

This Mother Got Run

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“Running seems to wipe out the constant monologue about all the things I’m behind on in my day-to-day life, and it can put me in a more open and creative place.”

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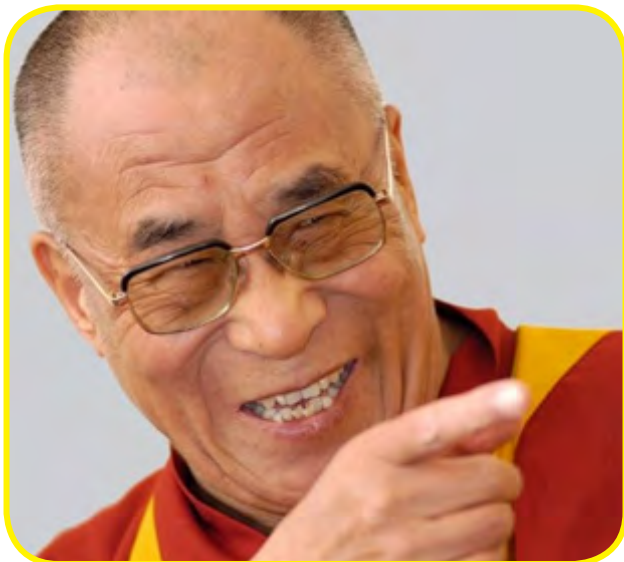
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20 Running Instructions

While I don't know him personally or in the Biblical sense, the Dalai Lama seems like a pretty smart, insightful and compassionate guy. Recently, I read his "20 Instructions for Life." If I could only be 1/24th as enlightened as Mr. Lama or Ms. Theresa ("Mother" being her first name), I'd have it made in the shade. **Here are the 20 Instructions.** While they apply to life in general, I'd argue they're really about running, specifically. So, naturally I've added my two cents.

1. Take into account that great love and great achievements involve great risk. Risk running your first race. Risk getting tired and hitting the wall. Risk having people pass you. Risk making a fool of yourself. Risk sacrificing to train hard. Risk crapping your pants. Gain: great achievement and love for yourself. I promise.
2. When you lose, don't lose the lesson. Train like a mother and get injured? Fail to make your PR? Run the Las Vegas marathon and puke your guts out? There is always something to be learned from the most difficult of circumstances. Sure you want to



punch someone in the face when they tell you that, but like it or not, it's true if and only if you are willing to see the lesson.

3. Follow the three R's:

- Respect for self (never pee or tie your shoe in the middle of the course)
- Respect for others (never pee or tie your shoe in the middle of the course) and,
- Responsibility for all your actions (never pee or tie your shoe in the middle of the course).

4. Remember that not getting what you want is sometimes a wonderful stroke of luck. This is another one that is so true it is annoying. It falls into the, "when one door closes, some bitch opens a window," or something like that. The bottom line is, we hold on



so tight to what we NEED our goals and achievements and agendas to be. Often when we don't get what we want, we are pushed in a different direction that is exactly what we needed instead.

5. Learn the rules so you know how to break them properly. This is my favorite, and almost seems un-Dalai-Lama-like. Clearly he is telling us to learn the rules for registering for a race, but then to have complete disregard and run as a bandit.

6. Don't let a little dispute injure a great relationship. Make it clear from the get-go that your training comes before everything else. If your partner/spouse disputes that, tell them that they need to get on board so that this dispute does not ruin your relationship.

.....
"Risk getting tired and hitting the wall."
.....

“Running alone and listening to your breath and your feet hitting the ground is one of the great human experiences.”

7. When you realize you've made a mistake, take immediate steps to correct it. If you are running a race and spit on someone or fart on them as you pass (crop dusting), immediately apologize and keep moving. Do not let your guilt slow you down.
8. Spend some time alone every day. Running alone and listening to your breath and your feet hitting the ground is one of the great human experiences. (At least to runners.) Other people just think it's crap.
9. Open your arms to change, but don't let go of your values. This simply means when you cross the finish line of a race, hug someone named "change," but never give up your virginity right there (what?).
10. Remember that silence is sometimes the best answer. Do not carry keys or change in your pocket when you run with a group. They will hate you.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time. Work your ass off. Make no excuses. You'll set a good example for others. And, if the day ever comes when you can't move anymore, you'll be glad you did.
12. A loving atmosphere in your home is the foundation for your life. Always kiss your spouse or partner on your way out the door for your four hour training run. Always thank them for doing the dishes and feeding the kids while you are gone. Don't forget to give them a special sexual favor after they have waited around all day for you to run by them for one second during your marathon. This is very loving and grateful of you.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past. If you are arguing about how your partner did not rub your feet after your race, don't bring up all the past times he/she has failed you after races. It's just not fair.
14. Share your knowledge. It is a way to achieve immortality. You should always do this at the gym. Go up to someone on a treadmill and tell them that they need to work on their running form. Go into great instruction about heel vs. forefoot striking and keeping good posture. They will love it and you will live forever!
15. Be gentle with the earth. This is exactly why you should always shit in cornfields when you run. Fertilization of the precious earth!
16. Once a year, go someplace you've never been before. Great Wall of China Marathon, here you come! Who cares if it's 2,459,659 vertical steps?

