

# OutdoorsNW

[www.OutdoorsNW.com](http://www.OutdoorsNW.com)

Winter 2014

FREE

## Shhh... Northwest's Best-Kept Secrets

Hideaways Close to Home



**+**  
**5**

Reasons to  
Hit the Snowy Trails

NW Trails: Snowshoeing  
Corral Pass near Mount Rainier

Sochi 2014 Winter Olympics

What Causes Sore Muscles?

Avy Training Course

NW Kids: New Year,  
New Gear

## Maui Nō Ka 'Oī!

- Face to Face with JAWS
- Roaring Down Haleakala Volcano

Event Calendar • Sponsored by



TEAM IN TRAINING

Page 33



# 5

## Reasons to Hit the Snowy Trails

Roger Michel competes on a bluebird day at the 2013 Snowdog Sun Country 10k Snowshoe Run. Photo by Steve Sanders Photography

The early morning symphony of snowplow blades scraping city streets doesn't have to bury your planned run. After a fresh drop of the white stuff, hit the trails or the roads for a physical and mental boost. As poet Wallace Stevens brought out, "One must have a mind of winter."

Here's how to view snow as a training opportunity.

### Get Snow Tough

A strong runner typically supplements his running with strength training. For a change of pace and scenery, you can leave the squats, plyometrics and lunges at home and rely on the snow to strengthen those often overlooked muscles.

Matt Fitzgerald, a sports nutritionist and author of numerous training books, including *Racing Weight*, has found, "If you run on snow-covered trails after having previously run only on smooth dry surfaces, you will wake

up with muscle soreness the next day — proof positive that trail running in the snow activates the muscles differently."

Another great aspect of snow is that it comes in all shapes and sizes. This also will change the workout that you get while snow-running.

Dr. Stephen Gangemi, aka Sock Doc, is an experienced runner and triathlete with 20 Ironman races under his belt.

"If it's deep snow, then you use your hip flexors and calves a lot more and

if it is slippery slush, then you use your glutes and lower leg muscles more in order to stay balanced and smooth," Dr. Gangemi says.

This isn't limited to the leg muscles; you may also notice you are working your feet more.

Fitzgerald says, "there is a greater degree of activation in the ankle stabilizers and in the muscles of the feet."

### Test Your Mettle

Roger Michel is an ultrarunner, adventure racer and the owner of Evergreen Trail Runs, the largest trail-running series in the Pacific Northwest. He says, "running in winter conditions is always hard no matter the equipment, and that it helps to prepare for the tougher races or situations in life."

## A Whole New Scene

No one can argue the beauty of a fresh snowfall.

Ben Luedke, founder and co-director of Seattle Mountain Running Group, says, "I think the aesthetic appeal of a snow-blanketed forest is one of the most alluring aspects of trail running in snow. The forest is extra quiet on snowy days, as the snow buffers sound."

## Finding Good Form

Who isn't interested in running form these days? Often overlooked is that snow-running can help your form. I asked experienced trail runner Dr. Mark Cucuzzella about

the advantages of running on snow.

"It works on balance and form," he says. "It is really hard to over-stride and create a lot of friction. You learn to run closer to your center."

Elite ultrarunner and podiatrist Dr. Dave Hannaford, agreed with this point, "Ice or firm snow is one of the best surfaces to learn proper form. I believe learning to run without slipping on icy surfaces is better than running barefoot for learning efficient running form and body position. A stride too long will cause a slide. If the body weight is not over the feet, runners will slip."

Continued on page 22

# SEATTLE RUN SHOPS

SHOES | GEAR | SERVICE | EXPERTISE | GROUP RUNS | EVENTS



Poulsbo Running has been serving the Kitsap peninsula since 2006. Offering great service and selection for all of your running, triathlon and fitness needs. We host several events throughout the year so check in with us at the store or online.

**Poulsbo** 360-779-8757 [www.poulsborunning.com](http://www.poulsborunning.com)



Seattle's trail specialty store with shoes to conquer anything from the Cascades to the 7 Hills of Seattle. Hoka Altra Pearl Izumi Inov8 Sportiva Montrail Scott Merrell Saucony Salomon New Balance Patagonia.

