



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 3, 2010

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Harvest Hope Food Bank

Feeding the Hungry with dignity, compassion and education

By Denise Holland

Runners and families who take part in healthy lifestyle activities like the Half Marathon understand the importance of nutrition and know the devastating effect hunger can have on individuals. We are so grateful the organizers of the Palmetto Half Marathon are dedicated to seeing the local community pull together to address the most basic human needs of food and shelter for everyone in the Midlands.

For over 25 years Harvest Hope Food Bank has benefitted from the generous efforts of wonderful community organizations like the Palmetto Half Marathon. We could not hope to feed the many hungry families in South Carolina without such caring and concerned partners. I can assure you your generosity and donations will go far towards feeding your neighbors in need.

How far? How much comfort and nutrition will your donations provide? Harvest Hope commits 98c out of every dollar to feeding the hungry. We can turn \$1 into 7 pounds of food for the needy. We can feed a family for a week with \$15. Harvest Hope began in 1981 as an emergency food box program, and has since developed an effective and efficient business model capable of maximizing donations and feeding families across 20 counties, from the Pee Dee, through the Midlands and into the Greater Greenville area.

In 2008, Harvest Hope's Columbia Emergency Food Party served 107,132 individuals. In 2009, the two Columbia area facilities (Shop Road and the newly opened Lexington food pantry) served 204,940 individuals, an increase of 91.30%.

Despite the increasing number of South Carolinians losing their jobs and being forced below the poverty line, Harvest Hope Food Bank records over the last year reveal that over 70% of our clients came to us no more than three times as they worked through their times of disorder and crisis. The unfortunate families that come to us did not choose their current situations and are embarrassed to have to ask for food or other assistance. For many it is the first time in their lives they have had to make the difficult choice to ask others for help. They do not make this decision because they choose to. They do not make this choice because it is easy.

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Special thanks to our presenting sponsors:



HALF MARATHON COURSE REVIEW

By Drew Williams

(note: this was written prior to the slight change made at the turn around point)

Well, it finally happened! Columbia South Carolina is catching on to the most popular trend in distance running: the half marathon. The running community of the South Carolina state capital has been voicing their frustration for years about only having one half marathon and, as of this spring, the Governor's Cup Half Marathon is no longer an 'only child.' I find the Palmetto Half Marathon exciting for a few reasons. Number one, it is laid out in a location that is a refreshing change from the well worn path of downtown Columbia. Number two, it takes place at a time of year when distance races have all but disappeared, not to reemerge until the fall. Number three and most importantly, the number of charities they are reaching out to in a time when the needs of a community are particularly high is impressive.

If you notice, I did not make mention of the course being flat. However, if you run it smart and know when to expect the 'bumps' on the course, you might surprise yourself. The out-and-back course starts and ends in the Village at Sandhill off of Clemson Road. Once the gun goes off, runners and walkers head down Clemson Road, merging onto Two Notch Road at the 1 mile mark. They continue down Two Notch Road until just past the 2 mile mark, finally making a left on Valhalla Road and into the Woodlands neighborhood. While those first two miles are not very scenic and relatively boring, enjoy it because it is flat and downhill. In fact, with the exception of a couple of rolling hills, the course is generally flat and downhill until a little before the 7 mile mark. You are greeted by the first rolling hill when you enter the Woodlands neighborhood but due to the fact that it is early in the race and you have been going mostly downhill up to that point, don't let it concern you too much. After a flat 2 miles, the 2nd hill that is worth mentioning is at the 4 mile mark. Once you crest the low grade hill, you make a left on Halling Drive and at this point in the race, I recommend you settle into your goal pace or even a little faster because it is all flat and downhill for the next 2 ½ miles. This stretch is the very pleasant transitional period between the Woodlands neighborhood and Wildwood neighborhood with a net elevation drop of close to 130 feet thanks to Mallet Hill Road, Wood Duck Rd and Duck Pond Rd. When I recommend a slightly faster pace than goal pace, I don't mean go all out by any means. That's because at this point in the course, the runner needs to remember this is an out and back course.

