



# *In Stride*

*April 2010 Newsletter*

**Club Membership and Group Runs Are Free**

**Our newsletter is on our website at [www.arlingtonstriders.org](http://www.arlingtonstriders.org)**

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**Troy Surratt  
Running Coach  
RRCA Certified  
6 Time Boston Marathon**

## **In The Spotlight**

This edition of *In Stride* is special as it celebrates a gifted runner who shares his love for running .



## **Marathoner and Daddy**

*By  
Phillip Dow*

*My story is on the next page -->*

Congratulations Phillip and Crystal!!  
Layla Marie—You are Awesome!  
- Carolyn Surratt

# Marathoner and Daddy

*By Phillip Dow*



**Phillip and Crystal**

My love for running began over 20 years ago when I was eleven years old. My first official race was the Cowtown 10K in 1991. I'm not sure what my official time was because I was with a school group and we got there way after the gun went off. It was a blur. I've been running ever since. In Junior High I ran cross country and was the Captain of my cross country team at Sam Houston High School. (We weren't very good).

When I was eighteen I ran my first marathon. This was the White Rock Marathon when the start was held next to the City Hall. The present day start at the American Airlines Center didn't even exist then. My finish time was 4:19 and it was excruciating. These were the days when I thought a long run was 10 miles; and doing that a couple of times would suffice. A couple of months later I ran Cowtown and finished in 4:10. It was a hair better due to the fact I knew what the pain would feel like.



**Phillip on the right**

I continued running and racing while I was in the Navy: Orlando, Saratoga Springs, New York and then settling on the Submarine Base in Kingsbay, Georgia. I raced a lot in Jacksonville during my 4 ½ years while living in Georgia. While in the Navy I also competed in sprint triathlons in Florida and Georgia in addition to local 5Ks and 10Ks.

When I got out of the Navy I knew I would have more time to train for marathons which is my true passion. In 2004 I made my return to marathoning and ran White Rock in a time of 3:55. (My first Sub 4!) I didn't run White Rock in 2005; but somewhere in 2005 I met Troy Surritt. He taught me how to properly train for a marathon.



**Phillip and Troy**

In 2006, with Troy as my Running Coach, I ran a 3:40 with a rib blister that really slowed me down the last 6 miles. 2007 was the year that Troy and I planned for me to qualify for Boston. I trained for the majority of the year with the Houston Marathon as my ultimate goal. I ran White Rock in 2007 as a long run/warm up race for Houston and did it in 3:20. The following month I ran the Houston Marathon, my Boston qualifier race, in 3:08. This was the greatest day of my running career.

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# Marathoner and Daddy

*By Phillip Dow*



Phillip and Troy

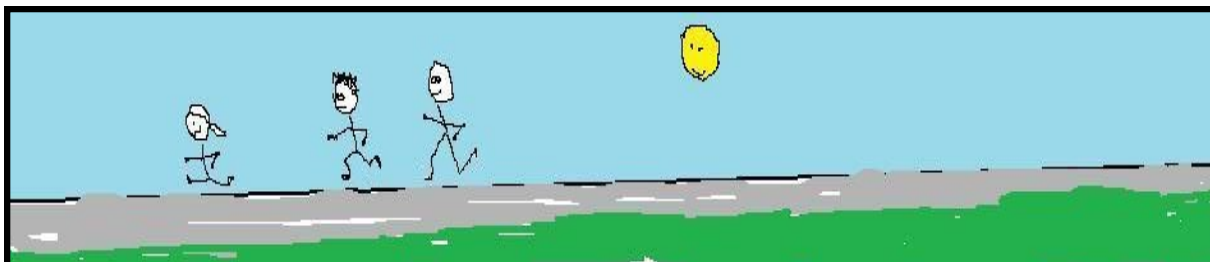
In 2008 and 2009 the group of Arlington Striders did the Boston Marathon. I fought nagging injuries in each one. Still, with all the people that went with me, including my wife, I had the time of my life. Boston is always beautiful in April.

