



Summer 2006 Newsletter

Promoting Health, Fitness & Fun For Runners of All Ages and Abilities

CLARK COUNTY RUNNING CLUB



President's Message

By Russ Zornick

Summer is my favorite season. And of course, one my favorite things to do is to participant in the CCRC Summer Series. Last year, I did not miss one race. It's a great place to met new members and to socialize with old friends. What's really nice is that they are on Wednesday nights and they don't interfere with busy summer weekends. What I like best about the summer runs is that you can use them as a race, a tempo run or as a social run. If you look at the results, you will notice a lot of really fast runners who will finish in the middle of the pack. That's the beauty of these runs.

This year we are going to do to some giveaways to make them a little more interesting. CCRC is going to partner up with FitRight Northwest. We are going to give out prizes to members for several categories-- most runs participated in, most age group points and a middle of the pack award. There will be free pizza and a picnic at our last series run. We will do the giveaways then. It should be fun. See you there.

How a Bicycle Accident Can Save Your Life

By Kathy Zornick

Many of you might share the same problem that I do. I am married to a runner. That in itself is not the problem. Actually, I am the envy of most of my friends. While most of my friends' husbands are couch potatoes who have the spare tire to prove it, my husband has a physique that would put a thirty year old to shame. The problem is that because my husband runs, bikes swims and keeps himself in perfect shape, he thinks he is healthy. In the past, he hasn't always seen the doctor regularly and chalks up all his aches and pains to his workouts. Being the tough guy that he is, he has gutted through most of it without the benefit of any medical attention. I have to confess that in the past I have only nagged him with half-hearted effort to see the doctor when he's sick or injured. After all, he hasn't missed a day of work in sixteen years and he has an iron constitution.

Our reality check came this past March. Russ was riding his bike home from work on March 2nd and was hit by a car. He was knocked out and was taken by ambulance to the hospital. When I arrived, the attending physician told me they were still trying to assess his injuries. They told me they thought he had a broken kneecap, internal injuries and numerous contusions and lacerations and he was uncertain about the severity of his head injury. I was terrified. I felt like someone had punched me in the stomach. I felt like all the air had been sucked out of me. True to form, my superman escaped this brush with danger with only minor injuries.

As the amazed doctor came out to tell me that Russ had escaped major injury, he had a look on his face. He said that the scan had come back negative for internal injuries and that he was remarkably healthy except for a spot on his kidney. He remarked that Russ would need to follow up with an urologist. At first, I thought kidney stones. After all, Russ was closing in on fifty and that seemed to make sense. But I couldn't get that

doctor's worried expression out of my mind. I had seen it before. My father died of renal cancer in 2001 and I had definitely seen that look before. I tried to put it out of my mind and just help Russ get over the accident. He recovered nicely and was back running two weeks after his accident. In early April, just as he was getting back into great running form, we got the bad news. Russ had renal cancer.

Renal Cancer is a silent killer. It has no real symptoms except lower back pain. If you're an active guy like Russ, you would blame it on a hard workout. Renal cancer is asymptomatic until it has comprised your kidney and often metastasized. It is also unresponsive to chemotherapy and radiation. Surgery and early detection are the only cure.

It was truly a blessing that Russ had been hit by that car. He had his surgery on May 18th and they successfully removed the 2cm tumor and saved his kidney. Partial nephrectomy is a new procedure and I really have to compliment Russ' surgeon, Dr. Christopher Arroyo. He was able to save Russ' kidney despite the fact that the procedure was complicated by Russ having two arteries to his kidney instead of one. It was such a relief when Dr. Arroyo came out and I saw the "good news" look on his face. We are so lucky. Russ will be checked every three months and closely monitored for the rest of his life.

The moral of this story is getting regular check-ups even if you're the healthiest person you know. Don't assume that your pain is because of working out. While it's unfair to have lived such a healthy lifestyle and get cancer or some other disease, it can happen to you. You may have a genetic predisposition to cancer or been exposed to a carcinogen. You might also have a predisposition to heart disease, diabetes or other life threatening conditions. In Russ' case, his family has a strong history of cancer. If you're married to an athlete, make sure they see the doctor regularly. It is a testament of your love for that person. Not everyone is lucky enough to be hit by a car.

