



CHILDREN S'MILES '06 & '07

October, 2006

National Association for Children of Alcoholics
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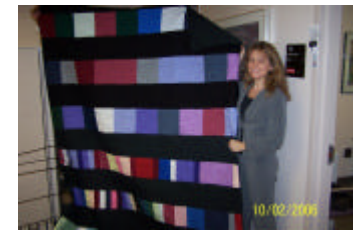
News and Upcoming Events

Chip times are in and Disneyland was great! Congratulations to all of you and many thanks to you and all your friends, family, and co-workers who supported you along the way.

Rose Lacey wrote: I got back late yesterday from Anaheim, CA and I am very excited to say we "Finished" and got our medals! Yaaaaayyy!!! Our (My Brother **Frank and I**) electronic chip time said it took us 3 hours 22 minutes from start to finish line! We ended up running over 1/2 the race. Our average mpm was 15.28. No danger of being picked up for being too slow!



I kept looking back and all I could see as far as I could see – bobbing heads. It was so thrilling. We started in front of the Disneyland hotel and went through Disney's California Adventures Park then through Disneyland and into the streets of Anaheim past Arrowhead Pond, home of the Anaheim "Mighty Ducks", along the Santa Ana Trail overlooking the Santa Ana River, inside Angel Stadium and around the field, home of the Los Angeles Angels, and finally back through California Adventures Park for an exciting finish of the Happiest Race on earth to the Happiest Place on earth. NACoA is a very good organization; you can feel very good about where your donations have gone.



Robin Walsh, Henry Ford Behavioral Health – Maplegrove Center in Detroit, used the "take a chance to give the children a chance" chart to help raise funds for *Run for the Children*® in the Detroit Free Press/Flagstar Bank Marathon. This fundraising tool is a chart with a range of times by minute. You ask friends and co-workers to donate and select the minute you think the runner will finish the race. It has been a great success! **Deborah Gough**, her boss, donated a handmade quilt as the prize for the winning guess.

If you are interested in trying this fundraising tool, e-mail me at jendicott@nacoa.org and I will personalize a "minute chart" for you and your race.



Matthew Swilley and Jeremy Nixon just finished the Disneyland Half Marathon and had a great time. These two fun loving guys are going to do a marathon in Hawaii this December (I guess the half was just a warm-up). They will take *TEAM NACoA* to another fun and exotic location! Thank you for your commitment to *Run for the Children*®



Mike Wise, sports columnist for the Washington Post, has joined *TEAM NACoA* and will be running in the Chicago Marathon October 22, 2006. He recently watched a documentary about 2 girls, children of alcoholic parents, who are followed into adulthood. This story really brought home that NACoA was the right charity for him. He said it was really wrenching stuff, and it made him realize no kid deserves that kind of trauma in their life. He said he did not realize one in four kids are affected by alcohol and drug addiction growing up. He also said between summer camps, education and counseling services, the NACoA people go out of their way to make sure these kids realize they're not alone and not to blame for their parents' addiction. He is dedicating his efforts in this race to NACoA's *Run for the Children*®. We thank you for your dedication and welcome to *TEAM NACoA!*

What is next?

The **Detroit Free Press/Flagstar Bank Marathon** and the **Marine Corps Marathon** here in Washington, DC are sure to sport many runners and causes but don't run scared when the Halloween tricksters display creative running attire on this October 29th race.

DISNEY WORLD® - Open registration to any of the races is now closed. You can only enter the race through select charities. NACoA has 2 "goofy" registrations, 10 full, and 18 half registrations available.

P.F. Chang's® **Rock 'n' Roll Arizona**™ Marathon open registration closed September 29.

We have a good group from the Phoenix – Tucson area and one of our runners is available to help with your training. E-mail jendicott@nacoa.org to join the training.

If you are participating in the P.F. Chang's® Rock 'n' Roll Arizona™ Marathon and Half Marathon event in Phoenix with TEAM NACoA and live outside the Phoenix area you can do online training with Active Trainer and running experts **Coach Jenny Hadfield** and **John “the Penguin” Bingham** at <http://pesm.active.com/exec/sites/rraz/RRAZListingPage.htm>.

Details for all races can be found at www.nacoa.org

IT IS NOT TOO LATE TO JOIN THE TEAM or SUPPORT THE TEAM WITH A DONATION!

On-line donations can be made at www.nacoa.org then click on the heart. Please note in the comment section that your donation is in support of the marathons.

Coaches' Corner

Tips and Advice
by **Dr. Paul Robinson**
probandsuo@centurytel.net

The Taper



Some of you are coming to the end of your training this month. Because of this let's talk a little about the taper. Those of you who don't finish until later, ignore this article until it is your turn to taper. Then you can come back to it, if you wish.