“If you are running a race and spit on someone or fart on them as you pass (crop dusting), immediately apologize and keep moving.”

17. Remember that the best relationship is one in which your love for each other exceeds your need for each other. This is too deep for me. I got nothin’.
18. Judge your success by what you had to give up in order to get it. You gave up sleep, a normal G.I. tract, socializing, sex, drinking, parenting, walking the dog, lots of money and all you got was a stinking marathon medal. Total and complete SUCCESS!!
19. If you want others to be happy, practice compassion. When you pass someone in a race, always tell them “good job” or “nice pace.” People love to hear that as their ass is being handed to them.
20. If you want to be happy, practice compassion. Wait, didn’t we just go over this? Oh, I get it. Subtle difference. Same response. When you pass someone in a race, always tell them “good job” or “nice pace.” People love to hear that as their ass is being handed to them.

Honestly, I really dig this man and have long been a fan (rhyme). His truths always bring your heart back to the right place.



“You gave up sleep, a normal G.I. tract, socializing, sex, drinking, parenting, walking the dog, lots of money and all you got was a stinking marathon medal.”



Beth Risdon, author of the often irreverent blog, **Shut Up and Run**, never considered herself a runner until three years ago. At the age of 40 and feeling a bit off center, she decided to train for her first marathon even though she had never run further than six miles. After crossing the finish line, Beth got bitten by the running “bug” and has since run countless races and has recently competed in triathlons, even placing in her age group. Beth credits running with changing her life — not just in the physical sense, but in helping her become a kinder, more insightful, healthier and more balanced person who believes she can do anything she sets her mind to.



Inspired by her own experiences, she became a certified running coach in 2010 through the **Road Runner’s Club of America** to support people in completing their first long distance race. All the while, she remains dedicated to her own training and does 8 to 10 races each year. Beth completed the Boston Marathon in 2011 and is currently training for her first half Ironman. A mother of two children, ages 10 and 13, she tries to emphasize the importance of a healthy body and a healthy outlook on life.



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RUNNING THROUGH INJURY

From the elite Olympians to the weekend warrior, we all have had to do it at some point. We all have downed some Advil, wrapped our knees and ankles in tape; heck some of us have even used crutches up to the start line of our race, all just to make it to the end of our season. We all arise each morning, waiting for that day when those first few steps out of bed will be pain free.

There is one injury that cannot be masked by pain killers and ice packs. There is one injury that we cannot predict how long it will take to heal... A broken heart. It's funny how we runners are all totally game to talk about our injured past, but our throats close up and our words run dry when it comes to the topic of love and running.

There's a quiet hush that spreads over a dinner table of runners when the end of a relationship is brought up. It's like we all know that silent, lonely pain. That unlike the hobbling we all do after a hard workout, or during those first few steps in the morning, a bruised, battered, and broken heart is sometimes enough to keep us from running that hard workout, or make getting out of bed in the morning nearly impossible.

Falling in love is like running in the snow. You can get swept up off your feet... which puts you in the perfect position to fall flat on your bum. Only the bruise on your bottom

will likely heal quicker than the bruise on your heart.

There are some runners who use their broken heart to fuel their fire. They commit to putting their head down and running hard mile after hard mile, until life feels normal... livable... again. There are those of us that run away to training camps... pack up our running lives and bring the shell of ourselves to a new place to train. Sometimes tricking ourselves into thinking that the open wound in our chest has scabbed over and we are once again whole.

Everyone deals with a broken heart at some point in their life, and it's not that I'm trying to say that we runners are special or that the "common" person's pain doesn't measure up against what we feel when a relationship ends. It's just that it is different for a runner. Everything we do is pre-planned and calculated. We learn over the years how to read our bodies. We know what workouts will make us stronger, and what we need to do in order to avoid injury. And when injury happens, we can snap into healing mode to try and fix it. We know what doctors to go see, what exercises to do... we know how to come back from an injury smarter... stronger... with the ability to prevent that pain again. You cannot apply the same prescription to a crushed heart.

Healing a broken heart is foreign to us. There is no cast or walking boot that we can put our heart in for six weeks and come out healed, ready to slowly start tacking on the miles again. Instead we are forced to run through this injury.

