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Using The Runners Calculator

The runner's calculator is a very simple calculator which will calculate either pace, time or distance from two of the three inputs.

To Enter pace, time or distance just click on the numbers and then enter the numbers without using decimals or colons. If you **do not have a mouse**, you can use the following;

Shift P	Input Pace
Shift D	Input Distance
Shift T	Input Time

When you are inputting a number the input box will turn Green.

To Calculate click the button of the parameter you would like to calculate. If you **do not have a mouse**, use the Alt key to access these buttons.

Alt P	Calculate Pace
Alt D	Calculate Distance
Alt T	Calculate Time

To Clear any number **Double Click** the mouse on the numbers. If you do not have a mouse entering successive zeroes will have the same effect.

Running Magazines

There are any number of local and national running magazines. Though national level magazines typically have better reviews and more articles on running, local magazines are much better at getting a runner involoved in the local running scene. Included is a list of local running magazines. This list grows as magazines send me their information.

Florida Running and Triathlon (\$12/year)
8640 Tansy Drive
Orlando, Florida 32819-4529

Race Place(\$14.00/yr)
PO Box 152978
Tampa, FL 33684-2978

Running Journal(\$22.00/yr)
PO Box 157
Greeneville TN 37744

Space Coast Runners (\$15.00/yr)
PO Box 2407
Melbourne, FL 32902-2407

Registration

Runners Calculator is FreeWare and there is no registration fee for this product. DailyRun, a Windows based Runners Log (and any other programs for runners which I write) is \$15.00 and can be obtained by sending a check to:

Dr. Ron D. Eaglin
3931 Whittington Drive
Orlando, Florida 32817

Magazine editors who would like for their publication to be included in the publication list should send a copy of their magazine and a letter to the above address. I will also review any sports product, however submittal of any product does not guarantee endorsement.

If there is any information which you would like to see included in this help file please write me and I will include it as soon as I can. I am currently adding about 5 to 10 pages per month and will continue to expand the system as long as I have requests for information and submittals of information to include.

Events

Road Racing

Hashing

Orienteering

Triathlons

Triathlons

To remain injury free many runners turn to cross-training and triathlons for their workouts. If you are a runner considering triathlons for the first time you probably think a triathlon is harder than a road race. This is simply not true. By using different muscle groups in succession, this combination of biking, swimming, and running can give you an overall cardiovascular workout which is superior to plain running, while removing the repetitive use of a single muscle group which often leads to injury.

Beginning runners should start out at the Sprint level triathlon which typically take about one hour to 2 hours to complete. A good distance to look for is Run 5K, Bike 8 Miles, Swim 1/4 Mile. Most runners are frightened by this swim but 10-15 pool sessions can easily prepare you for a swim of this length.

Road Racing

Nearly every runner is familiar with the road race. These events are usually held early on Saturday and sometimes Sunday mornings and have the typical lengths of;

5K (3.1 miles)

5 Miles

10K (6.2 miles)

10 Miles

Half Marathon (13.1 Miles)

Marathon (26.2 Miles)

Locations of road races can almost always be found at the local running store or from regional running magazines. Another place to look is in the local daily paper.

Hashing

Hashing is an international hares and hounds style running game. It is practiced in over 130 countries and boasts well over 1000 clubs and 60,000 members throughout the world. Trails are laid using flour and chalk by "hares" who are then chased after a 5 to 15 minute head start by the "hounds". Hounds yell "ON-ON!" when they find the trail to allow the others to follow. Hashing is typically a non-competitive sport and competition is generally frowned upon at the hash. To find the location of the nearest hash club you can request additional information through internet at HARRIERS@USC.EDU Most hashes typically meet on a weekly basis and the location of the hash is usually disseminated by word of mouth or through a telephone hotline or a designated contact person. I am doing my best to compile a list of these hotlines and contacts. This list contains approximately 1/50th of the hashes in the US. If you know of a hotline number then leave it on the Central Florida hotline or mail me and I will add it to the list.