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STRETCHING

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

Stretching allows the body to obtain and maintain optimal muscle length but many studies express conflicting methods and timing of stretching prior to an event or training. Stretching is specific, just like exercise selection, for any given activity. Some research has shown stretching to be ineffective in preventing injury in moderate exercisers who perform 20-30 seconds of static stretching per muscle group. In contrast, specific static and dynamic stretching can enhance blood flow to utilized body parts to aid waste removal and improve nutrient delivery for healing.

Beliefs in the power of stretch can differ among researchers. I believe effectiveness of stretching will increase with better stretching prescriptions researched. It may not be proven to cause an athletic advantage, but chronically tight muscles have been shown to contribute to pain.

- Muscle imbalances happen in many different settings and a variety of individuals. People's work is increasing in latent time for the body. People drive more, sit at desks more, and even stay stationary for their leisure time. The body will adapt to stresses put on it and this is no different when it comes to our daily positions. Research has shown that chronic positions can lead to unbalanced tightness in muscles and deformities in muscle and fascia structure. This causes our bodies to pull posture out of balance and can cause pain. Everything in a person's body is connected within a system of levers. This forms a kinetic chain that makes our bodies a sensitive balance of synergist. If one link in the chain is broken, the whole strength of the chain is compromised. This can be seen when stretching a specific muscle group. If another muscle group is extremely tight, it can decrease your ability to stretch the focused muscle group. An example would be the calf complex being so tight that you cannot get the range in order to stretch the hamstring. Allow the calf complex to release and the pull of the stretch will travel to the adjacent hamstrings. This could increase the time needed for stretching.

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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

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



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!

Radio

Listen for us on 96.7 Steve FM, 100.1 The Beat and 1400 The Team! We'll even have Steve FM at our start line area the day of the race.



Village at Sandhill

HARVEST HOPE FOOD BANK

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Many in our state face decisions no one should have to make. 89% of our clients have a place to live and 40% own their homes, but many of them have to choose between paying for food or paying their rent or mortgage. 55% of our clients report they must choose between paying for food or paying their utilities. 40% must choose between paying for medical care or paying for food. 35% of those who come to us in need do not have access to a working car, and 21% do not have access to a working phone.

Across South Carolina, one out of every four children under the age of five goes to bed hungry every night. Because of this, Harvest Hope coordinates with Feeding America and school districts, churches and other community organizations in our service area to provide nutritious meals and snacks through

Kid's Cafe, Back Pack and Snack Sack programs. In 2008, Harvest Hope's children's feeding programs

provided food at 147 sites in our service area. In 2009, Harvest Hope's children's feeding programs provided food at 226 sites in our service area, an increase of 53.74%. In 2008, Harvest Hope's children's feeding programs fed an average of 567 children per month in our service area. In 2009, Harvest Hope's children's feeding programs fed an average of 874 children per month in our service area, an increase of 54.23%.

So again I thank you for your enormous generosity and abundant humanitarian spirit. In these difficult times there are great challenges in meeting the hunger needs of the unfortunate families in our state. But your efforts will go far, very far, in helping us feed the hungry and provide a measure of comfort to so many who need compassion right now.

This service that you perform is not only supplying the needs of God's people but is also overflowing in many expressions of thanks to God. *Corinthians 9:12*

With warmest appreciation,

Denise Holland
CEO, Harvest Hope Food Bank
www.harvesthope.org



STRETCHING

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- If a person becomes imbalanced with tightness or injury, then corrective measures can be taken. Stretching the body, especially affected areas, can provide re alignment and decrease pain. If a person forms knots in muscle or fascia, corrective pressure therapy can help in allowing the body to realign. Utilizing physical therapist or masseuses trained in myofascial release can unravel knots and allow for corrective alignment and less pain. Self induced methods of myofascial release include foam rolling, which is basically deep tissue massage on one's self. Asking a masseuse, exercise physiologist, or physical therapist for foam rolling techniques can provide knowledge needed to do basic techniques correctly.