We runners are different. We willingly push our bodies to the limit and then line up the next day to do it all over again. We like structure. We like being in control of our body, so

.....
 "You can get swept up off your feet... which puts you in the perfect position to fall flat on your bum."



No Limits. No Constraints. Only Opportunities to be REMARKABLE.

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“We know what workouts will make us stronger, and what we need to do in order to avoid injury.”

that we can feel somewhat in control of our destiny. We are used to the battle with our mind when the miles get tough and our muscles start to fatigue. No amount of training can prepare us for the battle with our heart.

There is no training program for us to follow that will help us get to the finish line in love, no plan to help us recover from love gone wrong.

Unlike non-runners, when a relationship ends we are immediately stuck straddling two worlds. We'd like to stay in bed for days or drink beer after beer after beer or heck, even go out dancing just to prove we are still hot to trot. But we can't. No matter how much our heart hurts or how heavy our chest feels, those miles aren't going to run themselves... we don't get to crawl into a dark hole, our running logs must be complete. Sure, if we could time our break-ups we'd all pick them to happen at the end of our season, after that big race when you are on a runner's high and when you've probably pre-planned a little beer drinking. Unfortunately, like any injury you can't predict when this one will strike.

Relationships for runners are an investment. Our personalities are such that we don't enter into anything lightly, so when it ends

it stings that much more. We are left with hundreds and thousands of miles where our brains have nothing to do but dwell and remember.

We are runners. We are strong and often admired for our perseverance. Unfortunately this means that our competitive drive, our desire to conquer, our refusal to admit defeat will get the better of us, and we will pick at the scab of our wounded heart longer than

others. We will spend a few extra miles trying to understand how we could possibly be seen as cold or lacking compassion?

After enough running with a heavy heart we all slowly learn how to deal with this injury. Our mileage runs return to their usual mindless wander, and we start to feel that lift again under our soles when we line up to race. We come back stronger; maybe not all that smarter (some of us still have a few frogs left to date), but back to our true form... of course always remembering that our truest significant other was there the entire time ... running with us through our injury.

“We like being in control of our body, so that we can feel somewhat in control of our destiny.”

Lanni Marchant grew up in London, Ontario in a family with seven children. She was a competitive figure skater until grade 10. She always ran to stay in shape for skating. She earned a scholarship to the University of Tennessee at Chattanooga, where after a frustrating freshman cross country season, won her first conference championship in the Steeple Chase and went on to win several more titles. After graduating, she turned her focus more towards road racing and after a year off from a broken pelvis, she saw a dramatic drop in her race times. She had the privilege of representing Canada at the Chiba Ekiden relays twice and is looking forward to running the Canadian standard in the Marathon in 2011. This past spring she graduated from law school and is working full-time at a law firm in Chattanooga, Tennessee. She competed in the Canadian Marathon Championships in the Chicago marathon in 2011. You can follow her running endeavors at Marchant's Forward March <http://marchantsforwardmarch.blogspot.com/>



RUNNING WITH THE PACK

(WEREWOLVES AND VAMPIRES THAT IS)

Andrea Powell is a TV and movie mom who can do it all! You will probably recognize her from one of her many mom roles. She has a son on “The Gates”, two daughters in “Teen Spirit”, three daughters in “Twilight: Breaking Dawn, Part 2”, and she has just been cast as Theresa Wiggin, Ender’s mom in “Ender’s Game”. Andrea juggles a very busy production schedule while training for and doing charity runs and triathlons for The American Cancer Society. Since Andrea tends to surround herself on set with vampires and werewolves, it’s a good thing that this mother can run!



Q: How did you start running?

A: Sloooooooooowly. I signed up for a super-sprint triathlon a few years ago as a way of forcing myself to learn to swim, and it was really the first time I’d done any kind of run training. I was pretty discouraged at first since I couldn’t run far at all without stopping to walk, and I felt (and looked!) totally uncoordinated. But I kept at it, and little by little it got easier. Now I’m up to longer distances—and much better form, which definitely helps.

Q: Who/what inspires you to run?

A: I’m a proud member of the American Cancer Society’s DetermiNation team, so I run to raise money and awareness. I run specifically in memory of my dad, whom I lost to cancer 10 years ago. I also run for all the people whose lives have been touched by cancer in some way. There’s WAY too many of them, so we need to do everything we can to help. On other days, though, I’m inspired by the great feeling that comes with being outdoors, the way that running gets me out of my head...and the great rush I get afterwards.

Q: Do you have a running partner/group with whom you run?