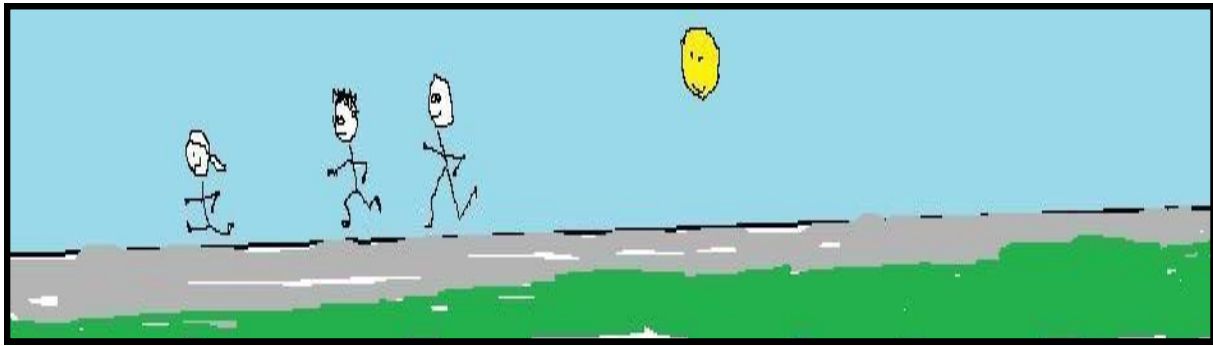
My last marathon was the Malibu International Marathon in California in November, 2009. I had a great time! I was aiming for an overall time of 3:20-3:30. I had a leisurely pace for the first 10k and was able to keep between 7:30 and 7:45 for 20 miles. After that I fell apart. I wasn't ready for the dry heat and became dehydrated and was cramping bad. I almost fell twice when my calf cramped up during the last couple of miles. I did finish strong running through the finish line. Even though I didn't meet my time goal, it was a beautiful experience.



Phillip and Layla

My last race I wasn't sure if I was going to be able to do, due to the fact that my wife Crystal was REALLY pregnant. Troy and I teamed up for the third year in a row to compete in the two-person Lady of the Lake Relays. We finished third place overall in the men's open division. Again it was a great time. The following weekend my wife gave birth to my newest road crew - Layla Marie. I know in a couple of years she will be cheering for her daddy as he crosses the finish line of his races.



