything else.

Advice you would give to other aspiring runners: Set small achievable goals to keep you motivated. Find what you love about running, whether it's running with friends, racing, or running in new places. You will only keep running if you are enjoying it.

Goals: I'm running Boston in a couple weeks, and I would like to finish in the top 100 women. In the fall I'm going to run the Chicago Marathon. I would love to break 2:43 and qualify for the Olympic Trials.

EVENT FILMMAKING AND PHOTOGRAPHY



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UTAHNS LEADING THE PACK



Jason Holt

Age: 27

Current residence: Clearfield, Utah

Occupation: Associate Sales Representative at Stryker, Medical Device Industry

Running background: I started running in 5th grade when I ran a mile in 5:45, and my P.E teacher thought I could be a good runner. I ran Track and Cross Country at Fort Collins High School. I went to Utah State University for College and ran Track and Cross Country there as well. I won the WAC in Cross Country in 2008. I won the WAC in 2011 in track at 800 meters, I was running the 1500 but had to drop distances after my Achilles surgery as I never fully healed.

PR's: Half Marathon- 1:07 U.S.A. Half Marathon Championships 2014

Marathon- 2:24 Phoenix Marathon 2014

Tell us about some of the recent races you've competed in: I ran in the USA Half Marathon Championships in Houston Texas and ran a personal best of 1:07. I ran a 15:10 in the Winter Series 5k in 2014.

I also ran in the Phoenix Marathon March 1st and took second with a life best of 2:24.

Over the past several months you have taken your running to a new level.

What do you feel has contributed the most to your current level of fitness and running success? There have been many things that have contributed to my current success and fitness at this time. First, I started training with the Ogden Crew more consistently starting in October. Second, I have increased my mileage enough so that my legs are more well prepared for the Half and Full Marathon. Riley Cook on the Ogden Crew has mentored me and kept me motivated and helped me to understand that I have more potential than I think I do.

Training regimen/schedule (weekly mileage, types of workouts, when you fit it in): I do quality workouts 2-3 times a week. The quality consists of tempo runs, long runs, mile reps, two mile reps, 400's and 800's closer to a race. I build up mileage before races and taper two weeks prior to a marathon and a week prior to a half marathon. My

mileage is usually around 70-90 a week. When my mileage gets around 80 or more miles a week, I usually run twice a day, once in the morning before work and again as soon as I get home from work.

Favorite place to run: On the Bonneville trail in Kaysville, which is located in the mountains.

Favorite pre-race meal and post-race drink: Night before the race I will eat chicken Alfredo from Olive Garden with salad, bread sticks and strawberry lemonade. Morning of a race I eat 2 packets of oatmeal, Powerade, and a power bar.

Favorite race distance: Half Marathon

Why run (motivation, inspiration): I run to reach my full potential. I am motivated to become the best runner I can be; competition is what I live for. I am inspired by other runners who are humble but also very good. I look up to Mo Farah as he is a great guy and very humble. I ran with him in Park City a few times in June before he won the 5,000 and 10,000 meters in the 2012

Olympics. My hero is Haile Gebrselassie who has set many records and went against many odds to become the best in the world.

Favorite quote or best advice you've been given as a runner: Run smart, Run fast and be patient, you will surprise yourself with what you can do. You cannot limit your potential or you will never reach it.

Advice you would give to other aspiring runners: Never give up! When you feel an injury coming on take it easy. I felt both of my injuries coming on but I kept running and they both got worse. I ended up pulling my groin and having Achilles surgery, because I kept running even after the pain started. They both turned into major issues that each cost me over 6 months to recover from.

Goals: I have two goals for the 2014 year. My goal for the Marathon is to break 2:20 in the Marathon and break 1:05 in the Half Marathon. Long-term goal is to qualify for the 2016 Olympic Trials in the Marathon.

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Pictured: Run Elevated 2013



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In It Together

I have always preferred the solace of running alone. I'm not talented enough to run hard while still maintaining a conversation. I'm not fast enough to keep up with my friends who are dedicated to daily training, and I'm too fast for my friends and relatives who are not so committed.