CLARK COUNTY RUNNING CLUB

CALENDAR OF EVENTS FOR May 2006 – September 2006

All CCRC runs are free to members unless noted. There is a \$2 fee for non-members

Please no baby joggers, dogs, or headphones on CCRC runs.

Check for updates and changes to the Calendar of Events on the CCRC website: www.ccrunning.org

Wednesday, May 31 & June 7, 7 PM

David Douglas 5K Run

Run Directors: **Bill & Janet Fallon--892-1041**

Run on the paved and dirt trails of David Douglas Park and the surrounding neighborhood streets. Rest rooms are available in the park.

DIRECTIONS: Go west from I-205 on Mill Plain Blvd. then north on Garrison Road (the light next to Garrison Square). Go left at the entrance north of the ball field and proceed to the furthest west parking lot.

Wednesday, June 14 & 21, 7 PM

Minnehaha 3 Mile Run

Run Director: **Phil Phimister--694-8936**

Trails and roads, very hilly. **No restrooms.**

DIRECTIONS: From I-5, take SR 500 east to St. Johns. Left on St. Johns. Up the hill to 54th Street. Left on 54th to Minnehaha Elementary School.

Wednesday, June 28 & July 5 (Picnic), 7 PM

Lacamas Lake Park 5K Run

Run Directors: **Jill Stahl & Mike Gilbert--573-2739 M-F 8-5**

This run will be on the unpaved trails around Round Lake just east of Lacamas Lake. This is a very hilly course. Rest rooms are available in the park.

DIRECTIONS: From SE 164th Ave. go east on SE 1st St. (1st becomes Lake Road on the south Side of Lacamas Lake) approximately 5 miles to Everett St. Go north on Everett St. past the parking lot for Lacamas Lake Park. Turn right on NE 35th Ave. just before the Lakeside Country Store and park in the gravel overflow parking lot on your left about 200 yards down the road.

Wednesday, July 12 & 19, 7 PM

Leverich Park 3 Mile Run

Run Directors: **Carolyn & Mike Viles--883-9596**

This hilly run will use the paved Discovery trail and the unpaved Ellen Davis trail. Rest rooms are available in the park.

DIRECTIONS: From I-5 go east on 39th St. then north on Leverich Park Way to the north parking lot which is just south of NE 45th St. If the north parking lot is full, there are two other parking lots for the park south of the north parking lot.

Wednesday, July 26 & August 2, 7 PM

Washougal Dike 3 Mile Run

Run Director: **Jisell Squires --891-6753**

Run on the dike trail in Washougal. A great run site for a hot summer night. Porta-potties available.

DIRECTIONS: Go east on Hwy 14 to Washougal. Turn right at 15th St. Start and finish will be at Steamboat Landing. Additional parking at Pendleton Mills across the street.

Wednesday, August 9 & 16, 7 PM

Heritage School 3 Mile Run

Run Director: **Ryan Hovde--737-8710**

Join Ryan and the Heritage Cross Country team for a run on the flat paved trail around the Heritage High School and the multi-use trail along the Padden Expressway. Porta-potties available.

DIRECTIONS: Go east on SR 500 then north on 117th Ave. (SR 503). Turn right on NE 76th St., then left on NE 130th Ave. Drive to the second driveway and park in the student parking lot.

Wednesday, August 23 & 30 (Picnic), 7 PM

Marine Park 3 Mile Run

Run Director: **Russ Zornick--896-2120**

This run have will an out & back in each direction on the water-front trail. Rest rooms available.

DIRECTIONS: From Hwy 14 take the Columbia House exit to Columbia Shores Blvd. south then east on Columbia Way to the Park area just west of Marine Park Way. There are two parking areas. One is on Columbia Way and the other is on Marine Park Way. Overflow parking at Water Resource Center.

Saturday, September 9, 9:30 AM

David Douglas 4.6 Miles

Run Director: **Lance Thiede--910-6803**

This run is an out and back that connects the trails in David Douglas Park with the Burnt Bridge Creek trail east of Andresen Road. Rest rooms are available.

DIRECTIONS: Go west from I-205 on Mill Plain Blvd. then north on Garrison Road (the light next to Garrison Square). Go left at the entrance north of the ball field and proceed to the furthest west parking lot.

Sunday, September 24, 9 AM

Salmon Creek Run, 7.6 Miles

Run Director: **Doug Settlemier--573-7332**

This run will be a counter-clockwise loop that uses the Salmon Creek trail and the local neighborhood streets. The race will start near the softball fields and restrooms. Rest rooms are available in the park.