A: Sometimes, but mostly I’m a loner. I’m also not very fast, so I always worry that if I’m in a group I’ll hold other people back. I know I should get over that, because running with other people really is a great way to pass the time and push harder. But mostly I love just putting in my music, tuning the world out, and striding ahead on a beautiful path. It’s a great feeling!

Q: How often do you run?

A: I try to run at least 3 times a week, but it varies with my work schedule...and the weather. I’m fine running in pretty much all kinds of conditions, but intense heat is a real limiter for me. It’s been so nice lately to layer up in the cooler weather.



Q: What is your favorite workout? (speed, tempo run, long run...)

A: Speed play, definitely. Plus, admit it, the word “fartlek” is just funny. I’ve also found that for me it’s really important to include plenty of “zen” runs as well—those times when I go out without my Garmin and just focus on the wind in my face and the beautiful surroundings. And if it takes forever to finish and I have to walk half of it, so be it. It’s just good to be out there.



Q: What is your favorite part about running?

A: Honestly? It lets me eat more and still fit into my wardrobe. It just seems to work faster for me than anything else. And I like the cute running outfits. Oh yeah, and the health and fitness. (Wait, that’s what I meant to say first...no, really...)

Q: How does running enhance your life?

A: As an adult-onset athlete and late-blooming triathlete, it’s an important part of a sport that I love. But it’s also a great way to get out—out of the house, and out of myself. Every now and then I accidentally get in that great meditative zone where everything feels totally connected. Could be that my brain is just short on oxygen, but I prefer to think that it’s the prize for my time and energy investment—a rare and wonderful thing.

Q: What are your running goals?



“But mostly I love just putting in my music, tuning the world out, and striding ahead on a beautiful path.”



A: To keep doing it, injury-free. And, like all runners I suppose, to get a little faster and go a little longer.

Q: What is the best running advice you ever received?

A: Hire a coach, even if it’s just for a short time, to look at your form and work with you to make it better. I did that before my second half-marathon, and not only did I cut a half-hour off my time, I could actually still walk afterwards. Running can be really hard on your body, and a good coach can teach you how to run in the way that’s best for you.

Q: Although you’re not a mom in the typical sense of the word, you are a television/film mom and a mom to your dog and bunny. How do you find time to fit in training runs with your schedule and “mom” duties? When do you find the time to run?

A: I know, in addition to my furry kids I’ve got SO many set kids! A son last year in “The Gates,” two daughters this year in “Teen Spirit,” three daughters this fall in “Twilight:



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“I’ve also found that for me it’s really important to include plenty of “zen” runs as well—those times when I go out without my Garmin and just focus on the wind in my face and the beautiful surroundings.”

Breaking Dawn, Part 2,” and I’ve just been cast as yet another movie mom in “Ender’s Game”! My schedule is pretty unpredictable, so I just have to fit in running when I can. I wish I was one of those girls who could get up at 5 AM and do it before the day starts, but I’m just not. I usually end up running in the late afternoon or early evening. And if it gets dark, I don’t mind going to the gym and doing the treadmill if I need to.

Q: What is your favorite type of running race?

A: I really like the 5k distance, which is what’s included in the sprint triathlon. I also enjoy the half-marathon, but that has a lot to do with the great events that I’ve been involved in at that distance (like the Rock n’ Roll series...those things are SO much fun). My goal is to do an Olympic-distance triathlon this fall, though, so I’ll need to get good at 10k’s. Wish me luck.

Q: What other training do you do now?

A: Swimming and cycling. My husband Paul and I have also done the P90X and Insanity workouts, and he’s still doing them. Those things are ridiculously hard, but really effective. I have to be a little careful of them, though—I’m small, but I can turn into a linebacker pretty easily. Costume designers hate that.

Q: Have you experienced any obstacles in running or life itself? How did you overcome those trials?



A: Life is full of obstacles! And yes, I’ve had my share and then some. I just try to stay positive and roll with it. Control what I can, and adjust if I need to. I’m also fortunate to have been raised by parents who taught me I can do pretty much anything I set my mind to, and there’s no reason not to try. There have definitely been obstacles in running, too—I had injuries when I was starting out, and I’ve had to accept that my body has limitations. But I’m doing it and enjoying it, and that’s enough for me.

Q: What projects are you currently working on?

A: I was just cast in a very cool film project, “Ender’s Game”. I’m also looking forward to the release of “Twilight: Breaking Dawn, Part 2” in November (I play Sasha, mother of the Denali Coven). Paul and I were at the premiere for Part 1, and walking the black carpet was a total blast.

Q: During runs do you use the time to memorize your lines, work through a character, socialize or meditate?