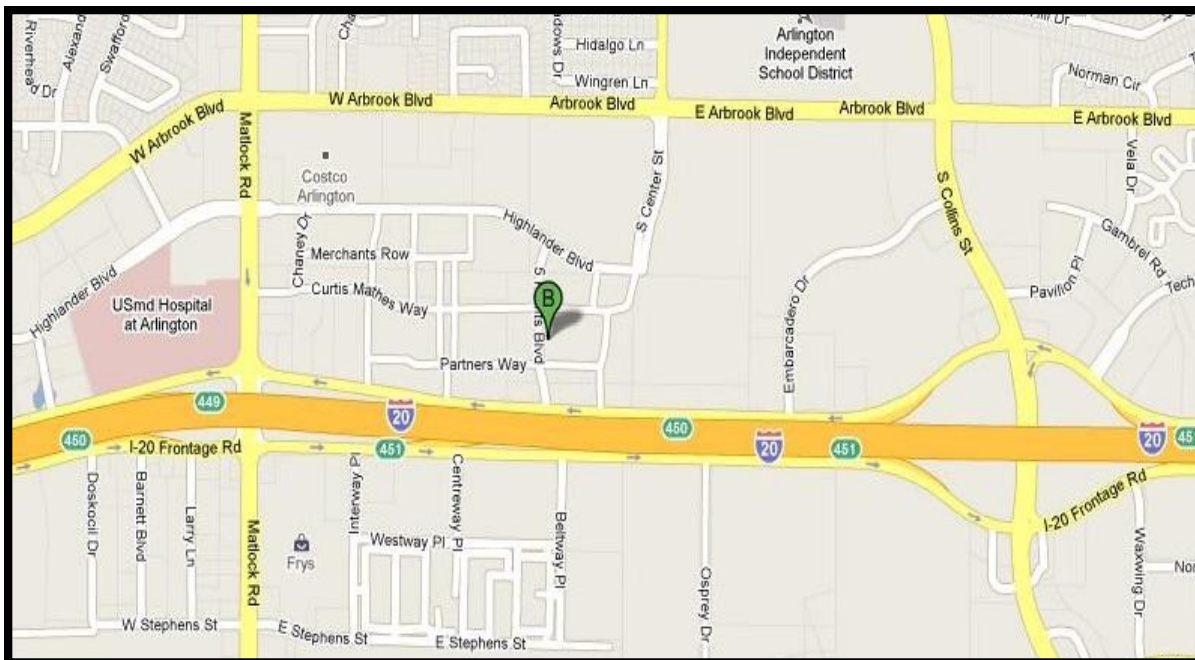


**Sarah Everidge**  
**Social Coordinator**

## **Mark Your Calendar**

**Ready To Have Some Fun?**  
**Our next club social is Sunday, April 25th at 5 pm**

**Chuy's Restaurant**  
**www.chuys.com**  
**Suite 199 (in the Highlands)**  
**4001 Bagpiper Way**  
**Arlington, Tx 76018**  
**(817) 557-2489**

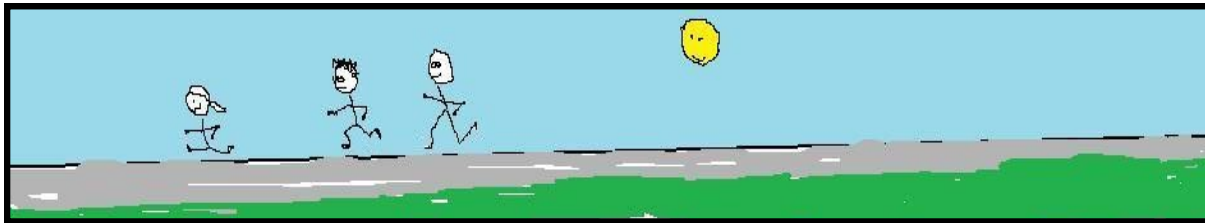


The purpose of our monthly meetings is to discuss club business, get to know one another a little better, and basically to just have a great time. An area is reserved for Striders club members. Request that everyone RSVP on our club's website as to whether you will be attending. If you have any questions you can email me at [szwick\\_everidge@msn.com](mailto:szwick_everidge@msn.com).

To RSVP, go to our message board at

[http://sports.groups.yahoo.com/group/arlington\\_striders/](http://sports.groups.yahoo.com/group/arlington_striders/)

Please see the Groups Labs (Beta) Applications section and go to reservations to let us know if you will be there.



# Striders' Updates

## Club Membership Cards

As most of you already know, we are now issuing Arlington Striders Club membership cards. We have applications that you fill out and then you get a card. You must show the card to get a club discount at The Runner Shop. Our sponsor gives club members a 10% discount on any non-sale items any day of the week!

Remember our sponsor will only honor your discount when the card is presented. We will have the cards and applications at every Tuesday and Thursday evening club run. So, come on out, sign up, and start running!

## Our New Website <http://www.arlingtonstriders.org>

Our new website is up and running. Still we have work to do until it is the way we want it. Request you check it out and let me know what you think. Also, there is a lot of information on training clinics, group runs, monthly newsletters, club races and results, links, a message board, running news, tools, sponsor information, and contact information.

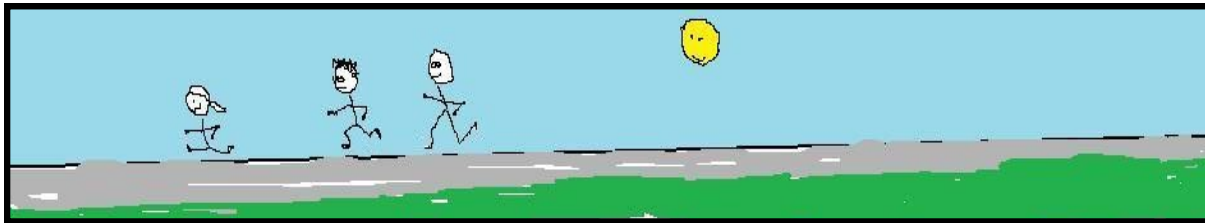
## Great Running/Training Tools

Check them out at our new website [www.arlingtonstriders.org](http://www.arlingtonstriders.org).

Your Basal Metabolic Rate (BMR)  
Nike's Runner's Library  
Nike's Free Online Training Logbook  
Running Related Software  
Rob's Home of Fitness Testing  
The Guide to Track Markings  
Runner's World—Training, Tools and Calculators

## Training Clinics Prices For Club Members:

Current Arlington Striders members who signed up or renewed their membership between January 1st and Mar 31th of this year are eligible for a discount on the club's run clinics. This includes those who were unable to do so to an injury or job conflict and requested an extension. These members will be issued a special code to use if they decide to sign up online for a run clinic and will pay the discount price. All club members who signed up after March 31st will be eligible for the discount next year.



