



# PALMETTO

## 1/2 MARATHON

April 10, 2010  
7:00 am  
Columbia, SC

Half-Marathon  
5k Run/Walk  
1 Mile Kids Fun Run



**Running to Build Community • The Newsletter of the Palmetto Half Marathon • Issue 2, 2010**

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### Special thanks to our presenting sponsors:



## FAMILY SHELTER

### Help and Hope for Homeless Families with Children

*By Jonathan Artz*

In 2009, Family Shelter celebrated 30 years providing emergency food and shelter, transitional housing, and counseling to Columbia's homeless families with children. While this event marked a milestone for the organization, Family Shelter remains concerned at the prospect of continuing to tackle the growing problem of family homelessness in 2010 with limited resources. Like many local non-profit organizations, Family Shelter is struggling to provide desperately needed services during difficult economic times.

The National Coalition on Family Homelessness reports that there are approximately 1.5 million homeless children in the United States and families make up 34% of the homeless population. The National Coalition for the Homeless reports that families are one of the fastest growing segments of the homeless population and approximately half of homeless children are under the age of 5. Closer to home, Richland School District One identified 1,027 homeless students attending their schools last year and the State Department of Education identified 8,738 homeless students in schools across the state.

Family Shelter receives calls for help from desperate parents every day. Requests like this one from a mother of two who sent the following email to us: "Hi, my name is Susan and I have 2 boys. Last year I lost my job due to severe arthritis and I'm trying to get on disability, but when I lost my job, I lost my apartment and my car. I have been signed up for Section 8 for a year and am still trying to get it. Right now we're moving from place to place about every 3 months and I know that's not good for my kids. My oldest asks me all the time why do we keep moving and why can't we go back to our place and I just try to stay strong for them because I have to. So, I guess what I'm asking is do you have anyone that can help me get a place right away. Please, because they don't deserve to be dragged from place to place. I just need a stable home for us like we had before, so I can feel happy."

While the task at hand can be overwhelming at times for Family Shelter and other homeless service providers, stories of success serve to motivate homeless families who are struggling and should be an inspiration to the community at large to remain committed to supporting effective programs and organizations. Family Shelter has had many success stories over the years. One of these stories was sent to us in a letter from a parent who completed our housing program: "The Family Shelter gave my daughter and me opportunities that other people take for granted. Having stability, a place to call home, brings a sense of security, safety, and peace.

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## "COUCH TO 5k" TRAINING SCHEDULE

By Anna Schral

This training schedule has been adapted from [www.coolrunning.com](http://www.coolrunning.com) and has been used to help thousands of new runners get off the couch and onto the roads. This program will ease you into running gradually. The idea is to transform the couch potato into a fitter person, able to run 3 miles on a regular basis.

This schedule is based on 9 weeks but can be done in 7 weeks if one has already been exercising. For example, if you aren't a true "couch potato" consider starting at week 3 instead of week one.

### TIPS:

- Be sure to space out your days throughout the week to give yourself a chance to rest and recover between efforts
- DO NOT skip your weekly training if at all possible. Your body will be better prepared on the long run day if you have "practiced" during the week and you'll be less likely to have an injury.
- Don't worry about how fast you're going. Running faster can wait until your bones are stronger and your body fitter. For now focus on gradually increasing the time or distance you run. Do be sure that you cover the mileage if you are a slower runner.
- There are two ways to follow the program (time or distance) – follow what is easier for you to keep up with.
- ALWAYS warm up with the 5 minute brisk walk! Failing to warm up can lead to injury.
- ALWAYS stretch afterwards! This will help your muscles recover and "stay loose"
- Be sure you wear comfortable clothes that won't bunch or rub. There's nothing worse than being on a run where you constantly fiddle with your clothes.
- Have good shoes for running. Running can be hard on your joints so good shoes are important to have in order to absorb as much shock as possible.
- Drink lots of water after your workout

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## RUNNING NUTRITION

By Traci Barrilleaux, Exercise Physiologist,  
Doctor's Wellness Center

Calorie Range is dependent on how many calories you eat compared to how many calories you burn. If you are in the surplus then you are going to be carrying around extra baggage and if you are in a deficit then you may be lacking energy. Based on the amount of running you are doing, depends on the calories you may need. A common mistake many runners make is taking in too much protein. Though protein is essential, runners only need slightly elevated levels compared to an average individual. On the other hand, especially pre-run carbohydrates, should be relied upon heavily.

Another common mistake made by runners is eating too much fat. Runners should intake decreased level of fats compared to other athletes. All runners are not created equal – not only do males and females have different caloric values, but caloric predictions must take into account age, lean muscle mass, current activity level and specific goals (5k, 10k, half-marathon, marathon, weight-loss, weight-gain, performance, or combination of any). The best way to find your caloric needs and ratios is to visit a nutritionist where they can use an RMR machine which takes into account your fitness level and many other factors.

