



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 Monthly Newsletter of the Palmetto Half Marathon • Jan 2010

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Special thanks to our presenting sponsors:



St. Lawrence Place

Making a Difference in the Lives of Homeless Families

By Lila Anna Sauls

St. Lawrence Place is a community of 30 homes, providing programming and transitional housing—for up to two years—to qualifying families. More than bricks and mortar, St. Lawrence Place provides the structure, training and support these families in crisis need to regain their independence.

Courtney was in high school when her family arrived at St. Lawrence Place. Her mother had successfully completed drug rehabilitation and together they were committed to forging a new life and making a new home.

Growing up, Courtney found school was a secure contrast from an often chaotic home life and she dreamed of becoming a teacher. At St. Lawrence Place, Courtney quickly became a popular volunteer with the children's after school program. She clearly had talent.

St. Lawrence Place staff members and volunteers saw her potential and began working closely with Courtney and her mother. Although a top student with exceptional reading and writing skills, the two had grown discouraged during the college application process. Their St. Lawrence Place "family" encouraged Courtney to take the ACT, helped with application fees and transportation, and gave support as she and her mother completed the college applications.

Courtney was offered admission with scholarship assistance to three well-regarded southeastern universities. Today, Courtney is a happy, hard-working freshman at Columbia College where she, with great enthusiasm, plans to pursue her dream of elementary education. Her mother – a talented and articulate woman and Courtney's best cheerleader – has recently obtained housing on her own and is in administration and bookkeeping for a local non-profit.

Laura came to Columbia after leaving an abusive marriage. She had two young girls and was pregnant with her third child when she found herself without housing. Her family needed a home, yet she wasn't able to afford one. Then she found St. Lawrence Place.

With the help of the St. Lawrence Place staff, Laura began working on a family plan. She wanted desperately to find the bridge from where she was to where she wanted to be. Education became that bridge.

St. Lawrence Place staff helped Laura apply for grants, and she was able to attend a local college and receive her Associates Degree without cost. She continued with her education after leaving the St. Lawrence Place community – and eventually received her BS from the University of South Carolina.

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TRAINING FOR A HALF MARATHON

By Ken Calcutt

The half marathon has quickly become the fastest growing race distance in the US. It is estimated that approximately 800,000 runners will complete a half marathon race in 2009, up substantially from the estimated 650,000 runners in 2007. One of the reasons for the increase in popularity of the half marathon is that this distance is challenging for almost every runner yet training for it doesn't have to consume your life like training for a marathon could.

Training for a half marathon can be done several different ways. What I am going to share with you is very general in nature so most runners will be able to gain some benefit from it. Typically you are going to need 12 weeks or more to train for a half marathon. One key to training for a half marathon is to have a "base" that you can build on. It is best if you are able to run 3-5 miles already and have been running consistently for a few months. From this base you want to start increasing your weekly mileage by approximately 10% per week. Any more than a 10% increase weekly and you will be at a greater risk of injury.

Training for the half marathon can be done with as few as 3 days of running per week. The most important run of the week is your weekly long run. This run is typically done on the weekend since it takes the most time. The first long run should be about as long as the longest run you've done in the last 4-6 weeks (4-6 miles is a good starting point for most). The distance of this long run will be gradually increased until you peak at 12-17 miles (depending on your fitness level and your goal) about 3 weeks before the race. For most runners, long runs should be done at a conversational pace. A pace that you can run and still chat with your running partners.

You will need to do at least 2 other runs during the week. The distance of these runs is not as important as the long run, but one run should be at least half the distance of your long run. For example, one week might look like this: Saturday- 8 miles, Tuesday- 3 miles, and Thursday- 5 miles.



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It is important to get in at least 3 runs each week, making sure you complete your long run every week. If you have to miss a run one week, that's ok. Just make sure it's not your long run. If you can't do your long run as planned on Saturday morning, do it Friday night or Sunday, but don't skip it. Completing all of your long runs will reward you on race day. You will be well prepared.

Half Marathon Training Schedule (Sample)

Week	Tuesday	Thursday	Saturday (Long Run)	Total Wkly Miles
1	2 miles	3 miles	5 miles	10 miles
2	2 miles	3 miles	6 miles	11 miles
3	3 miles	4 miles	7 miles	14 miles
4	3 miles	4 miles	5 miles	12 miles
5	3 miles	4 miles	8 miles	15 miles
6	3 miles	5 miles	9 miles	17 miles
7	3 miles	4 miles	6 miles	13 miles
8	3 miles	6 miles	11 miles	20 miles
9	3 miles	6 miles	13 miles	22 miles
10	3 miles	4 miles	7 miles	14 miles
11	3 miles	4 miles	5 miles	12 miles
12	2 miles	4 miles	Race 13.1	20.1 miles

***To register for the half marathon, 5k or kid's fun run, please visit our website!**



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

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 with the subject line: subscribe, newsletter and we'll add you to our mail list!