## Free Scheduled Group Runs

### **Saturday, 8:00 AM Easy Run and Long Run**

It is great to have two types of runs to choose from on Saturday morning. One is an easy run for those who just want to get additional mileage or cannot run during the week. The other group consists of runners doing endurance training by running longer distances than normal. Both runs are on the roads and around the nearby parks in low traffic areas

Location: Tom Thumb Supermarket, corner of Bowen & Park Avenue, Arlington.

### **Sunday, 9:00 AM Easy Run**

These runs are good if you want to add more runs/ miles to your week, or just can't make it to any of the evening group runs. We meet at the front parking lot in the park near both the bathrooms and the kids playground. Kenny Hallman does a great job hosting this run for our club. He has a basic looped course outside of the park of 2 to 6 miles and there is also a 1 mile loop in the park for shorter distances.

Location: **Veterans Park**, Arkansas and Indian Springs Road, Arlington, Texas.

### **Tuesday, 6:30 pm Easy Run**

We do easy runs on the roads and around the nearby parks with people running distances from 2 to 10 miles.

Location: **The Runner Shop**, 3535 West Pioneer Parkway, Arlington, Texas.

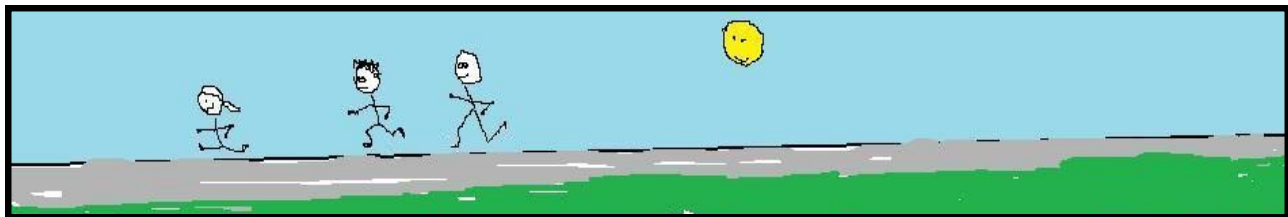
### **Thursday, 6:30 pm Easy Run**

(two week cycle with two choices for that day)

Week 1: Lake run / Foster Park run

Week 2: Hill repeats / Foster Park run

Location: **The Runner Shop**, 3535 West Pioneer Parkway, Arlington, Texas.



## Welcome to the Arlington Striders Clinics!

Arlington Striders in association with Fastpaws and our Head Coach Troy Surritt are proud to present these training programs for you. Our aim with these programs are to give you the guidance, coaching and motivation to reach for and achieve your fitness goals, whatever these goals might be. We take an individual approach to understanding YOUR definition of achievement and then coach you every step of the way. Join an Arlington Striders clinic program today and we'll help you discover the athlete in you!

Check out [www.arlingtonstriders.org](http://www.arlingtonstriders.org) for more details on any of these clinics.



### Speed and Core "Spring Tune-Up" Training Clinic

Classes are from March 15th to May 5th 2010.

This is an excellent 8 week program focusing on body mechanics, overall strength, and running efficiency to become a better runner no matter your level or experience.

**(Registration for this program is now full & closed!)**



### San Antonio Rock n Roll Marathon Clinic

Orientation will be on May 8th 2010.  
The first training day will be on May 15th 2010.

This Arlington Striders Marathon Clinic is a 26 week program that is open for any person looking to do this exciting out of town fall event, the San Antonio Rock n Roll Marathon.



### Dallas White Rock Marathon Clinic

Orientation will be on June 5th 2010.  
The first training day will be on June 12th 2010.

This Arlington Striders Marathon Clinic is a 26 week program that aims for a local fall favorite, the Dallas White Rock Marathon.



### Speed and Core "Summer Tune-Up" Training Clinic

Classes to be announced for the Summer of 2010!  
We have had such a high demand for this program during the Spring and have had so many request for a repeat of the program for this summer. This is an excellent 8 week program focusing on body mechanics, overall strength, and running efficiency to become a better runner no matter your level or experience.