My schedule is unpredictable, and not only am I easily distracted, but I am also a world class procrastinator. So, joining a running club or organizing a group of friends for a run even a few days a week has never appealed to me.

Interestingly, I began running because one of my best friends wanted to spend some time together. In all honesty, we did a lot more walking and talking those first few runs than we did sweating. But her inviting me to 5Ks more than a decade ago began a transformation that has sustained me through some of my life's most challenging times. Running kept my dog from chewing every piece of furniture in my house, and it also prevented me from making some impulsive, emotional decisions over the years.

What I cherish most, however, isn't better health, a clearer mind or even my calmer demeanor. It is the people who I have met through the sport. For the last decade, I show up at most start lines alone. But, I rarely run by myself.

I overhear a story, see something intriguing or just meet someone who draws me into a conversation that makes the miles fly by. Some

of them I've written about, but all of them have inspired me. I've learned from them and leaned on them. When I've run with people who were already important pieces of my life, it has connected us in a more fundamental, visceral way.

So I didn't find it at all odd when Dan Granote climbed on the shuttle bus in Conyers, Georgia, and asked if anyone else felt like he did about the Ragnar Trail Relay we'd all just completed.

"That was just really special," he said to nobody in particular.

I could not resist asking what was so special about running on trails near Atlanta for 24 hours. "Well, I did it with my neighbors," he said, softening his voice to almost a whisper.

Turns out, one of his neighbors, Chip Lusk, moved in about five years ago and converted his garage into a Cross Fit Gym. He's open for business at about 5:15 a.m. and Granote said dozens of people show up every day. He said it's Lusk's way of paying it forward and building friendships among neighbors.

"It's just made friendships much better, much deeper or on a deeper level," he said. "It adds a commonality that wasn't there before."

While a lot of people knew each other, maybe even socialized together now and then, Lusk's garage gym has brought them so much more than better health.

"You always want to push yourself; you want to surround yourself with good people, with healthy

people," he said. "If you're not going forward, you're going backward. When you're at Ragnar or training for a Ragnar, you're clearly going forward with people who want to be healthy. And that usually leads to people who want to be good parents, and good community members."

Granote said Lusk convinced 11 of his neighbors to join him last fall for the Tennessee Ragnar, but for the trail run on April 4, 32 neighbors and friends signed up on four different teams. They rented a giant tent, the kind used for weddings or outdoor sales events. They talked and laughed and struggled through the night, the heat, and the fatigue. "It was just a really special experience," he said.

I've had those experiences, as well. Sometimes it's just a training run with my daughter or a group of friends. Other times, it's a marathon that I'm not sure I can finish until I meet someone willing to talk with me and make me feel a little more capable. Other times, it's an event like a Ragnar race that is designed to make my beloved solitary sport a group experience.

I was running with my daughter about a week after talking with Dan when I had a thought. Actually, it was more a feeling than an epiphany, but I thought about what he'd said, the way he looked, and the conviction with which he shared the story of his Georgia neighborhood. And then I recalled the conversation I shared with my daughter on the way to the trail we were running that day. She talked about her hopes for a new job, her frustrations with her current employer and the presentation she'd just

made in one of her classes at the University of Utah. She didn't really ever run with me. She put her music on and ran ahead of me most days. But as I watched her turn a corner, felt the sunshine on my face and recalled these conversations, I realized that I'm never really completely alone.

I summon the stories of those I've met and those I love when I struggle. I steal their mantras, borrow their kind phrases and even picture their smiling, sweaty faces.

The week before I went to Atlanta, one of my closest friend's asked if she could join my daughter, Rachel, and me for our morning workouts or runs. Rachel and I try to run together a couple of times a week, but we don't have a standing time so I worried about having a third person relying on us. I told her what our plan was for that week and she showed up every day. Like Rachel, she did her own thing during the workout. But before and after, we would talk, and connect and inspire each other.

One day she told me just how much she'd been struggling and how hard it was just to get out of bed some days. Our workouts weren't just saving her life physically, they were transforming her emotionally. I've noticed over the past three weeks, she's more animated, and more joyful. She's even convinced me to get up earlier on days when I was so busy I didn't think it would be possible to find time for a run.