General Stretching Guidelines

- Warm up muscle groups with external heat or light movement prior to stretching
- Ease into each position and hold without movement
- Wait for release of muscle before continuing to increase range to 10-20 second hold
- If one muscle is your weak link and is extremely tight, wait for it to release and allow the stretch to continue to the adjacent group.
- If you are unable to position yourself for a stretch because of another muscle group, stretch the tightest first and then move into your position.

General Guidelines for Foam Rolling

- Position body on roller to apply pressure to a specific muscle group
- Slowly roll body over the roller moving about 1 inch every 2 seconds
- When a point of pain is felt, hold position until pain releases by 50%
- Continue rolling until all of muscle has been covered.
- Repeat 2-3 times until more pressure than pain is felt.

HALF COURSE REVIEW

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When you finally reach the bottom of the downhill stretch between miles 6 and 7, you are at the lowest and most scenic part of the course as you wrap around Boyd's Pond in the Wildwood neighborhood. Enjoy this very beautiful scenery but don't lose focus. On the contrary, its time to gather your thoughts and plan accordingly because the steepest and longest hill on the course begins just before the 7 mile mark on Holiday Road and does not end until you are back on Mallet Hill Rd. The steepest and most brutal part is about a ¼ mile stretch before you exit the subdivision. Once you have made a left back on Mallet Hill Rd, its important to keep in mind that while the incline isn't nearly as bad, it is still up hill and it doesn't truly level out until around 7 ¾ miles. While it is long and at times steep, don't take the Palmetto Half Marathon off your list of preferred races yet because you have over two miles of a primarily flat stretch to catch your breath as you make the transition back into Woodlands towards the finish.

At the 10 mile mark, you have reached the last of the major hills and, in my opinion, the hardest for two reasons; it is a series of two hills back to back and you have already been pounding the pavement for 10 miles. When you crest the hills, you find yourself back on Two Notch and for me; I found this 1 mile stretch much more scenic than on the way out. That is likely because it is flat and slightly down hill. Ask me when I am not in a race and I'll tell you it is not on my top 10 list of most scenic places to run. When you reach the Clemson Rd overpass at the 12 mile mark, you can almost see the finish line once you have climbed the ramp back onto Clemson Rd. At this point, let adrenaline carry you through to the finish line and for all of the Governor's Cup patrons, take comfort in the fact that there is no Blossom Street Hill to contend with this late in the race (or at any point in the race). Due to the fact that I ran this course without roads being blocked off (not recommended on Clemson Rd) and no start/finish line festivities, I cannot give an accurate review of that aspect of the race.

The Palmetto Half Marathon can potentially be a very good race because it comes at a time when the running community of Columbia needs a new local distance event and it's in an area that has been largely ignored by the racing circuit. The course itself is not 'fluffy' but it is not brutal and the major hills are spaced out very well. Maybe I will write a short review of how well they pulled off this event in terms of participant support before the start, during the race, and after crossing the finish line but from what I have seen so far in regards to event promotion, community outreach from the proceeds, and general word-of-mouth, this has the potential to become a premier racing event not just for Columbia but for the state of South Carolina.

LAST MINUTE DETAILS!

- We are VERY close to filling up and reaching our limit! Help us spread the word to your friends who may be waiting to register – they don't want to miss out!
- Updated, printable race maps for both races are now available on our website. They include water stations, restroom stops and aid stations.
- We are excited to announce that Dick's Sporting Goods and Mizuno will be sponsoring our awards this year

EXPO highlights (more info on our website)

- FREE Pasta dinner courtesy of Pie-tanza from 5-7pm
- ONLY place pick up your race packet prior to race day
- Packet pick-up is from 4-8:30pm
- Located at Plex Indoor Sports inside the Village at Sandhill

HEALTHY RECIPE

Lemon Pie

- 1 graham cracker crust
- 11 oz sweetened condensed milk
- 2 large eggs
- ½ cup lemon juice
- 1 Tbsp lemon zest

Directions:

- Mix all ingredients and pour in crust
- Bake 15 minutes at 350 degrees
- Top with Cool Whip if desired

MAKES: 8 servings **PREP:** 25 min

NEXT ISSUE...

Race Results! Good luck runners and walkers!

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

- Hebrews 12:1