# Arlington Striders Running Club

## Marathon Training Clinics 26 week program

**Run your first marathon, Improve your running performance, Chase your dreams.**



Head Coach  
Troy Surratt

RRCA Certified  
Running Coach

6 Time Boston

## Marathon Clinic

Joy is an attitude of the heart! The joy and rewards of crossing any race finish line are enormous. To the average person crossing a marathon finish line is nothing more than an Impossible Dream. For them, the challenge is just too great. But for some brave souls... even impossible dreams come true; and the more difficult and challenging it is—the greater the joy.

Preparing for a half or full marathon is no easy thing. It demands vast amounts of energy—physical, mental and emotional. Our training clinics are designed for runners of varying abilities. You will develop gradually through four training phases, endurance, strength, speed and tapering.

These are 26 week programs that aim for these two fall marathon favorites,

San Antonio Rock n Roll Marathon: Clinic Orientation Day on May 8th. First Class Day is May 15th.

Dallas White Rock Marathon: Clinic Orientation Day on June 5th. First Class Day is June 12th.

### General Public Pricing For These Training Clinics Are:

#### San Antonio Marathon Clinic:

\$100.00 now until April 18th

\$120.00 April 19th until May 7th

\$140.00 on Orientation Day (May 8th)

#### Dallas White Rock Marathon Clinic:

\$100.00 now until May 16th

\$120.00 May 17th until June 4th

\$140.00 on Orientation Day (June 5th)

For Club Member Discounted Prices go to [www.arlingtonstriders.org/clinics](http://www.arlingtonstriders.org/clinics)

### The Arlington Striders Contact Information

Hotline: 817-860-3710

E-mail: [fastpaws@sbcglobal.net](mailto:fastpaws@sbcglobal.net)

<http://www.arlingtonstriders.org/clinics>

(Clinics are in Association with and Sponsored by Fastpaws. Flier designed by David Smith.)

# The Quiet Revolution - Green Smoothies

By David Smith



Buried somewhere inside millions of kitchen cabinets across the land are juicers gathering dust from lack of use. There are many individuals who swear by the health benefits of juicing fruits and vegetables. However, for most people, I suspect, the juicer was quickly put aside after purchase.

At the same time, blenders are coming out from under the counter. Blenders are back in style. Juicers are pricey whereas blenders are cheap. Blending versus juicing? When you juice you are separating the liquid from the solid. If you discard the solid (pulp) you will be leaving out a good source of fiber and other elements. A blender does not do that. What a blender does is makes delicious, wonderful healthy smoothies!

We have all heard the golden rule for eating healthy—try to eat at least three fruit and three vegetable servings daily. The average person fails miserably in doing that. For one thing, fruits taste good and vegetables... well... yuk, vegetables taste bland. By the time the vegetables taste good you have most likely over cooked them and/or added so much cheese and other stuff that they have now become little more than high calorie junk food.

Well, here is a major health secret. Raw greens are the most important, nutrient dense food you can eat. Green smoothies are very simple to make and the healthiest thing you can eat. If that statement sounds too profound, then I invite you to do your own research. And, here is where the beauty of the blender comes into play. Fruits make vegetables taste good. Green Smoothies are prepared in minutes by blending 60 percent fruit (such as bananas, mangoes and apples) with 40 percent green leafy vegetables (such as romaine lettuce, cabbage, spinach, etc...) and water and ice.

In addition to not eating the daily requirement of fruits and vegetables, most Americans do not drink the recommended daily amount of water either. Fortunately, smoothies are made with water and ice. So, by drinking one (or more) Green Smoothie each day you are getting your daily requirement of fruits and vegetables and fiber and water. One rule of thumb is never have what you had the previous day. So always mix them up and blend different raw fruits and vegetables everyday.

Why not just eat vegetables, you might ask. Well, when eating a salad, most people do not sit and chew their greens long enough. The average person swallows each bite as soon as the food enters the mouth. All leafy greens have cell walls composed mainly of cellulose. This is very difficult for our bodies to digest in order to access the dense nutrients that the greens supply. That is where the beauty of a blender and a Green Smoothie comes into play.