Other Race Expos:

Recently we attended the Riverfest Race Festival Expo in Charleston, SC. While there, two lucky Expo participants won a free entry into our race! Give us suggestions on where else we should go by emailing us at palmettohalfmarathon@hotmail.com



Village at Sandhill

Healthy Eating Chipotle Bean Burritos

- 1 Tbsp canola oil
- 1 garlic clove, minced
- ½ tsp chipotle chili powder
- ¼ tsp salt
- 1/3 cup water
- 1 (15-ounce) can organic black beans, drained
- 1 (15-ounce) can organic kidney beans, drained
- 3 Tbsp refrigerated fresh salsa
- 6 (10-ounce) reduced-fat flour tortillas (i.e. Mission are good)
- 1 cup pre-shredded reduced-fat 4-cheese Mexican blend cheese
- 1 ½ cups chopped plum tomato
- 1 ½ cups shredded romaine lettuce
- 6 Tbsp thinly sliced green onions
- 6 Tbsp light sour cream

1. Heat oil in a large nonstick skillet over medium heat. Add garlic to pan; cook 1 minute, stirring frequently. Stir in chili powder and salt; cook 30 seconds, stirring constantly. Stir in 1/3 cup water and beans; bring to a boil. Reduce heat, and simmer 10 minutes. Remove from heat; stir in salsa. Partially mash bean mixture with a fork.

2. Warm tortillas according to package directions. Spoon about 1/3 cup bean mixture into center of each tortilla. Top each serving with about 2 ½ Tbsp cheese, ¼ cup tomato, ¼ cup lettuce, 1 Tbsp onions, and 1 Tbsp sour cream; roll up.

Great served with guacamole and chips!

Yield: 6 servings (serving size: 1 burrito)

CALORIES 361; **FAT** 10.3g; **PROTEIN** 16.8g; **CARB** 52.2g; **FIBER** 11.4g; **CHOL** 19mg; **IRON** 3.3mg; **SODIUM** 735mg; **CALC** 395mg

Recipe courtesy of [Cooking Light Magazine](#)

St. Lawrence Place

Making a Difference in the Lives of Homeless Families

...continued from page 1...

Laura is now married and lives in Lexington, SC. Before leaving a professional environment to home school her son, she was a strategic planner for a South Carolina bank. Her oldest daughter graduated as valedictorian of her high school class, and is now a pre-med college sophomore. Her youngest daughter is an honor student in high school and her son is now a 6th grade honor student.

St. Lawrence Place continues to help those dedicated to changing their lives create and complete family plans – while offering important life skill programs such as parenting and budgeting classes, providing free childcare for our working parents and by giving them a safe place to live with their children.

A staff of qualified social workers and case managers work with our families as they focus on the issues that brought them to this place in their lives. For some, this may be poor job skills; for others, lack of budgeting skills. Regardless of what brought them to SLP, the families, and staff, make a commitment to work on those specific issues.

In order to remain in the St. Lawrence Place program, our families must follow rules and guidelines. All families must maintain employment; remain drug and alcohol free; attend weekly case management meetings with a social worker; and attend life skill classes. Each family is also responsible for maintaining their apartment and paying their bills on time.

At any given time, St. Lawrence Place is responsible for the care and out-of-school education of up to 30 homeless and/or underprivileged children. These children come from the families at St. Lawrence Place as well as the Family Shelter [an emergency shelter for homeless families that is located in the same neighborhood as St. Lawrence Place] and surrounding Floral/Edgewood Community. The school-aged children are enrolled in the St. Lawrence Place Children's Program, while younger children are cared for during mandatory life skill meetings with parents.

The St. Lawrence Place Children's Program provides a stable environment for these children, giving them much needed attention and guidance. SLP staff work with parents and local school staff, to be sure the progress made each afternoon continues in their home and school environments.

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St. Lawrence Place is a viable solution for families who are homeless and can commit themselves to the learning environment the program offers. They are willing to do what it takes, seeing our program requirements through to emerge on the other side as a family that can succeed in the long run.



2400 Waites Road
Columbia, SC 29204
Phone: 803.256.3999
Fax: 803.933.0089

For more information on St. Lawrence Place or to make a donation, visit <http://www.stlawrenceplace.org>

Lila Anna H. Sauls
Executive Director
lasauls@stlawrenceplace.org



Village at Sandhill

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. "Mama Told Me (Not to Come)" - Three Dog Night
2. "It's Not My Time (workout mix)" - Jimmy Rep
3. "Danger Zone" - Kenny Loggins
4. "Poker Face" – Lady GaGa
5. "Tripping Billies" – Dave Mathews
6. "Hey That Jody Boy" – Run to Cadence with the US Marines
7. "Superman" – BBC Orchestra
8. "Gonna Fly Now" – Bill Conti
9. "Fired Up...Feels Good" – Run to Cadence with the US Marines
10. "Carmina Burana: I.O. Fortuna – Coro" – Berliner Philharmoniker & Sir Simon Rattle

WHAT'S NEW?

Hotel Discounts

Many people will be coming from out of town and will want to get a good night's rest before the race on Saturday morning. Below are our featured hotels to provide you with discounted rates and great amenities, all while being close to the starting line!

Rates:

Holiday Inn Express \$79+tax per night
Hampton Inn \$99+tax per night

Featured Amenities:

- All smoke-free rooms
- Outdoor pool
- Free high-speed wireless & hardwired internet
- Micro-fridge, hair dryer, iron & ironing board in every room
- Short distance to race site and restaurants

Holiday Inn Express

(803) 419- 3558

www.hiexpress.com/clmbia@clmson

Hampton Inn

(803) 788-4901

www.columbia120clmsonroad.hamptoninn.com

Race Maps

Race maps are available on our website. Look for a new printable race map in the next two weeks with info on water stations, first aid, restrooms and other course information.

Please email us if you have questions!



IN OUR NEXT ISSUE...

- Couch to 5k training schedule
- Half course pointers from runners
- Nutrition for runners
- Stretching