US Hotlines

Alabama

Montgomery
Birmingham

Arizona

Phoenix (602) 203-5379

California

Los Angeles (310)HASHITT
San Diego (619)599-SHIT
San Francisco (415) ON1-HASH
San Francisco(south) (408) 267-1504

Colorado

Boulder 303)494-5825
Denver (303)526-0190
Colorado Springs (719)633-6185
Fort Collins (303)482-6514

Florida

Central Florida Hotline (407)679-0649
Emerald Coast (Fort Walton) (904)243-8800
Gainesville (904)371-HASH
Hurricane (South Florida) (407)585-9058
Jacksonville

Palm Beach (407)362-0224x69
Panama City (904)874-0808
Pensacola (904)434-8888
Tallahassee and Area
Tampa Bay

Georgia

Atlanta (404)455-6952
Perry

Hawaii

Honolulu (808)948-HASH
Aloha (808)948-AHHH

Massachusetts

Boston (617)499-4835

North Carolina

Fayetteville

Ohio

Dayton (513)258-1655

Oregon

Bridgetown (503)229-2435
Eugene (503)343-5894
Oregon (503)321-5125

Rhode Island

Rhode Island (401)273-0782

South Carolina

Beaufort
Charleston (803)571-5718
Columbia

Texas

Austin (512)477-6264
Dallas
El Paso
San Antonio

Virginia

Fort Eustis (804)826-8398
Norfolk (804)483-0585

Washington

Seattle (206)528-2050

Washington DC

All DC hashes (7 total) (202)PUD-JAM0(zero)

Wisconsin

Waukesha (414)482-FLYS

The **International Directory** of all listed hashes can be obtained for \$9.00 from
Harrier International
GPO Box 1670, Bangkok 10501
Thailand

International Hotlines

Canada

Calgary (403)254-9014

Japan

Okinawa 98-956-1208
011-81-98-956-1208

Orienteering

Orienteering is a sport in which the competitor uses a map to find a number of control points. Orienteering is typically performed in wooded or natural areas. The maps feature topography, streams, buildings, and natural features to assist the orienteer in locating the control points. Control points can be flags, posts, or other manmade objects which are typically Orange and White. The orienteer will use a "punch" located at the control point to punch their control card which they are issued with their map. There are orienteering clubs in almost every state in the United States and hundreds of clubs throughout Europe. Orienteering is both competitive and non-competitive based on the level of experience of the orienteer. Information about orienteering should be mailed to me for inclusion with this help system.

United States Orienteering Federation

Florida Orienteering Club

(407)679-0649

New England Orienteering Club

(617)648-1155

Training

Beginning Running

5K Training

10K Training

Track Workouts

Marathon Training

Marathon Training

This is a prescribed 26 week marathon training schedule.

E = Easy, M = Moderate, H = Hard

The number refers to the mileage and the letter refers to the effort.

Week	Mon	Tue	Wed	Thur	Friday	Sat	Sunday	Total
1	3 E	4 E	3 E	4 E	3 E	3 E	5 E	25
2	3 E	4 E	3 E	4 E	3 E	3 E	6 E	26
3	3 E	4 E	4 E	4 E	3 E	3 E	6 E	27
4	3 E	4 E	4 E	4 E	4 E	3 E	6 E	28
5	3 E	5 E	4 E	4 E	4 E	3 E	6 E	29
6	3 E	5 E	4 E	5 E	4 E	3 E	6 E	30
7	3 E	5 E	4 E	5 E	4 E	3 E	7 E	31
8	3 E	5 E	4 E	5 E	4 E	2 E	Race	30
9	3 E	4 E	5 E	4 E	5 E	2 E	7 E	32
10	3 E	5 E	4 E	5 E	5 E	3 E	8 E	33
11	4 E	5 E	4 E	5 E	5 E	3 E	8 E	34
12	4 E	5 E	4 E	5 E	4 E	2 E	Race	32
13	3 E	4 E	5 H	4 E	5 E	3 E	10 E	34
14	3 E	4 E	6 H	4 E	5 E	3 E	10 E	35
15	3 E	4 M	6 H	4 E	4 E	3 E	Race	32
16	3 E	4 E	6 H	4 E	5 E	3 E	12 E	37
17	3 E	4 E	6 H	4 E	5 E	3 E	14 E	39
18	4 E	4 E	6 H	4 E	3 E	2 E	Race	26
19	3 E	3 E	4 E	6 H	4 E	3 E	16 E	39
20	3 E	4 E	6 H	3 E	4 E	3 E	18 E	41
21	3 E	3 E	6 H	4 E	4 E	2 E	20 E	42
22	3 E	4 E	6 H	4 E	3 E	2 E	Race	37
23	3 E	3 E	3 E	5 H	4 E	3 E	17 E	38
24	3 E	3 E	5 H	4 E	4 E	3 E	15 E	37
25	2 E	3 E	5 H	3 E	4 E	2 E	13 E	32
26	3 E	3 E	5 H	3 E	2 E	Rest	RACE	42.2