A: Absolutely! Running seems to wipe out the constant monologue about all the things I'm behind on in my day-to-day life, and it can put me in a more open and creative place. Thinking while running is great when I have a problem to solve, can't figure out why a character might behave a certain way, or need to come up with a creative choice to present to the director. More than once I've made discoveries on runs that have gone straight into the work.

Q: How did a sweet person such as yourself get cast as a werewolf and vampire mom?

A: Awwww, YOU'RE sweet to say that! I don't know, maybe they're seeing another side of me... Or maybe werewolves and vampires aren't as bad as people think. If it helps, I won't be any kind of supernatural creature in my next project. Oh well, human is good too, I guess. :-)

“More than once I've made discoveries on runs that have gone straight into the work.”

“I'm also fortunate to have been raised by parents who taught me I can do pretty much anything I set my mind to, and there's no reason not to try.”



Name: Andrea Powell

Q: Favorite running song and the artist/band

I can't come up with a favorite, but I can always count on "Pump It" (Black Eyed Peas), "The Ballad of Big & Rich" (Big & Rich) and "I'm Just a Girl" (Gwen Stefani).

Q: Favorite time of day to run

Just before sunset

Q: How do you prefer to train?

- alone
- with a partner
- in a group

Q: Most scenic place you've ever run

I've run in some beautiful places. Ocracoke Beach, NC and the Wild Pacific Trail in Ucluelet (on Vancouver Island in Canada) stand out as a couple of favorites.

Q: Average miles per run

Between two and six

Q: Where do you usually run?

- treadmill
- outside

Q: What do you do while running?

- listen to music
- watch TV
- talk
- think
- other

Q: Favorite running gadget or gear

my Garmin -- I'm a total computer geek, and I LOVE data!

Q: Why did you start running?

- to get in shape
- to get back to pre-pregnancy weight
- for fun
- for sport
- other

Q: Favorite race distance

- 5K
- 10K
- 1/2 marathon
- marathon
- ultramarathon
- other

(I can't seem to play a favorite!)

BRINGING SEXY BACK...

AND YOUR SANITY!

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“Now is the time to take a moment and breathe because stuffing your emotions with food will only act as a temporary high.”

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A quick glance at the clock tells you it's 5:00. The kids are running around the house. You're wracking your brain what to make for dinner; and just as the tornado is about to touch down tears well up in your eyes because you realize that once again your plan to start a running regimen went out the window with your sanity.

Step away from the chips, the cake, and the monster helping of leftover chicken parm! Now is the time to take a moment and breathe because stuffing your emotions with food will only act as a temporary high. Believe me. Been there, still conquering that.

It's not a secret that moms need their down time; how do I know this? Because I need it. I'm a mom, and when I ballooned up to 225 pounds wearing a size 18/20 I knew I needed to do something, and that something was to make time for myself, as hard as it was. But I did it, and with that I successfully lost 58 pounds (and still going) by simply making myself a top priority. Before I had my epiphany I thought I was eating healthy until I realize that my portions were out of control. The salads I was chomping down on were clocking in over 1200 calories (for one meal!) and I couldn't even run half a block.

I mustered up the courage to take control of my life, and now I have five half marathons (training for my 6th), two triathlons, two overnight relays and countless 5 and 10k's under my belt. Running helped me bring sexy back as well as my sanity!

Here are some simple steps on how I got started in a running program and healthy lifestyle:

Running	Healthy Eating
<ul style="list-style-type: none"> ▪ Plan...Plan...Plan...Every week plan the days that you can work out, and incorporate at least two days of running - stick to the plan! ▪ Get to a running store and get fitted for running sneakers. The prices will be the same as a big box retailer but you'll get the guidance of an expert. New kicks make a difference! ▪ Start off slow. Run 2 minutes, walk 5 minutes. Do this for 20 minutes, and for one week. After week one increase your running minutes to 3 minutes of running, 4 minutes of walking, until you can run for ten minutes straight. You'll ramp up quickly, trust me! ▪ Don't run every day. Avoid injury and stay healthy. You don't need to run every day to become a runner. ▪ Cross Train: Ride a bike, walk, do spin, swim-you need to let your body recover! ▪ Strength Train -Adding strength training will help build muscle to support your body, when you run, 2 ½ times your body weight is pounding on the pavement. Squats, lunges, and core work will improve your running, and this will help you with endurance as well. ▪ Don't give up. I can tell you at first it will be hard, but as you continue it gets much easier. 	<ul style="list-style-type: none"> ▪ Plan, plan, plan... You have to plan your meals for your family, so don't forget about yourself! ▪ Don't skip breakfast* - Yes, it's an oldie but goodie. Think of your body as a car. You wouldn't run your car on empty, would you? Same theory. ▪ Have 3 meals and one-two snacks a day.* Meals should be between 300-400 calories, snacks never over 200. (1200-1400 calories a day) ▪ Have 2 fruits and 3 veggies a day* - add a ½ banana to breakfast, a cup of shredded carrots to your sandwich, a handful of baby spinach to your pasta. Make it simple! ▪ 5 or less - Eat processed foods that only have five ingredients or less - don't want to fill up on empty calories. ▪ Drink water! ▪ Pay attention to portion sizes: Read the labels, 15 almonds counts as 1 serving - that's 170 calories - imagine how many you gobbled at a cocktail party! ▪ Plan 3 treats a week. Craving a donut? Want that Café Latte Mochachino? Want a glass or two of wine? Have it!