### General Guidelines:

- Pre Run Meals should contain a ratio of 55% to 65% carbohydrates, 25% to 35% protein and 5 % to 10% fat
- After Run Meals should contain a ratio of 45% to 50% carbohydrates, 35% to 45% protein and 10% to 15% fat.
- Try to acquire 4-6 meals a day. Having the biggest meals at the beginning of the day, and right after running.
- Never eat anything hard to digest within an hour before running.
- Make sure to get at least 4-6 servings of fruits and vegetables a day. (One each meal) Fruits and Vegetables are essential for runners as they provide vitamins, minerals, and phytochemicals that are essential for the body and performance.



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## MARKETING – Where to find us

Many of you may already know our website but do you know where else you can find us?

### WEBSITE:

[www.palmettohalfmarathon.com](http://www.palmettohalfmarathon.com)

### FACEBOOK:

Find us on our fan page!



<http://www.facebook.com/profile.php?v=info&ref=name&id=1309426858#/pages/Palmetto-Half-Marathon/217928082471>

### TWITTER:

Follow us on Twitter for quick updates!  
PalmHfMarathon



### WACH Fox 57:

Watch for us on  
WACH Fox 57 (channel 6)



### Monthly Newsletters:

To subscribe to our newsletter, simply email us at [palmettohalfmarathon@hotmail.com](mailto:palmettohalfmarathon@hotmail.com) with the subject line: subscribe, newsletter and we'll add you to our mail list!

### Other Race Expos:

We'll be at the Columbia Half Marathon Race Expo on February 28<sup>th</sup>. Come see us and register to win a free race entry! Give us suggestions on where else we should go by emailing us at [palmettohalfmarathon@hotmail.com](mailto:palmettohalfmarathon@hotmail.com)



**Village at Sandhill**

## FAMILY SHELTER

### Help and Hope for Homeless Families with Children

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"I now have confidence in my abilities and I am able to build a firm foundation for my family's future. The Family Shelter has such a tremendous impact on people becoming self-sufficient, that they, in turn become productive members of society. I am living testimony to this. I currently work, and I am completing courses to obtain a bachelor's degree in social work, and my daughter is an advanced student and accelerated reader in the first grade. I know, without a doubt, that this has been possible because of my will and the Family Shelter's ability to make a way."

In 2009, Family Shelter served 135 homeless families including 220 children, but received 665 requests for assistance. After exhausting their few options, families living in cars, homes without electricity, overcrowded apartments, and other unfit places often end up on the doorstep of the Family Shelter hoping that one of our 15 emergency shelter rooms is available. As the economic downturn continues to affect parents living in poverty, Family Shelter believes that our community, and communities across the nation, must take a hard look at what more can be done for the children who end up homeless.

Jonathan Artz  
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To learn more about Family Shelter or make a donation, please visit [www.columbiafamilyshelter.org](http://www.columbiafamilyshelter.org) or call (803) 771-7040.

# RUNNING NUTRITION

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## Foods with benefits:

- Almonds: Help lower cholesterol and have vitamin E
- Eggs: Powerhouse, Vitamin K, protein, luetine
- Whole Grain Cereal: Good for long lasting energy i.e. cereals like Kashi
- Citrus Fruits: Vitamin C, Herperidin, and helps alleviate soreness
- Black Beans – Low on glycemic index, high in fiber, Vitamin B complex
- Spinach/Swiss Chard – These two greens have abundant Vitamins and phytochemicals and almost no calories!
- Salmon/Talapia/Whitefish: all have high levels of fish oil and omega three fatty acids and protein
- Double Fiber Whole Grain Bread: High Fiber, lowers cholesterol, high amounts of complex carbohydrates and small amounts of protein
- Frozen Vegetables: These keep for long periods of time and still contain the phytochemicals and vitamins that the fresh ones have.
- Whole Grain Pasta – It’s pasta...enough said.
- Chicken: Chicken is the cheap alternative to fish without the fish oil

## COUCH TO 5k

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Week	Workout 1	Workout 2	Workout 3
1	Brisk five minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
2	Brisk five minute warm up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five minute warm up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five minute warm up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.