I used to tell myself that carving out some time for a workout was putting myself on my list of things to do. It was a tangible way to show love for myself and, in all honesty, to feel strong enough to be available for those I love and care for everyday.

But after my April workouts, most of which have included other people, I think it also might be a way to show my commitment to those I care about most.

I realized that some of the reason I don't try to persuade my friends and family to run with me (with the one notable exception of our tradition of running Farmington's Turkey Leg 5K on Thanksgiving), is that I don't want to be disappointed. I don't want them to cancel on me because then I might cancel on myself.

Realizing this brought to mind a man I wrote about but never met - Jeremy Kunz. He was killed during the first Las Vegas Ragnar Relay by a drunk driver. I talked with his father, Bart Kunz, who has become a beloved friend over the years. I was struck by Jeremy's story for a number of reasons, but mostly because he'd persuaded most of his family and friends to run with him.

Jeremy never saw this sport, where each of us are responsible to cover every mile on our own, as a solitary endeavor. Instead, it was a way to connect, to share, and to learn. One of the experiences Bart told me about was a run they'd shared in which his son's ability now exceeded his own capabilities. Still, at the end, Jeremy told his father how much it meant to him to share the joy of a tough training run between the two of them.

I thought of that story on a recent outing with Rachel. I thought of all the times she'd slept in or ditched me. And then, in contrast, I swam through all of the beautiful moments we'd shared since she fell in love with the sport as a teen.

What's important isn't that I am never disappointed. It's that I leave myself open to opportunities to be surprised, to be connected, to be inspired.

I feel the transformative power of running in my own life, and sharing that by just being available can be the equivalent of setting up a free Cross Fit gym in my home. Our dedication and our accomplishments might be inspiring to some of those we love. But to those who don't even see a single mile as a realistic goal, our support might need to be more tangible.

The real reward, and maybe the irony, is that while you may start out cajoling them into lacing up their shoes with you, there will come a time when that relationship changes. And on that day, or even through many days, you will find those you've nurtured and embraced will end up inspiring you.



Amy Donaldson is a sports writer and columnist for the Deseret News. She spent eight years covering crime and corrections and has covered high school sports, outdoor recreation and fitness for the last 12 years. Originally from Anchorage, Alaska, she graduated from Snow College and the University of Utah, and is proud to call Taylorsville home.

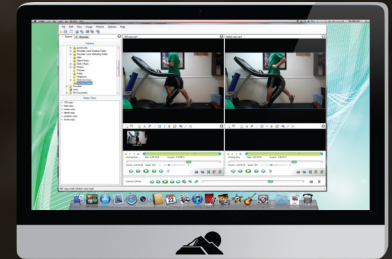
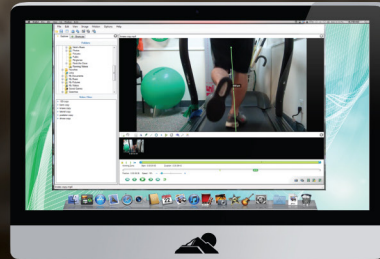


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WSU's All-American With Sights Set on 2016 Olympics

All-American runner, Amber Henry-Schultz, competed in her last collegiate race in March at the NCAA Indoor Championships, and will graduate at the end of April from Weber State University with a bachelor's degree in nursing. While graduation often marks the end of a competitive track career, it is only the beginning for Amber. She now has her sights set on the 2016 Olympic Games in Rio De Janeiro, and recently visited the Olympic Training Center in Chula Vista, California.

In 2013 Amber finished third in the steeplechase in the NCAA National Outdoor Track Meet, with a career best time of 9:43.39. She then placed sixth at the USA Outdoor Nationals and was selected to visit for the Olympic Training Center to have video analysis of her hurdling and water jump technique.

"It was really, really neat," Amber said. "It was a really cool environment. They had

stuff for everything... they brought me in as a developmental athlete and they see potential in me and want to help me get out there."

Her coaches also see great potential.

"She has a good chance to make the U.S. Olympic Team," said coach Paul Pilkington. The top three finishers at the Olympic Trials will make the team. Pilkington said Amber needs to drop about 20 seconds in her steeplechase in the next two years.