**Quick ideas are below!*

It takes 66 days to form a good habit. Just by taking two tips a week and incorporating them into your life you'll be well on your way to a healthy lifestyle in less than 66 days!

Keep it simple, realistic, and manageable. Don't over think anything. A handful of lettuce, and two slices of tomato to your sandwich at lunch bulks it up and counts as a vegetable.

Exercising will help you sleep better. You'll have more patience with everyone and it's quality time with yourself that's much needed!



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“If you don't make time for yourself you won't be able to accomplish anything.”

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Measuring out your portions. Let's be real; it's time consuming and can be annoying. However you'll understand how much you're eating, know what a portion is. Over time it will get easier, and it's a great strategy for a long healthy life.

And above all, if you have one too many slices of pizza, can't get a workout in, or gobbled too many cookies, don't beat yourself up, make the next decision a better one.

If you don't make time for yourself you won't be able to accomplish anything. Leave the dishes, the laundry and even your children for a moment. Get that mom time. Believe me...it all can wait, your sanity can't! As the saying goes “If you don't take care of yourself, you can't take care of anyone”.

Now get going, Mom, and schedule that to accomplish your goals!

Breakfast Ideas:

- Hardboiled egg, ½ banana, 1 slice of whole wheat toast, 1 teaspoon of butter, coffee
- Smoothie: 1 cup of frozen fruit (medley: strawberries, raspberries, blueberries), 1 cup baby spinach, 1 tablespoon peanut butter, 1 cup of OJ (get Tropicana's Trop50, it's only 50 calories!), pop in a blender, blend and drink!
- 1 cup Greek yogurt, 2 tablespoons of honey, ½ banana (or 1 serving mixed nuts).
- 1 mini bagel, 2 scrambled egg whites with onions and peppers, ½ grapefruit.

Snack Ideas:

- 1 servings of any nuts
- Any Fruit, 1 string cheese
- 2 tablespoons peanut butter, apple
- Hardboiled egg (don't exceed three eggs a week), 10 pretzels
- Cut up bell pepper and 2 tablespoons hummus

Lunch Ideas:

- 2 Wasa crackers (light), 2 slices of turkey breast (low sodium), 1 laughing cow triangle, 8 olives, 1 cup of sliced bell peppers, 2 tablespoons of hummus.
- 1 cup of butter nut squash soup, 1 apple, tomato and onion salad (little olive oil salt/pepper)
- 1 piece of grilled chicken over baby spinach, olive oil, any fruit.

Dinner Ideas:

- 1 cup pasta, 1 cup tomato sauce, 1 cup baby spinach, small salad with tomatoes, onions carrots.
- 1 ½ slices of Pizza, small salad with cucumbers, tomatoes, onions, carrots
- 1 piece grilled chicken breast, 1 cup string beans, sautéed on stovetop with 2 tablespoons olive oil and salt/pepper, 1 cup of brown rice sautéed on stove top with black beans, corn and salt/pepper
- 4 ounce hamburger, 1 cup of brussel sprouts, 1 cup of roasted potatoes

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Deanna Verbouwens is a writer, runner, blogger, working mom of two unbelievably active and very funny boys ages 3 and 7. Deanna is currently training for her 4th half marathon, and her third 24 hour relay, and various 10 & 5k's, of course that all between working full time, and managing spaghetti on the ceiling, a dumped out fish bowl, a house and a family. To catch up on how Deanna tries to get it all done without completely failing visit her at The Unnatural Mother, www.theunnaturalmother.com.

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ONE WALK

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And We Danced...

This was the title of the song that was playing as I left my house late this frigid afternoon, trying to get a run in before the sun went down. Starting out, I was pretty excited because I had just discovered that my new running jacket had a pocket to fit my iPhone perfectly- gone were the days of carrying it as I ran. I envisioned audio bliss, with great music taking my mind off the cold and wind.

