



"Your Local Running Specialty Store"

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www.manhattanrunningco.com

Mon – Fri. 10 am – 7 pm; Sat 10 am – 5 pm

MRC Newsletter May 2010 Issue

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May is beginning as an eventful month. We opened Salina Running Company on May 3rd with a warm welcome for the community in Salina.

There have been several marathons in the past month and we would like to say, GREAT JOB, to everyone who competed. Trey and his new wife Meg, just returned from running the Boston Marathon. Trey ran 2:33 and Meg ran 3:28. That was a 7 minute personal best for Meg! Congrats also to Suzanne Dubnika who also finished Boston

in a time of 3:43! Kory Cool took second place in the Lincoln Marathon! Way to go Kory!

With all the wonderful races ahead and the efforts being put forth in competition, we are going to start a new tradition. Read the Wall of Fame section to find out what!

Keep up the good work!!

Supported Long Run

Supported Long Run

The supported long run this month will be on Saturday, May 22nd at 7:00 am. As usual, we will meet here at the store and provide a route, along with water or Gatorade. After you get back there will be some breakfast food to aid in your recovery. Please email us at events@manhattanrunningco.com if you plan to attend and how long you want to go.



We currently have 2 styles of these highly popular shoes in stock. We have the men's Classic in black and the women's Sprint in black. These will not last long and we will not be able to get more of these until September, so hurry in!

Wall of Fame

As we alluded to earlier in the newsletter, we recognize that we have a lot of really wonderful customers and they are doing great things. To show our appreciation and support in these efforts, we are introducing the Wall of Fame.

This is how the Wall of Fame will work: If you run a race in a Manhattan or Salina Running Company singlet or T-shirt,

we would like to put your photo up with your name, race name and time. All you will have to do is send us a copy of the picture (either digital or physical) along with the above information. We will have a 5x7 of these printed and put you up on the wall. That way you will be able to see what wonderful accomplishments our community is achieving! We can't wait to start this tradition!

Nutrition Corner

Tips for Athletes Managing Diabetes

Exercise is a cornerstone for managing diabetes. You need to learn your body's unique response to exercise by monitoring your blood glucose level, insulin dosage, what and how much food you ate, and type and intensity of exercise for 1-2 months to achieve a sense of predictability.

Exercise regularly, preferably at the same time each day when your insulin is not peaking. A consistent exercise schedule is very important for good blood glucose control. Be sure to test your blood glucose before and after you exercise to learn how exercise affects your glucose level.

Always exercise after eating, when your blood glucose is on the rise. One hour after a meal is a good time; that is when your blood glucose is the highest. Do not start to exercise with low blood glucose. Eat a snack first.

Exercise with someone else. This person should know you have diabetes, and know the signs of hypoglycemia (confusion, weakness, excessive sweating, trembling, double vision). If your blood glucose should drop, you might stagger and fall; you want your partner to know what is happening. Also be sure your partner knows what to do in an emergency.

Always carry sugar in some form with you. (Glucose tablets and hard candies are popular because they are not messy.) Also carry a cell phone and money for a snack.

Because exercise has a lingering effect, you should eat more than usual after you stop exercising. Otherwise, you may experience hypoglycemia that night or even the next day.

Adapted from: SportsNutrition by Nancy Clark, MS, RD, CSSD (www.nancyclarkrd.com) For more information about nutrition, health and food safety, please contact Ginny Barnard, MPH; Riley County Extension Agent at ginnyb@ksu.edu or call 785-537-6350.

New Product!

Pearl Izumi SyncroFuel:

The SyncroFuel is a responsive, lightweight trainer designed for one thing – going fast! The SyncroFuel offers mild pronation control and excellent cushioning for the runner training for their next race.



Upcoming Races!!

For more information on these races, please check our website or call us at the store.

May

May 15: 5K Run/Walk to End Sexual Violence (Salina, KS)

May 15: Running with the Cows Half Marathon (Johnson County, KS)

<http://www.runningwiththecows.com/>

May 16: Five Trails Half Marathon (Leavenworth, KS)

<http://www.fivetrailshalfmarathon.com/>

May 22: Back It Up Trail Races: 5K, 10K or 1 Mile (Milford, KS)

June

June 9: Poyntz Avenue Mile (Manhattan, KS) <http://www.letsgorun.com/RaceInfo/PoyntzAvenue2010.pdf>

June 12: Festival Fitness Five (Salina, KS) www.riverfestival.com

June 19: Alert Road Race 10K and 1 Mile

June 19: Run-Shunga 5K and 1.5 mile walk (Council Grove, KS) www.run-shunga.com

June 19: Midsummer's Festival 2010 5K and 2 mile Fun Run/Walk (Lindsborg, KS)
www.midsummersfestival.org

July

July 3: Freedom Run 10K and 1 Mile Fun Run (Junction City, KS)
http://www.sundownsalute.org/Coors_10K.html

July 3: Sabetha Firecracker 5K Run/Walk (Sabetha, KS)
<http://www.runsabetha.com/firecracker/>

July 4: Mass Street Mile (Lawrence, KS)

July 17: Rock the Crossroads (Kansas City, KS)

July 23: Lunar Trek Night Run 10K, 11 Miles, 22 Miles, 50K, 40 Miles, 100K
www.lunartrekrun.com

July 31: Course of Dreams Cross Country 5K (Shawnee Mission Park, KS)

August

Aug 7: Brew 2 Shoe 10K (Manhattan, KS) http://www.manhattanrunningco.com/Brew_2_Shoe_10K.html

Aug 22: The Dream Run 5K (Overland Park, KS)

September

Sept 26: WildKAT Chase 5K (Manhattan, KS)