"She is still new to the event and will continue to improve," he said.

Amber, from Mountain View, Wyoming, was originally recruited to



Weber State to run the 800 meters, and while she competed well in the event, coaches saw more potential in moving her to longer distances, including cross-country.

"She was an outstanding 800-meter runner," said WSU Director of Track and Field, Jim Blaisdell, "but I could tell she was going to be better moving up in distance. She had a great cardiovascular system and



you just couldn't get her tired."

Moving up events paid off. In 2011 and 2012 she won the Big Sky Title in cross-country and in 2012 she also earned All-American honors. She started competing in the steeplechase in the 2012 outdoor track season and immediately excelled at the event, earning All-American honors in the 2012 and 2013 track seasons. She also has 11 Big Sky Titles, including titles in the 1500 meters and 1-mile run.

Amber, who had been battling injuries,

said she kind of begged the coaches to let her try the steeplechase. "When things got going...we found out that was my strongest event," she said.

"It was a neat progression," Blaisdell said. "Paul did a nice job with her gradually moving her mileage up and getting her

into the longer distances."

Amber said she never imagined she'd become a steeplechaser training for the Olympics.

"There's time goals that I need to achieve to get to that point," she said. "That's one of those big goals towards the end and there's lots of little goals adding up to that."

Amber has continued to train with Pilkington, who says she is great to coach.

"She listens and is very coachable," he said. "She executes race plans as we have talked about. She is a great competitor."

Though in the future she may be seen competing for the United States, she gives credit to her school and coaches for this journey she's now on.

"If I was going to be a good steepler, it was because I was at Weber State," she said.



Danielle Longhurst is a native of Ogden, Utah, and is a writer, runner and mother of three active children. She was a former mid-distance runner at Weber State University and now enjoys doing road races. She can be reached at danielle.longhurst@gmail.com

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May Races

Friday, May 2

Ford Ironman St. George Kids Fun Run, St. George
RAD Neon Run, West Jordan
Westridge Elementary School 5k and 1 Mile Run, Provo

Saturday, May 3

Ogden Clinic/Shadow Valley Elementary 5K & 1 mile, Ogden
N.O. Limits Half Marathon & 5K, North Ogden
Miles for Mitchell, 2nd Annual, Herriman
Dino Half Marathon, Vernal
YMCA Healthy Kids Day 5K Run/Walk, Ogden
5K Fiesta!, Sandy
Run for Hearing 5k, Vernal
West High Panthers on the Prowl 5k, Salt Lake City
24th Annual Autoliv Race For Life, Ogden
5K for Lighted Candle Society, Bluffdale
Amasa, Moab
Provo City Half Marathon, Provo
Fourth Street Clinic Sprint Triathlon & 5k Run/Walk, Salt Lake City
Fox Hollow Flyers 5k, Lehi
2nd Annual Run to Rescue 5k Trail Run/Walk, North Logan
The PI Mile, Highland
Junior League of Salt Lake City 5K of May, Salt Lake City
Running of the Bulls, Logan
UCAS Senior Scholarship 5K run/walk, Orem
Run 4 Hearing - Vernal 5K, Vernal

Wednesday, May 7

Wasatch Trail Run Series Race #4, Draper
Wasatch Trail Run Series-Corner Canyon 4, Draper

Saturday, May 10

Komen Salt Lake City Race for the Cure, Salt Lake City
Huff To Bluff Marathon & Half Marathon, Blanding
Mothers Day Kanab 10K 2014, Kanab
Give Hope A Home 5/10K, Kaysville
The Dodo Dash 5k, Salt Lake City
Roy Firefighters Association Ambulance Chase 5K, Roy
ELEVATE 5K - Charity Race for Cancer Victims in Utah County, Orem
Health Days Fun Run, Smithfield
3rd annual Vigor Utah Big Cottonwood Canyon 13.1-10- 5K,
Cottonwood Heights
Race For Red 5K/10k and Kids Run, Provo
The Hippie Run Charity 5K Glow/Disco Party, Lehi
Splash-N-Sprint Triathlon, Bountiful
2nd Annual Roy Firefighters Association Ambulance Chase 5k, Roy
Think Pink for Jules 5k, Syracuse
Race for the Flock 5k, Ogden
Dash for Dance 5K, Provo
Smithfield Health Day Fun Run, Smithfield
Strides for Healing, Syracuse
Family Adventure Race - Date Night Edition, Draper
Jog for Jordan 5k/1k, London