Imagine my surprise when approximately three minutes and seven seconds into my run, "And We Danced" came on again. I must have clicked on the "repeat" button in my haste to get outside. Now, I liked this song in the 80's, and I liked it as I began my run, but I definitely was not up for listening to it for 30 minutes straight. No problem, I thought, I'd just advance the song using the remote changer on my headphones. Note to Apple: this is an impossible feat when wearing bulky mittens. I thought about my options- I could stop altogether and dig my phone out of the new pocket, or I could take my mittens off and see if I could use the headphone control. Neither option really appealed to me because it seemed that the temperature and sun were having a contest to see which could go down the fastest. Bottom line, I needed to focus on the business of running home, not on being my own personal DJ.

With that in mind, I at first tried to not think about the fact that I'd be listening to this same song at least 8 more times. This wasn't the worst thing in the world, I reasoned. Nor was it an impossible

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"It seemed that the temperature and sun were having a contest to see which could go down the fastest."

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situation. I could take my headphones out and have no music, for crying out loud. However, I decided to use this never ending time travel 80's song as a self-test of sorts. This song in all of its repeating glory, reminded me that there are many things like this in life- things we can't stand, but we must face day in and day out because they are part of our reality at that given moment. There are many examples of this- jobs, commutes, relationships, or situations that seem hopeless and never ending. I thought back to classes in school (algebra, geometry and basically every math class since kindergarten) that I had endured, thinking they would never, ever end. I thought about jobs I'd held, where I'd dread going in to work because I knew exactly the hours of "drudgery" I'd face. Then I thought of my mom's advice in those situations- this too shall pass.

Four plays into this song, with maybe two and a half miles left, I reminded myself of just what a blip on the radar this run was. What was my problem, anyway? I was having a good run, my digits were toasty, and the area was well lit. Instead of thinking of how much I now hated all 80's music, I decided to focus more on the things around me. I took a deep breath of the crisp winter air. I peered in windows, which was now an easy thing to do with the darkness surrounding me. I focused on the fact that it was actually fun to be out here, and how it would make me appreciate my toasty house when I returned.

Then, before I knew it, I was approaching the last half mile of my route. I would survive this audio hell! Minutes later, inside my house I thought about the run and how significantly insignificant it had been. Never was I really in any sort of physical,

“This song in all of its repeating glory, reminded me that there are many things like this in life- things we can’t stand, but we must face day in and day out because they are part of our reality at that given moment.”

mental, or emotional danger because of that damn repeating song. Yet at first, with the cold, wind, and darkness overwhelming me, it seemed like this song would be the thing that threw me over the edge.

But the thing was, it wasn't like I was truly stuck listening to that song- there were many things I could have done to stop it. But I chose to keep on going, knowing deep down inside that in the big scheme of things, it really was a very short and insignificant annoyance. And while many of the things that, like this song, test us to no end and seem like they will never end... we have to remember that they, too will eventually end. We also need to remember that not only do we have the power to get

Abbey Algiers is the author of **The Great Search**, a short story that follows the journey of one woman as she goes in search of “the one.” Algiers combines her passion for writing with her love of running in her website, imrunnerchica.com. Here she shares inspiration about life that comes to her on runs or on the mat in her Bikram Yoga practice. An avid marathoner, Algiers began running marathons in 2003 when she did her first marathon with The Leukemia & Lymphoma Society’s Team in Training in San Diego. She went on to run marathons in Phoenix, San Francisco, Boston, and several in her home state of Wisconsin. She believes that running with good people is a gift, and feels that if everyone were to have running partners like hers, therapists would soon be out of work.



Currently, Algiers is working on *Living Backwards*, a novel about one woman’s quest to reclaim herself after divorce. She is also writing a book about life lessons learned while golfing with her dad. A graduate of Marquette University in Milwaukee, Wisconsin, Algiers teaches English as a Second Language and jumps at any chance to travel to lands far and near. When she’s not writing, running, or searching the web for travel deals, Algiers enjoys spending time with her husband Eric and two stepchildren.

through those things, we also, many times have the power to change them. It’s all about what we’re willing to do and what feels right to us at the time.

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This Mother Can Run

The image shows a Facebook page for 'This Mother Can Run'. On the left, there is a call to action to find the page on Facebook and a URL. Below that, it asks for feedback on the wall. On the right, a screenshot of the Facebook page shows a profile picture of a woman in a blue tank top and black shorts, and a list of recent posts from users like Todd Begnoche and Lesley Brown Cryderman.

So, as you all continue running through this frigid winter, friends, remember that you always have many roads you can take. You can continue on the path you are on, with faith that you will one day get to a toasty warm house where you have full liberty to listen to whatever you wish... or you can stop right where you are and decide enough’s enough. It’s up to you. It’s your life and you can dance through it any way you like.