DIRECTIONS: From Hwy 99 go west on NE 117th Street. Drive past the Salmon Creek park entrance and turn right on the first paved road (approximately 1/3 mile past the park entrance) and park in the ball park parking lot.

Other Non-CCRC Clark County Runs

- 6/17/06 Waterfront Run, Marine Park
- 7/4/06 Ridgefield 4th of July Run
- 7/16/06 Harvest Days Milk Run, Battle Ground HS
- 7/22/06 Camas Days 5K Run
- 7/29/06 Run for the Homeless, Marine Park
- 8/6/06 Nautilus Runs (5k & Marathon Relay)

CCRC Scholarship

We are now accepting applications for the CCRC scholarship. These scholarships are available to members only. The main criteria in awarding the scholarship are participation in the club by the individual and their parents if applicable, CCRC volunteer activities by parents or the individual, a minimum GPA and a commitment to promote running in their community. If you are interested in applying for scholarship, you can download a application on our website at www.ccrunning.org. They must be returned by July 1 and will announce our winners at the July 12th Leverich Park Run. Funds for this scholarship are generated by the Vancouver Lake Half Marathon.

Running Shorts

- Bill Fallon won his age group at the Ironman Australia Triathlon on April 2nd. His time was 13:39:47. By winning his age group, he automatically earned a spot in the Hawaii Ironman in October. Good Luck in Kona!

For more Club information go to www.ccrunning.org

Official Membership Form

Last Name: _____ First Name _____ Age: _____ D.O.B. _____

Address: _____ City: _____ State _____ Zip: _____

Home Phone: _____ Cell Phone: _____ E-Mail _____
(Optional) (Optional) (Optional)

Membership Type:

- Family - \$20 Annual
 Single - \$10 Annual
 New Member
 Renewal

If you selected Family Membership, please list other family members below who attend CCRC events as participants or as helpers. If more than five members of your family are to be included, please attach their name, age and date of birth on an attached sheet

Amount Enclosed \$ _____

Membership goes from Jan 1 to
December 31

Other Family Members to be Included in your Membership:

Last Name: _____ First Name: _____ Age: _____ D.O.B. _____

Last Name: _____ First Name: _____ Age: _____ D.O.B. _____

Last Name: _____ First Name: _____ Age: _____ D.O.B. _____

Last Name: _____ First Name: _____ Age: _____ D.O.B. _____

Please return this completed membership form with check or Money order payable to Clark County Running Club and send to:

Clark County Running Club
c/o John Martin
4502 NE 142nd St
Vancouver WA 98686

For more Information Call John Martin at (360) 574-8087



Troutdale 2 River Trail Run *by Steve Woodley*

Joe Rowley put on another excellent adventure in the swamps where the forest and fields of the delta intersect with the Columbia and Sandy rivers. I set my alarm for 7am Saturday morning in anticipation of the sand and mud I would be slogging through in a few hours. I had hoped for dry weather as I knew the course would be treacherous and slow going if rain muddied the course beforehand. Well, it looks like rain as usual and a strong east wind (big surprise). My trail shoes made their way into the Toyota, I grabbed a quick bite to eat, and poured some coffee in a thermos for the trip out on I-84. Rain and wind battered the truck as I took the circular turn off the freeway to the gravel parking area near the start of Joe's challenging course. I could see the pop up tent that would help keep the sign up tags somewhat dry and hurried over to get registered and ready for a warm up. As usual, Joe gave detailed directions and we started our adventure right on time. "Follow the chalk marks and you should be OK", he said before counting down and saying "GO!" We all started out on what seemed to be a trail, but quickly turned into a path filled with water hazards knee deep and mud as slick as ice. Sand, east wind, 40 degrees, rocks, grass, did I mention MUD, and other obstacles made this one of the most exciting runs I have ever completed. I would like to thank Joe personally for the commitment it takes to put this type of run together. He seems to really enjoy putting this race on and sharing this tough course with his friends in the CCRC.

The Scoop about a BANANA *from Jenny Knight*

Bananas containing three natural sugars - sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us

keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and make you feel happier.

PMS: Forget the pills -- eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so, the US Food and Drug Administration have just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power :200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

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