First, the most important thing to remember about the last three weeks of training is that it is a time of recovery before your big walk or run. You cannot help your marathon or half marathon time by continuing to train hard during this time, but you CAN surely hurt it. Believe me on this one, folks. I have seen numerous folks ignore this advice over the years, only to be injured before the big race.

So remember that you have already done your hard work. Anything you have missed, you have missed. You cannot make it up now, and you should not try. Your training schedule should have your walks or runs tapering down. And you should definitely NOT be doing any long walks or runs in this period. Also, stay away from any speed work or hill work. Just enjoy having a little lighter schedule. If you get antsy, read a good book or take a short, easy walk. You probably WILL feel antsy, but that is O.K.

What about diet? Well, you should be eating a diet that is rich in carbohydrates, just as you have been doing. It is very reasonable to “load”



on carbohydrates the week before the event. But don't make yourself sick on carbs, just don't do the Atkins route, either. Carbohydrate loading primarily helps your liver to start the race packed with some extra glycogen. This is helpful in preventing you from becoming hypoglycemic during your race (when the liver runs out of glycogen you will become hypoglycemic, which can present as poor coordination, grumpiness, difficulty concentrating, or even collapse). However, studies have shown that adequate carbohydrate intake during the race (60-90 g of carbohydrate per hour during exercise) may be more important in keeping you from becoming hypoglycemic. So, if you aren't a carb loader not to worry. Just take in enough carbs during your race.

Have you ever flown to a big race one to two days early only to see folks getting on the airplane with huge bottles of Gatorade, wearing, of course, their running shoes? These folks are what I call the “hollow leg crew.” They seem to feel that loading up on fluids 1-2 days before the race will help them to keep from becoming dehydrated. And they seem to believe they can somehow store all that extra fluid in a leg! Well I have some bad news for those folks. The kidney is a remarkable organ that immediately senses when our blood osmolality changes at all. So, when we drink extra fluids we urinate them out very shortly thereafter. Therefore, the “hollow leg crew” just gets to have the pleasure of going to the bathroom more often. Now, since I already have the pleasure of getting up twice per night to visit the toilet, the last thing in the world I need is to go 4 times! Drink your extra fluid before the race, if you must. But don't think you can hold onto extra fluids for days. You can't.



Finally, have fun in the race. Pack all your stuff and check to make sure you have it. If flying to your destination, you may want to carry on your shoes and running shorts. I managed to forget my running shoes and noticed at 8:15 p.m. the night before the Memphis Marathon. It was fun rushing to the nearest mall and buying new shoes 15 minutes before the mall closed. You may be too wound up to sleep well the night before the race. This is a common situation and, also, should not worry you. It won't affect your performance, and, believe me, you will sleep well the next night!



Good luck everyone. I'll be thinking about you.

Happy trails, friends!



*Inspirational Thoughts
by Christina Pitts
cpstarfinder@comcast.net*

*3 Cheers for NACoA-thoners !!!
San Diego & Disneyland Done - 4 to Go!
Everyone gets a standing ovation!*

Wherever we're training for our NACoA adventures, it's *inspiration* that launched us, it's *inspiration* that keeps us going. We're inspired by *The Children's* needs to raise awareness for all that NACoA and its Affiliates do. We're inspired by **our own commitment** to fundraising. We're inspired by the **exhilaration** we feel as we accomplish our training goals that underscore healthy living.



Many of us find inspiration in nature: Autumn's vibrant trees, a desert in bloom, a palm shadowing a warm beach. Sunrise or sunset, crisp air or warm. Clouds dancing across a sunlit sky or the fragrance of a light

rain. And clearly, our inspiration waxes and wanes as the seasons, with full lives that create ever-increasing demands on our time and energy, and perhaps a training injury or two.

Despite our different marathoning capabilities, we are one in our commitment to *The Children!* Each of us, in our uniqueness and magnificence are **STARS** simply because we're **out there, raising funds** for NACoA and its Affiliates. Whether we walk or run; whether we go a mile or twenty – we're helping *The Children*.

To you from San Diego & Disneyland who continue to have funds trickle in after your event, you now have bragging rights ☺ To you who are ramping up for Detroit and the Marine Corps events this month: **Stay the course! Keep asking for those donations** so you can run and walk with your heads high and a broad smile for all your accomplishments. And those of you for Disney World and Phoenix: you've got a lot of time to train and solicit donations. To each and all:

You Go, Team NACoA! Cheers and Applause!

Christina

FOOD FOR THOUGHT!



Cartoon by Ben Boyd - All Rights Reserved - © September, 2000

RUNNING WITH A GROUP REALLY SEEMS TO MOTIVATE.