Wednesday, May 14

Wasatch Trail Run Series-Corner Canyon 5, Draper

Saturday, May 17

Women of Steel Triathlon & 5K, American Fork
Brain Injury Association of Utah 5K Run Walk & Roll, Salt Lake City
Running With Ed, Park City
Iron Will, Riverton
Running with Angels 5K, Lehi
5K Race for Kids 2014, Murray
Beat Beethoven, Pleasant Grove
Be A Superhero - Rise 2nd Annual 5K Run/Walk, Kiddie Run, and
Silent Auction, Salt Lake City

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Women of Steel 5k, American Fork
Get Out and Live Ogden Marathon, Ogden
32nd Annual Law Day 5K Run, Salt Lake City
Iron County Children's Justice Center Run For The Kids, Cedar City
Now I Can's Run to Walk, Provo
Run Walk Roll, Salt Lake City
TOSH 5K Race For Kids, Murray
Live above the influence 5th annual 5 mile run/walk, Vernal
Patriot Day 5k Fun Run, Herriman
6th annual Run to Walk 2014, Provo

Wednesday, May 21

Wasatch Trail Run Series-Corner Canyon 6, Draper

Friday, May 23

Midnight 5K-2014, St. George

Saturday, May 24

Hey Kid Run, Spanish Fork
Live wElle 5K and Kids Fun Run, Springville
Alpine Classic Half and 5K, Alpine
2014 Boys Chase Girls Half Marathon & 5K, Huntsville
3rd Annual "Run For The Wounded" 5K & 10K, Ogden
Wellsville Duathlon, Wellsville
Timp Trail Marathon & Half, Orem
Hera Half Marathon & Frigg 5k, Morgan
Guatemala 5 BiQue?, Farmington
Mona Veterans Memorial fundraiser, Mona
Scandinavian Heritage Festival Fun Run, Ephraim
The Color Blast 5k, Lehi

Sunday May 25

JE Cosgriff Tiger Trot, Salt Lake City

Monday, May 26

Race for Grief Event, West Bountiful
Heber Valley Memorial Run, Heber City
Utah's 5th Annual Go Grey in May 5k Run/Walk/Roll to End Brain
Cancer, Salt Lake City
Bear Lake Monster Half Marathon - Spring, Garden City
Historic Grantsville Memorial Day 5K, Grantsville
PCHS Memorial 5K, Park City

Wednesday, May 28

Wasatch Trail Run Series-Corner Canyon 7, Draper

Friday, May 30

Top of Zion Relay (Full and Half), Orderville

Saturday, May 31

The Great Inflatable race, Murray
1st Annual J.L. Sorenson Dip'n Dash, Riverton
5K for Katie, Farmington
Sand Hollow Tri Du Run, Hurricane
Homestead Golden, Midway
Utah XTERRA Trail Run Series Utah Olympic Park, Park City
Girls on the Run 5k, Salt Lake City
It Takes A Village 5k, Salt Lake City
3rd Annual Legacy River Run, South Jordan
Tri the Heights Sprint Triathlon, Cottonwood Heights
ElectroDash 5K, Provo
Fill The Ark 5k, Salt Lake City
DEFY THE ODDS Fun Run 5k, Layton
Stepping Up To Healthy Relationships 5K, Salt Lake City
Racin for Greyson, Provo
Salem Spring Triathlon, Salem

