



LOUDOUN SPECIAL FORCES TRACK CLUB

Cool Running Times

2005 Edition 1

The Newsletter is Back!!!!

It's the first edition of the 2005 Cool Running Times Newsletter. It's been a great season thus far. First things first. Welcome to the Summer session Special Forces team members that are just coming on board with us and Farewell and we hope to see you next year to the folks that were with us for the Spring Session.

Hold on, aren't just going to show our appreciation and gratitude through a few lines in the newsletter...Everyone is invited to the:

"Farewell to the Spring session, Welcome to the Summer session, We Have Every Reason to Celebrate Greatness Bash!"

Our party will be held on **Sunday, June 19** at **Ida Lee Recreational Park – the Billy Cox Pavilion** from **2:00 PM – 5:00 PM**. If we find that we want to stay longer – we can stay until dark.

I know...it's Father's Day – bring Dad out - due to our great athletes and their qualifications in various meets every weekend – this is the only time that we have where we can catch folks before vacations, trips to Grandmas and summer camps...you get the idea.

There will be fun and games and plenty of food. Parents, please see either Renee Love or Carla Anderson for the sign-up list of the remaining items that are needed.

Please – this isn't the only great news that has been going on with Special Forces ...Read on, there's so much more!

'The Force' to Compete in State Games of America

The State Games of America is an event that is held every two years and qualification is achieved by placing in the first three of the State Games of Virginia in the two previous years.

Last August (2004) many of the Special Forces athletes competed in the State Games of Virginia held in Roanoke and a number of them qualified including one of The Forces' coaches.

Alexander Callahan, Angelique Cross, Andrew Hayden, Ryan McPoland, Rhonda Runion, Carl Silverlock, Carolyn Smith and Bobby Vance qualified to attend the State Games of America being held in Colorado Springs, CO this August at the US Air Force Academy.

Coach Julie Hayden will also be participating in the America meet as she placed in the Women's 5K race in Roanoke. After the America meet, Coach Hayden will continue running to Hawaii to participate in the US Outdoor Track Masters championship. For those of you who didn't know, Coach Julie is currently ranked SECOND in the nation for her age in the Mile and 800M.

(Note: It is not polite to ask a woman her age. ☺)

Though everyone will not be attending the meet this year in Colorado, the next time we see these athletes and Coach Julie, let's give them a big "FORCE" – HOOORAH! Congratulations to you all for representing Special Forces and Virginia.



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Special Forces Partners with National Special Ops Foundation

The **Special Forces Track Club** has joined forces with the **Special Operations Warrior Foundation, (SOWF)**, a foundation that provides scholarships to children of fallen Special Operations Personnel.

We are selling two items in a joint fundraising effort. One item is the ever so popular, light blue, rubber wrist bands that say, "**Feel the Force**" and light blue magnetic car ribbons that say, "**Support Special Forces.**" The cost of both items is \$5 with proceeds going to both the track club and the Warrior Foundation.

Why did we choose the SOWF? The track club believes that just as it takes a "special athlete" to compete against himself and represent his team, the same dedication and hard work holds true for Special Operations personnel to always better themselves for the safety of their country.

There are so many divisions within the military and we are proud of them all, however a very sad fact is Special Operations Forces are facing new challenges more frequently than usual. For instance, since 1980, America's Special Operations Forces have suffered casualties at over 15 times the rate of conventional forces.

Most of these casualties occur at an early age, at the beginning of their careers, thus leaving behind families who have yet to accumulate the resources to provide for their surviving children's college education. The Warrior Foundation strives to relieve the educational burdens from the families of the fallen.

Many professional athletes such as LPGA Pros **Catherine Cartwright and Angela Jerman**, Country Music Star **Travis Tritt** and Acura Realtime racer, **Nicholas Esayian** have donated their proceeds to the SOWF.

But Why Can't I Have the Hotdog Before I Run...

When and what you eat before and after you work out can have a serious effect on your performance and recovery.

How many times have we been at a meet and because you didn't eat breakfast because you had to get up early, by the time the meet is ready to start, you are starving and you want to go to the concession stand and get a hotdog or chicken nuggets.

The majority of your food intake before a race should be composed of complex carbohydrates. Not pork or beef. Proteins and fats take longer to digest and remain in your stomach longer. That can cause cramping or other stomach problems during the race or even after. Fiber can also cause problems such as diarrhea and nausea.

The idea is to keep your blood glucose (sugar) levels to stay up during the race. If you eat mostly simple sugars such as candy or sweets, your blood glucose levels will spike and then drop rapidly, leaving you with low sugar levels at the start of the race. So avoid foods that are too sweet.

A few ideas: Bananas, pancakes, yogurt, and bagels. Eat foods that are good for you and that your stomach is used to digesting. The morning of a race is not a good time to start eating bananas or yogurt if your body hasn't been used to digesting it or if you are lactose intolerant.

Know your body and use some good sense when picking what's good for you.



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*A Special Thank You to the parents
who have endured the heat, the time
and the schedules.*

*Without you and your dedication to our
efforts and your children's interest –
our team would not be a SUCCESS.*

*Thank you –
The Special Forces Coaching Staff and
Volunteers*

RESOURCEFUL LOCKER:

Don't know what to do with the old uniform that's too small? Have some track spikes or flats that have only been worn a couple of times before the kids outgrew them.

Bring them to the Resourceful Locker, a donation box where others may be able to benefit.

Please see Team Moms **Renee Love** or **Carla Anderson** for collection.

Note: Please only donate Special Forces or Track and Field related CLEAN items.

SPECIAL FORCES WORD SEARCH

E	T	Y	N	G	J	L	D	N
S	T	E	E	M	Y	E	Q	P
U	Z	H	V	U	A	A	B	Z
C	T	S	P	G	Y	N	U	F
C	B	R	E	S	P	E	C	T
E	R	E	L	A	Y	O	L	A
S	L	H	Y	O	A	L	A	S
S	C	B	A	T	O	N	P	U
F	M	K	E	D	O	L	P	X

**BATON
FUN
HERSHEY
LAP
LEAN**

**MEET
RELAY
RESPECT
SUCCESS
USATF
XPLODE**

Helpful Information:

Special Forces Track Club
www.sftrack.org or email info@sftrack.org

Special Operations Warrior Foundation
www.specialops.org

Newsletter Information withac13@aol.com