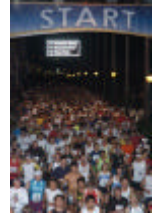
Members of TEAM NACoA 2006-2007

Chip times

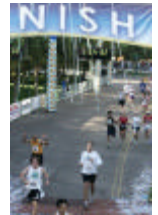
Rebekah Gleason – San Diego 4h 39m 26s
Rosemary Lacey – Disneyland 3h 22m 55s
Megan Moe – Disneyland 2h 45m 41s
Josh Moe – Disneyland 2h 50m 42s



Jerry Moe – Disneyland 2h 45m 40s
Kirby Dean – Disneyland 1h 51m 36s



Elena Debler – Disneyland **injured**
Matthew Swilley – Disneyland 2h 12m 36s
Jeremy Nixon – Disneyland 2h 01m 05s
Paul N. Castor – Disneyland 3h 24m 25s
Tania DeLeon – Disneyland 3h 24m 26s
Caitlin Watson – Disneyland 3h 15m 57s
Brett Lichtman – Disneyland 2h 14m 51s
Susan Dwyer – Disneyland 2h 14m 51s
Jeffrey Bruckner – Disneyland 2h 08m 00s
Sis Wenger – Disneyland 3h 36m 46s
Ryan Alexander – Disneyland 1h 52m 55s



Mike Wise – Chicago
Emily Rosenberg – Marine Corps Marathon
Denise Smith – Detroit
Dale Hindy – Detroit
Julianne Hindy – Detroit
Marina Rosenfield – Detroit
Lars Lange – Detroit
Peter Healy – Detroit Brighton Hospital Team
Stacey Schaufele – Detroit Brighton Hospital Team
Jessica Thoma – Detroit Brighton Hospital Team
Barbara Shaw – Detroit Brighton Hospital Team
Richard Sandefur – Detroit Brighton Hospital Team
Marianne D'Angelo – Detroit Brighton Hospital Team
Julie Kelly – Detroit Brighton Hospital Team
Robin Walsh – Detroit Maplegrove Team
Anna Corbo – Detroit Maplegrove Team
Vince Lim – Detroit Maplegrove Team
Jerry Moe – Disney World
Rowena Lester – Disney World Goofy's Challenge
Bonnie Strong – Disney World
John Landis – Disney World Goofy's Challenge
David Villegas – Disney World
Hanna Piira – Disney World
Brian Traft – Disney World
Vicki Hall – Disney World
Denice Glowenke – Disney World
Stefan Densmore – Disney World Goofy's Challenge
Liz Nakamoto – Disney World
Jamie Metz – Disney World
Sis Wenger – Disney World
Linda Kaplan – Disney World
Michael Weston – Phoenix
Patricia Matic – Phoenix
Thomas Spenser – Phoenix

Frances Fields – Phoenix
 Mimi Brown – Phoenix
 Cheryl Watkins – Phoenix
 Kevin Fowler – Phoenix
 Kathi Kitchin – Phoenix
 Crystal Gadd – Phoenix
 Leilani Naterra – Phoenix

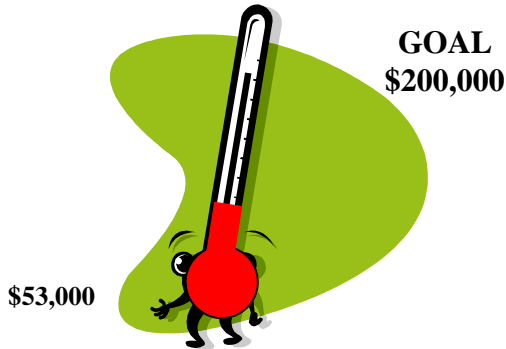
We thank our past sponsors for helping us reach our goals and hope they will join *TEAM NACoA* to help us do the same again this year!

If you can help secure a sponsor for any of the race events contact Jackie at jendicott@nacoa.org.

Please ask your friends and neighbors to join the fun. Tell them it is fun and easy, just go to www.nacoa.org and click on the swirl for details!

Please welcome this year's sponsors

FUNDRAISING



www.comerica.com



www.hci-online.com

www.usjt.com



If you enjoy participating in races and events and want to continue to raise funds for NACoA you can now create a website for any event you are participating in and give your friends and family the opportunity to help the children. Go to www.nacoa.org and click on the swirl. Scroll down and click on registered runners click [here](#) to



create a web page. Click on

At the bottom of the page you can click on:

Can't find your Event listed above?

You can still create a fundraising page.

What type of page would you like to create?



Then just follow the instructions. This is an easy way to send out requests for donations and keep track of those who respond. The donation is processed through a secure line and automatically sends notice to the donor and you that it was processed. Call or e-mail jendicott@nacoa.org if you have any questions.

Be Creative
 Have Fun Training and
FUNdraining!