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May Races

Wednesday, June 4

Wasatch Trail Run Series-Corner Canyon 8, Draper

Saturday, June

DinoLand Triathlon (DinoTri), Vernal
Utah Hemophilia Foundation BLOODRUN, Murray
Pride Day 5K, Salt Lake City
Bubble Run-St George, St. George
Crack Of Dawn 8K, Millcreek
Squaw Peak 50 Mile Trail Run, Provo
Brother Brighams Half Marathon & 5k, Brigham City
Shark Attack Tri, Riverton
Junior Achievement 5K Challenge, Fun Run & Corporate Team Challenge, Sandy
Thelma & Louise Women's Half Marathon, Moab
Daybreak Triathlon 2014, South Jordan
Run for Refugees, Salt Lake City
2nd annual Vigor Utah - Solitude Mountain Resort, trail running series, Cottonwood Heights
Country Fest 5k, South Jordan
Country Fest Kid's 1 Miller, South Jordan
K25K Run for the Luv-o-lu-tion, West Valley City
6th Annual HopeKids Wasatch Adventure, Farmington
The Dirty Dash Utah Spring, Midway
Pride Day 5k, Salt Lake City
Cooper 5k, Salt Lake City
2nd Annual Oquirrh Mountain Half Marathon/5K, Tooele

Family Adventure Race at Highland Glen, Highland
Cell to Well, Bountiful
Zions Children of Haiti 5k (HK5K), Salt Lake City
Eagle Mountain's 2014 Pony Express 5K, Eagle Mountain
Together for Taleah-Millie's Princess Run- St. George, St. George

Wednesday, June 11

Wasatch Trail Run Series-Corner Canyon 9, Draper

Friday, June 13

Utah Summer Games 10K, Cedar City
Bear Lake Marathon - Idaho, Garden City
The Lunatic Triathlon 2014, Price

Saturday, June 14

Utah Valley Marathon, Provo
Utah Summer Games 5K Run/Walk, Cedar City
16 Crossings 20K, Smithfield
Rock Cliff Triathlon at Jordanelle, Francis
17th Annual Judgesrun, Salt Lake City
4th Annual River Rampage Triathlon, Green River
2014 Drop 13 Half Marathon - At Big Cottonwood Canyon, Salt Lake City
50th DeCelle Memorial Lake Tahoe Relay, Paradise
Bryce Canyon Ultra, Tropic
Gunsight Gallop, Clarkston
Kicking Kancer Fun Run, Woods Cross
Bear Lake Marathon - Utah, Garden City
Protect What Matters 5k for TBI, Clearfield

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2014 OREM FIREFIGHTER ASSOCIATION AND TIMPANOGOS
REGIONAL 5K, Orem

Sunday, June 15

Desert R.A.T.S. (Race Across The Sand), Moab

Wednesday, June 18

Wasatch Trail Run Series-Corner Canyon 10, Draper

Friday, June 20

The HOMM- Herriman Oquirrh Mt. Marathon- Trail Half, Herriman

Saturday, June 21

Park City Mini-Trail Series 5k, Park City
Wasatch Steeplechase, Salt Lake City
American Fork Canyon Half Marathon & 5K, American Fork
Kimberly's Cancer Kids Tribute Run, Riverton
The Chariot Race 5K & Kids Run, Kaysville
Millie's Princess 5k, Salt Lake City
Independent Living 5K Run and Roll, West Valley City
The HOMM- Herriman Oquirrh Mt. Marathon, Herriman
Heaven Can Wait 5K Run, Ogden
Summer RUNoff, Ogden
Running for a Healthy Heart, West Jordan
Riverton Hospital Family 5k, Riverton

Friday, June 27

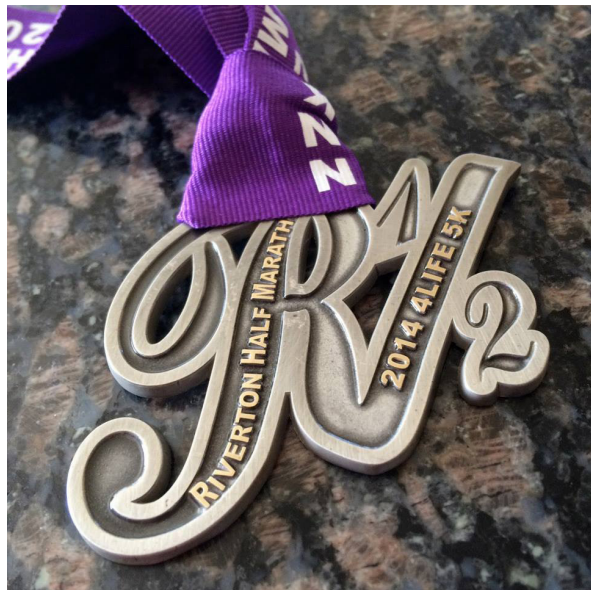
2014 Provo Midnight Run - Glow Stick Half Marathon, Provo
Ragnar Wasatch Back, Logan