Nutrition

Vitamin Requirements

Mineral Requirements

Fuel and Energy

Supplements

Weight and Obesity

Nutritional Supplements

Of all the nutritional supplements on the market I have had the most success with the IDN (Interior Design Nutritionals) products. For athletes the **best** of these are (duplicated from sales brochure);

Lifepack™ - A dynamic supply of vitamins and chelated minerals that can help your fitness level. Each Lifepack™ Vitamin and Mineral supplement includes two Vitox™ capsules, 1 Metabotrim™ capsule, and 1 Optigar™ capsule.

Vitox contains a balance of vitamins, minerals and powerful antioxidants.

Metabotrim may assist your body's metabolism of fat to produce energy.

Optigar includes deodorized garlic for Cardiovascular health.

30 packets #3105 \$37.20

OverDrive™ - Contains advanced blend of anti-oxidants, minerals, vitamin C, B vitamins, and other important ingredients needed for optimal athletic endurance, increased energy production, and improved recovery. Chromium Piccolinate and chelated chromium help the effective function of insulin. B vitamins are included to increase endurance and energy production by enhancing the the conversion of food into energy, helping your body perform at its best.

60 Capsules #3151 \$22.50

There are other products available from IDN, but these are the only two that I have used. My distributor is Linda Dansereau (407) 679-2945 Distributor Number 410271 call her for a catalog, or they can be ordered toll free at 1-800-487-1500. You should have the distributor number ready to order.

Vitamins

Vitamin A

B Complex

B1 - Thiamine

B2 - Riboflavin

B3 - Niacin

B5 - Pantothenic Acid

B6 - Pyridoxine

B12

Biotin

Choline

Folic Acid

Inositol

PABA

Vitamin C Ascorbic Acid

Vitamin D

Vitamin E

Vitamin K

Vitamin P - Bioflavonoids

Injuries

Overtraining

Ankles

Shins

Knees

Overtraining

Overtraining (also called burnout) can typically be diagnosed by a number of symptoms;

- Continuous Muscle Soreness
- Constant Fatigue
- Elevated Rest Pulse
- Difficulty Sleeping
- Difficulty running and poor performance
- Difficulty Sleeping
- Chronic Illness

This condition can usually be quickly cured by plain old rest. Depending upon how severe the condition is; anywhere from a few days of walking in place of running to an entire month of NO RUNNING will alleviate the symptoms and allow you to get back to your regular schedule. Listen to your body!

Equipment

Shoes

Watches

Heart Monitors

Clothing

Shorts

Jerseys

Running Bras

Shoes

The single most important piece of equipment in running is shoes. The human foot, leg, and ankle were never meant to be used on paved surface, however this is where 90% of running is done. To compensate for what evolution could not foresee, man invented the running shoe and running shoes today are quite capable of absorbing that excess shock which your legs were not designed to take. Take mine and the advice of any runner you might ask; buy good shoes. Also realize that shoes have a lifespan, typically about 500 miles with some shoes lasting longer and others lasting for much shorter distances. Here are my best bets for shoes to meet various needs.

Motion Control - Typically good for most overpronators

Asics GT-2000 \$85.00

Stability - great for training and racing

Asics Gel-Saga \$60.00

Brooks Solaris \$55.00

*Nike Air Pegasus \$70.00

Off-Road - look for durability, ankle support

New Balance 555 \$75.00

If you have questions about what shoe is right for you, just about every shoe company has toll-free support and customer service.

BRAND	PHONE (1-800 -)
Adidas	677-6638
Asics	766-2742
Avia	345-2842
Brooks	227-6657
Converse	428-2667
Diadora	423-9958
Etonic	334-0008
LA Gear	786-7010
Mizuno	466-1234
New Balance	253-7463
Nike	344-6453
Puma	448-7862
Reebok	843-4444
Saucony	365-9282
Turntec	848-8698

