



# The Miler



Volume 2, Issue 3



November 1st, 2011

## Happy Thanksgiving



### Upcoming Events

Turkey Trot 5K  
Rugby, ND  
Nov. 24th

Turkey Trot 5K and 10K  
Bismarck, ND  
Nov. 24th

## A Lot to be Thankful for

Thanksgiving is just weeks away which means that good food and family gatherings are coming up. During this time of year everyone likes to look back and remember everything they are thankful for.

Being able to run, our health and a number of other things can be added to the list of things we should be thankful for this Thanksgiving. Being a North Dakotan with our friendly and giving attitude is enough to be thankful for. Even after the devastating flood that affected Minot you could see the generosity and unity the town had keeping itself upright. There are many places around the world where people could care less about their neighbor or helping anyone. As winter slowly approaches we often wish we were any other place in the world than Minot, ND.

Family and friends are always at the top of the thankful list. No matter what our job is or where we live, the people in our lives are what makes life worth living. You could

live in the most beautiful place in the world or make millions of dollars every year but without friends and family it's never as good as it could be.

Most of the time as a runner, it's hard to get out there and put in the miles. Yet, we still go out there and do it, even when it's cold, wet, windy, and dark. But, we're runners and most of the time we are thankful that we are running. Because we run and do it often, running gives back to us.

Running gives you health from head to toe. The bones of a runner are stronger than those who don't run. The bone density in distance runners' legs is much stronger than any other athlete. The hips and back bones also benefit from this as they are very strong as well. With strong bones also come strong lungs. The lungs are pushed to their potential as running keeps them strong and powerful. Most often than not a runners' lungs can fill and push out more

oxygen than of a non-runner. With strong and powerful lungs comes the same with the heart. The heart has to become more powerful to push blood faster through the body as you run. This keeps blood pressure low and helps the arteries become more elastic. A runners resting heart rate can be almost half the heart rate of an average person. This is because the heart is so strong it can accomplish in one beat what most have to accomplish in two. Running has been proven to reduce the risk of: diabetes, cancer, heart disease, stroke, heart attack, high blood pressure, and a number of other things.

So this Thanksgiving as you think about everything you are thankful for remember that not only are you thankful for running, but your body is more thankful that you are running. Have a safe and Happy Thanksgiving!!

-Reece

## Athlete of the Month - Robyn Essler

The term "freshman phenom" comes to mind when considering the accomplishments of Robyn Essler from Garrison High School. As a 9th grade student Robyn held the top ranking in cross country for over two months this season and continued her winning streak as she was crowned the State Class B Champion with a time of 14:52 in the 4K race.

Robyn credits her success this year with her decision to focus

solely on running, as she split her time between cross country and volleyball last year as an 8th grader. She states she chose cross country because of the enjoyment she feels when she runs. Robyn is also involved in FFA by participating in ag sales, food science, creed speaking and small animal care events.

Robyn says her Dad has had the greatest influence on her athletic career, and in one race in particular he followed her the entire distance of

the course until she broke into laughter as they approached the finish line together.

She lists amongst her greatest running memories that of watching Brecca Wahlund and Jared Essler (both of Minot) compete when she was younger. It is quite likely there are future runners now watching Robyn compete and hoping to be just like her someday.



"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will." - Vince Lombardi

**The Miler**

**Just In!!**



**Soleus GPS Watches--\$99**

The cheapest GPS watches on the market have just hit Mile One. For everyone that hasn't bought a GPS watch because of how spendy they are, well you're in luck. Just under a hundred dollars and they work as well as the \$400 ones. We have them in the green style above and in all black.



**Saucony Balaclava--\$25**

Unfortunately winter is just around the corner which means cold running is almost here. The Balaclava is a great running product that will help your head from freezing on those single digit degree days. It'll keep your nose and face warm while also letting you breathe easy.

**Weight Lifting ( Lower Legs ) - Part 4**

The lower legs are not only the base that keeps us running but also give us drive and momentum. They take 100% of the pounding which is why most runners develop stress fractures in their legs or feet. Because of the constant pounding the tibia bone becomes very strong to accommodate this stress.

With the constant pounding the calf muscle and ankle muscles need to be very strong and flexible. Most runners do many calf exercises but forget about ankle exercises. Neglecting ankle exercises can lead to a slower gait cycle as the ankle isn't flexible or strong enough to perform

fast enough. Even the smallest muscle should be exercised if you want the perfect running machine.

As we have seen in the last few months, there are many drills and exercises one can do to keep themselves stronger and running better. No one has enough time to perform all of these all the time. But, as long as you know what you need to do for certain areas, you'll figure out what exercises are good for your body and which you can look over. Just remember that becoming a good runner isn't just about running.

**Weighted Calf Raises-** Standard calf raises can help the normal person but distance runners need weight because we do calf raises every time we run. Do varying sets with your ankle at different directions to get the most effect.

**Plantarflexion with Resistance-** By using tubing or a towel wrapped around your foot you can flex your foot from side to side and outward. This helps with running on uneven terrain.

**Dorsiflexion with Resistance-** Use ankle weights to help with dorsiflexion. This helps with a more efficient gait cycle.

**BLACK FRIDAY SALE**

The Black Friday Sale is back!! We will have 50% off selected shoes all day long on Friday November 25th. Doors will open at 9:00am!

**RUNNING**  
CHEAPER THAN THERAPY

**Area Running News**

Minot High Girls Cross Country team placed 4th at State, Boys placed 9th

Samantha Huether of MHS was 8th overall at the XC State Meet

Minot State Cross Country will be heading to Independent Regional's on Nov. 5th

Trinity has taken over the YMCA Minot Marathon