Saturday, June 28

Logan Peak Trail Run, Logan
Lehi Roundup 10K and 5K, Lehi
Elk Ridge 5k & 1 Mile Squirt Gun Fun Run, Elk Ridge
The Biggest Loser RunWalk Utah 5K Off-Road Challenge, Midway
Utah Spartan Beast, Midway
Run Through the Lavender 5k and 1k Family Trot, Mona
PGTRIathlon, Pleasant Grove
Utah XTERRA Trail Run Series Jordanelle, Park City
Akrofufu Fun Fun Run Run 5K, Murray
Logan Peak Trail Run, Logan
Tooele Sprint Triathlon, Tooele
Stepping Out to Cure Scleroderma - 2014, Syracuse
Pleasant View Founders Day 5k, Pleasant View
Groovefest-Run for the Music 5k, Cedar City

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Riverton City Half Marathon - March 22, 2014



Finding a half marathon between December and March in northern Utah is pretty hard to do. Unless you are willing to make your way to southern Utah or out of state, the race schedule is peppered with mainly 5K and 10K races. Being a certified Half Fanatic (#2699), I call these winter months, "the dark ages."

Since my last half marathon was two whole months prior, I was eagerly awaiting the Riverton City Half Marathon. I ran it in 2012 and found it be a great early springtime race that prepares runners for the upcoming running season. It's a great race to tune up for the Salt Lake (April 19) and Thanksgiving Point (April 26) half marathons, and it can also fit perfectly into a training schedule for the Ogden (May 17) and Utah Valley Marathons (June 14).

The race is a beautiful tour around Riverton that not only takes you through the city, but also on the Jordan River Parkway. The course is peppered with rolling hills, flat miles and a couple of challenging hills that will test even the most seasoned runner. It will prove your months of winter training or expose your need to prepare more for the upcoming racing season. It's a perfect springtime race.

Here's a review of my experience at the Riverton Half Marathon -

Packet-Pick Up - GRADE: A

If you didn't have enough time to pick up your packet before the race, then you're either a very busy person or you lack any form of time management skills. The race had packets available to pick up the week preceding the race. Monday-Wednesday, the packets were available at RunGr8 running store, Thursday and Friday at Riverton City Hall, and then onsite on Saturday morning starting at 7am.

Picking up packets for the Riverton Half Marathon has always been pain free and extremely easy. I love that you can pick up other friends' packets for them with little trouble. And, if you're a procrastinator, getting your packet the morning of the race is rather hassle free.

Course - GRADE: B+

Utah is known for some great downhill canyon races. But, with the popularity of half and full marathons, the trend of city 5Ks has turned to city half marathons. Since each city isn't going downhill or through a canyon, the courses in the Valley differ quite a bit. The Riverton elevation and course is a mixture of flat, hills, and even a few challenging hills.

The course starts at Riverton City Park and heads north on 1300 West before you make your way through a few neighborhoods (which I am not a huge fan of doing) and onto the Jordan River Parkway at mile three. The course stays on the parkway for the next six miles before you exit on 14600 South. You end the course by running the last four miles on the side of the road on 1300 West before meandering through neighborhoods, climbing Satan's Hill, and jotting over to Redwood Road for less than a half mile before you end right back at the city park.

The course is hilly and a good test for your legs, especially on the Jordan River Parkway, where you have a hill that will test any runner at mile 7 of the race. But, for a race preparing you for the rest of the running season, it serves that purpose very well. I came away from that race realizing my need for hill training.

Aid Stations - GRADE C

The aid stations were pretty straight forward; they had Gatorade and water which was pretty much all I needed throughout the run since I brought my own Gu and food. It would have been nice, however if there was food available (ie-bananas, orange slices, four course meals) in the latter stations because sometimes my own food isn't enough and I know other runners don't

always pack picnics like I do.