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	Workout 1	Workout 2	Workout 3
3	Brisk five minute warm up walk. Then do 2 repetitions of the following: jog 90 seconds, walk 90 seconds, jog 3 minutes, walk 3 minutes	Brisk five minute warm up walk. Then do 2 repetitions of the following: jog 90 seconds, walk 90 seconds, jog 3 minutes, walk 3 minutes	Brisk five minute warm up walk. Then do 2 repetitions of the following: jog 90 seconds, walk 90 seconds, jog 3 minutes, walk 3 minutes
4	Brisk five minute warm up. Then: jog 1/4 mile (or 3 minutes), walk 1/8 mile (or 90 seconds), jog 1/2 mile (or 5 minutes), walk 1/4 mile (or 2.5 minutes), jog 1/4 mile (or 3 minutes), walk 1/8 mile (or 90 seconds), jog 1/2 mile (or 5 minutes)	Brisk five minute warm up. Then: jog 1/4 mile (or 3 minutes), walk 1/8 mile (or 90 seconds), jog 1/2 mile (or 5 minutes), walk 1/4 mile (or 2.5 minutes), jog 1/4 mile (or 3 minutes), walk 1/8 mile (or 90 seconds), jog 1/2 mile (or 5 minutes)	Brisk five minute warm up. Then: jog 1/4 mile (or 3 minutes), walk 1/8 mile (or 90 seconds), jog 1/2 mile (or 5 minutes), walk 1/4 mile (or 2.5 minutes), jog 1/4 mile (or 3 minutes), walk 1/8 mile (or 90 seconds), jog 1/2 mile (or 5 minutes)
5	Brisk five minute warm up. Then: jog 1/2 mile (or 5 min), walk 1/4 mile (or 3 min), jog 1/2 mile (or 5 min), walk 1/4 mile (or 3 min), jog 1/2 mile (or 5 min)	Brisk five minute warm up. Then: jog 3/4 mile (or 8 min), walk 1/5 mile (or 5 min), jog 3/4 mile (or 8 min)	Brisk five minute warm up. Then jog 2 miles (or 20 minutes) with no walking
6	Brisk 5 minute warm up. Then: jog 1/2 mile (or 5 min), walk 1/4 mile (or 3 min), jog 3/4 mile (or 8 min), walk 1/4 mile (or 3 min), jog 1/2 mile (or 5 min)	Brisk five minute warm up. Then: jog 1 mile (or 10 min), walk 1/4 mile (or 3 min), jog 1 mile (or 10 min)	Brisk five minute warm up then jog 2 1/4 miles (or 25 minutes) with no walking
7	Brisk five minute warm up then jog 2.5 miles (or 25 minutes)	Brisk five minute warm up then jog 2.5 miles (or 25 minutes)	Brisk five minute warm up then jog 2.5 miles (or 25 minutes)
8	Brisk five minute warm up then jog 2.75 miles (or 28 minutes)	Brisk five minute warm up then jog 2.75 miles (or 28 minutes)	Brisk five minute warm up then jog 2.75 miles (or 28 minutes)
9	warm up then jog 3 miles	warm up then jog 3 miles	<b>RACE DAY!</b>

## MUSIC

### Tunes for your iPod

I don't know about you, but there are days where running just isn't possible without good tunes. But with so many songs out there – which do you choose and which ones have a great beat for running? Try these new ones out!

1. "Chariots of Fire" – Vangelis
2. "Born to Run" – Bruce Springstein
3. "My Hero" – Foo Fighters
4. "See the World" – Gomez
5. "Under Pressure" – Queen
6. "Lose Yourself" - Eminem
7. "Beautiful Day" – U2
8. "Otherside" – Third Day
9. "My Grandma Was 92" – Run to Cadence with the US Marines
10. "Boomin' " – tobyMac

### In our next issue...

- Due to weather delays and schedule, the article on the half course (from a runner's perspective) will be in the next issue. We apologize for the delay.
- Stretching and fitness
- Additional charity info
- Last minute details for the race!

## HEALTHY RECIPE

### Shrimp Burgers

- 1 ¾ lb peeled, deveined, medium-size raw shrimp  
 Cooking Spray  
 1 large egg, lightly beaten  
 1 Tbsp mayonnaise  
 2 tsp lemon juice  
 ½ tsp salt  
 1/8 tsp ground red pepper  
 3 Tbsp finely chopped celery  
 2 Tbsp chopped green onion  
 1 Tbsp chopped fresh parsley  
 1 ¾ cups plain cornbread stuffing  
 4 Kaiser rolls



### Directions:

- Stir together egg and next 4 ingredients until blended; stir in celery, green onion, and parsley. Fold in shrimp and stuffing (mixture will be very thick)
- Shape into 4 patties. Place on cookie sheet that has been lined with aluminum foil and sprayed with cooking spray. Cover and chill 1-24 hrs. Transfer to freezer for 30 minutes prior to cooking.
- Coat grill with cooking spray. Preheat to 350 degrees. Place burgers on grill and cook covered 4-5 minutes. Flip and cook an additional 4-5 minutes till shrimp are pink.
- Grill buns lightly, Serve burgers on bun with sweet n' spicy tartar sauce and lettuce. Garnish with lemon wedges.

### Sweet n' Spicy Tartar Sauce

- 1 cup mayonnaise  
 2 Tbsp chopped fresh parsley  
 2 Tbsp horseradish  
 1 ½ tsp Cajun seasoning  
 1 ½ lemon juice  
 ¼ tsp paprika

### Directions:

- Stir together all ingredients in a bowl. Cover and chill 30 minutes to 24 hours

**MAKES:** 4 servings **PREP:** 25 min **CHILL:** 1 hr  
**FREEZE:** 30 Min **GRILL:** 12 min