ASK THE PT

As spring approaches in many parts of the country there will be runners everywhere who will be eager to get rid of their cabin fever from the long winter. Of course, if you are where I am, we haven't had much of a winter at all. Runners are in full force right now so I thought this article was so timely as we all prepare for the long awaited outdoor season.

As with anything in life, there are things to do and things not to do with respect to running. Some are myths, some are not. Instead of focusing on things not to do, let us focus this month on the Top 10 things to do to elevate your running game to the next level.

Top 10 To Do's:

1. Get a great pair of running shoes: You wouldn't want your children driving in a 1984 Tempo would you? So ditch those old worn out, beat-up pair of 2001 Asics Gel running shoes and invest in a good pair of running shoes. Better yet when you go to buy running shoes some stores will offer a free assessment as to what shoe will fit you the best depending on the shape of your foot. You won't be sorry.
 2. Drink plenty of water: We should be drinking 8 8oz. glasses of water a day. When you are running this is extremely important especially as the weather gets warmer. As you sweat you are going to need to replenish those fluids. Keep a water bottle or a camelback with you while doing running or any outdoor activity.
 3. Stretch before and after any running activity: It is so important to properly warm up muscles both before and after any kind of physical activity. Would you start up a freezing cold car in the middle of winter and drive to your destination? You would properly warm the car up, turn on the defroster, scrape the windshield, and let the car heat up before driving off. This is the exact same thing with your muscles. Avoid injuries and stretch.
 4. Get a running accountability buddy: This is so important when you are just getting started running or are training hard core for an event such as a marathon,
- and it is often one of the most overlooked things. When you agree to make a commitment to run with another person, you are holding yourself and your partner accountable for each other's success. That can be a powerful thing. Make sure you reward your successes and work on improving your failures. There will be plenty of both.
5. Eat well: No I am not saying your daily diet has to be all organic twigs and berries, but you can't be stuffing your face with donuts and ice cream either. There has to be a good balance. Plan by keeping a food journal of everything you eat for 1 week as a baseline of how supportive your eating habits are to your running lifestyle. You will be surprised how many adjustments you might have to make.
 6. Set goals for yourself: Any thing great achieved in life was because someone took the time to write out clearly what they wanted. They prepared, planned and executed. You should do the same with your running in 2012. It is just like anything in life. Goals truly help you achieve your dreams, one small step at a time, when written down and following through on them.

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“Any thing great achieved in life was because someone took the time to write out clearly what they wanted.”

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7. Family support: Moms, involve your families in support of your goals. Have children run with you if they are of age to do so. Look forward to Family Run Time. Make it a competition with your kids to see if they can beat Mom in a 2 mile run. Not only will you be bonding with your kids on a deeper level, but you are demonstrating a healthier lifestyle by your actions.
8. Mix and match your runs: This is so easy and simple yet most runners are creatures of habit. Go trail running one day, and go on the treadmill the next. Or if you absolutely can not vary the location, then run at various inclines or speeds if using a treadmill. Never be complacent about your runs. It is your time doing what you love to do best. Make the most of it by consistently challenging your body.
9. Stay positive: No this doesn't reek of self-improvement jargon, but it is a simple reminder to yourself that during the course of the day always talk positively to yourself. If you are not saying good things about yourself, no one else will say anything good to you either. There will be some days where you just do not want to run, and some of those days will turn into your best runs. Embrace the challenging days and always work to make those days the best you possibly can.
10. Reward yourself: Whatever your reward is: A piece of chocolate cake, a day at the spa, 1 hour of quiet meditation, make sure you are rewarding yourself for a run well done. Acknowledgement of achieving your running goals makes it easier for you to tackle and challenge the next set of goals you set for yourself. If you can't reward yourself in life, what is the point of achieving anything?

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“Make the most of it by consistently challenging your body.”

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The most important thing with any kind of running activity is to be present and engaged in that activity. Enjoy the fact that your body is performing at a high level and actively engaging in physical activity. Running needs to be fulfilling on some level or why bother? To your better running health this spring....

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Eric Tomei is a physical therapist who has been in orthopedic practice for 10 years. He currently works in Rochester, MI as a staff physical therapist and truly enjoys shaping the health of all his patients. He has a Bachelor's Degree in Psychology, a Bachelor's Degree in Health Sciences and a Masters Degree in Physical Therapy from Oakland University. His passions include: Real estate investing, physical fitness, and volunteering for various charities in the metro Detroit area.

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“The medals don’t mean anything and the glory doesn’t last. It’s all about your happiness. The rewards are going to come, but my happiness is just loving the sport and having fun performing.”

- Jackie Joyner Kersee (track & field)



This Mother Can Run