My biggest gripe about the aid stations was the gap between the five and nine mile aid station. I understand that there might be restrictions for having aid stations on the parkway for a race, but I felt like it needed to be communicated better to runners to plan on this gap.

When I finally reached the mile nine aid stations, I grabbed a couple of cups of Gatorade and water, and took my time sipping. Maybe I just rely too much on having liquid provided for me when I need it at races. I do know other runners complained about the gap as well.

Volunteer Support - GRADE: A+

The volunteer support was great. Not one complaint. The water and Gatorade was always stocked and at each aid station the volunteers were yelling words of encouragement and were attentive if you needed a refill. The volunteers at the finish line were just as great. They kept the food stocked and were extremely friendly.

Shirt/Swag Bag - GRADE: C-

I am a shirt snob. Especially, when it comes to running shirts, I love a comfortable, well designed running shirt. What I would like

from a race shirt is to gain a new shirt for daily workouts, as well as for lounging around. I still hold onto and use running shirts from 2-3 years ago (I have attachment issues), especially ones that I like the feel and design of.

With that said, I wasn't very impressed with the Riverton shirts and design. For one, I am not a fan of white running shirts for a couple reasons. They tend to be see-through when I get sweating hard and if by any chance my NipGuards fall off and I get bloody nipples ... they show. Bad. The shirt and design of the 2012 race was much better, where the logo was nice and the shirt texture was comfortable.

Post-race food - GRADE: B+

I judge races by three things: shirts, medals, and food. Sure, I should rate them more on the course, but let's be honest, we all want the shirt, the medal, and fuel at the end. After crossing the finish line there was a table full of bagels, donuts, fresh fruit, water and a fitness protein drink.

I waited too long to refuel because as soon as I got my appetite after the race, all of the glazed donuts were already gone (which was probably good in my case). I was able to get a bagel, banana and water which were much appreciated. I chowed down that bagel while getting a much needed massage at one of

the vendor booths. I totally wished there was chocolate milk. I always hope for chocolate milk at every race. It should be standard.

Awards - GRADE: A-

For as much as I didn't like the shirts, I really did like the medal. It wasn't too small or too gaudy-- it was just right. It was the design of the cursive R that was on the t-shirt and a ribbon of purple. Not my favorite color, but after running a tough 13.1 miles with burning quads I let that go. I earned that medal!

Timing and results - GRADE: B+

When I ran this race in 2012 we didn't have chips, but thankfully we did this year. Granted the time results were still based off gun time, but I was okay with that because I just followed the time off my Garmin watch. The organization of time results was much better than years past and I was appreciative of that. I just wish they didn't go off gun time.

Overall organization - GRADE: B+

The Riverton Half Marathon is not a BIG Utah race, and it doesn't pretend to be either. But, with the resources it has and for what they were able to accomplish and do for the runners and community, it deserves a lot of credit.

To sum up my critique, I would like to see improvement in the aid station gap between miles five and nine, non-white running shirts, and more food at the aid stations. Other than that you get exactly what you would expect from this race ... a good springtime race with a challenging course and a chance to prepare for upcoming marathons or half marathons.

Should you run the Riverton Half Marathon race in 2015? Yes!

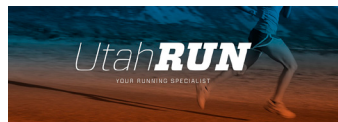


JOSHUA SNOW HANSEN

Joshua Snow Hansen is a runner, blogger and general life observer on [Facebook](#), [Instagram](#) and [Twitter](#). He blogs about his 180lbs. weight-loss, his quest to run 180 races over 13.1 miles before he turns 40 and how running has turned his life around 180 degrees. Catch his blog at running180.com.

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So How Did We Do?

We want to hear from you!

Do you have any thoughts or ideas on how we can make Run Utah Magazine even better?

How about interesting content that could benefit the Utah running community?

Your feedback will help us to make Run Utah Magazine an ongoing success, so give us your feedback by sending an email to support@utahrunning.com, or leave us a message at <http://facebook.com/utahrunning>

Happy running!