Are you looking to shed pounds? Well, you do not have to purchase a fad diet book written by a medical doctor. There are thousands of diet books on the market. Everywhere you turn, someone is willing to help you loose weight... for money. What a shame and a waste! Stay away from processed foods completely; or at least as much as possible. The key to eating healthy is common sense. Eat a wide variety of foods and keep the majority of your food intake raw and unprocessed. Your body will thank you.

Make your own Green Smoothie recipe and enjoy your way to a healthy life. Green Smoothies could do the trick for you. Green Smoothies are filling, low carbohydrate and high in fiber. If you listen really hard... you can hear those blender blades a whirling... or is that just the wind?

A quiet revolution is sweeping across the land.

# Troy's Corner



## A Little About Me

I started running in 1992. In 1993 I became an Assistant Coach with AIA under Head Coach Paul Yost. In 1996 I became a Coach with AIA until my move to the Dallas/Fort Worth area. Here I led and coached a sub 3-hour marathon group for Luke's Locker for two years. I moved on to personal coaching from 1999 thru the present.

Now I coach for our club the Arlington Striders where I have helped runners to qualify for Boston. My goal is to help others run and race well for whatever their running goals may be. I am also the Running Coordinator for the Triathlon Junkie Tri Club.

### Personal Records

Mile: 4:57

5K: 16:54

10K: 36:03

Half: 1:19:40

Marathon: 2:54:24

**6 time Boston Marathon Finisher**  
**RRCA Certified Running Coach**

## Me and My Beautiful Wife, Carolyn



## *The Arlington Striders*



**Arlington's No. 1 Running Club**

**The following businesses offer discounts to The Arlington Striders Running Club members. If you are a business and would like to give our club members a discount or purchase an ad please contact:  
Troy Surritt at 817-860-3710**



**“THE FITNESS STORE FOR THE ACTIVE FAMILY”**  
3535 West Pioneer Parkway \* Arlington, Texas  
76013  
METRO (817) 461-2281  
[www.therunnershop.com](http://www.therunnershop.com)

### **ATTENTION ALL STRIDERS**

Do you have anything you would like to see in your club newsletter? If so, please submit it. This can be race photographs, photos taken at club events, articles you wish to write, running jokes, quotes, etc.

Contact the Club Newsletter Editor, David Smith at [oldmanswimbikerun@gmail.com](mailto:oldmanswimbikerun@gmail.com) or (817) 561-6411

**The Arlington Striders Running Club**  
[www.arlingtonstriders.org](http://www.arlingtonstriders.org)

**The Runner** [www.therunnershop.com](http://www.therunnershop.com)  
The best runner's store around.

**Triathlon Junkie Tri Club**  
[www.tri-junkie.com](http://www.tri-junkie.com)  
Really the only triathlon club devoted to people in the southern Metroplex. !

**Athletes In Action** [www.aia.com](http://www.aia.com)  
Athletes in Action exists to reach out to people and teach them the influence of sports

**The Dallas Running Club**  
[www.dallasrunningclub.com](http://www.dallasrunningclub.com)  
Dallas's largest Running Club! Their site has news, White Rock Lake maps, calendars, etc.

**Fort Worth Runners Club**  
[www.fwrunners.org](http://www.fwrunners.org)  
Their site has news, articles by Jack Gray, maps, pace calculator, calendars, etc.

**Run-Down** [www.run-down.com](http://www.run-down.com)  
For everything running related.

**Marathon Guide** [www.marathonguide.com](http://www.marathonguide.com)  
Lots of good information about marathons.

**Running In The USA**  
[www.runningintheusa.com](http://www.runningintheusa.com)  
Large online directory of races, results, clubs

**MapMyRun** [www.mapmyrun.com](http://www.mapmyrun.com)  
You can trace your courses on this map.

### **Monthly Running Quote**

**“A coach can be like an oasis in the desert of a runner's lost enthusiasm.”**

**- Ken Doherty**

**The Arlington Striders Contact Information**  
Hotline: 817-860-3710  
E-mail: [fastpaws@sbcglobal.net](mailto:fastpaws@sbcglobal.net)  
Internet: [www.arlingtonstriders.org](http://www.arlingtonstriders.org)

**The Arlington Striders Running Club** is a non-profit organization whose purpose is to promote the benefits of running and walking by providing social and moral support to Arlington and the surrounding communities and to establish camaraderie among runners and walkers of all ages and abilities