**Discovery Park** 206-941-5866 [sevenhillsrunningshop.com](http://sevenhillsrunningshop.com)



West Seattle Runner, professionally fitting runners from toe to head, since 2010. We specialize in new runners/walkers, and love to help you create, start, and accomplish your fitness goals.

**West Seattle** 206-938-0545 [westseattlerunner.com](http://westseattlerunner.com)



running walking triathlon trail

The Balanced Athlete is the Northwest's premier, locally owned and operated, specialty running shop with over 130 different running shoes, and the nation's only trail shoe demo program: Tread On Us.

**Renton** 425-282-4556 [www.thebalancedathlete.com](http://www.thebalancedathlete.com)



## The Core

Most runners would agree that core exercises are not the highlight of their training week. But, they can be if you run in the snow. A good snow-running workout beats crunches in the fun factor.

Elizabeth Primrose was the first place female Canadian qualifier for the World Snowshoe Running

Championships in 2012 and knows a thing or two about running in the snow.

"Trail running in the snow strengthens my core and stabilizers and improves my balance, especially in icy conditions. It also improves my concentration. When I am slipping and sliding, I have to think about more than just running," Primrose says.



Snowy trails and roads offer unique training opportunities for runners. Photo courtesy of Dr. Mark Cucuzzella

## It's An Adventure

Roger Michel also adds that running on dry regular ground becomes the norm, but running in the snow is always different.

"It brings out the inner kid in me, makes me truly excited to run every time," he says, adding that there are many variations of ground such as, deep, icy, soft and slushy or hard-packed snow but that all of these variables can make for an epic run.

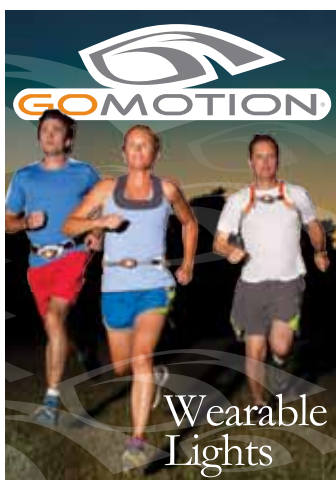
Luedke, who lives in the Seattle area, feels that running in the snow is sublime.

"It can be cold, wet and gray in town, but after a short drive to a trailhead, I'm running up and among

snow-covered peaks," he says.

The next time you wake to some serious snow, take Luedke's approach: "While nearly everyone else is dealing with conditions they dislike in town, my friends and I are having the time of our lives running up and down beautiful snowy trails with giant smiles on our faces." 🌲

*Clint Cherepa is the Running Columnist for OutdoorsNW. He is currently in Nicaragua, envying the runners who are enjoying the crunchy snow beneath their feet and clean crisp air entering their lungs. He has been busy ultramarathon-training and working on a new venture:  
[www.strongerrunners.com](http://www.strongerrunners.com)*



### ▼ REACTOR LIGHTVEST

Ultimate in light weight race vest for long distance, ultra and relay runners. 400 g mesh vest with CREE LED mounted on sternum slider for custom fit.



[www.GOMOTIONGEAR.COM](http://www.GOMOTIONGEAR.COM)

**Lincoln City** Central Oregon Coast  
**MARCH 2, 2014**  
6<sup>th</sup> annual lincoln city half-marathon & 10k  
Visit our website or call for details!  
[www.lincolncity.org](http://www.lincolncity.org) 541-994-2131

An advertisement for the Lincoln City half-marathon & 10k. It features a photograph of a group of runners at the start of a race. The text includes the event name, date (March 2, 2014), and contact information.

## Winter Running Safety Tips

**Be prepared:** If you are trail running, carry a larger than normal hydration pack, an emergency blanket, extra nutrition, headlight or flashlight and cell phone in case of emergency.

**Be cautious:** The snow can hide all kinds of ankle-twisting obstacles. Run with a shorter stride and try not to jump over obstacles to avoid landing on a hidden rock, hole or root.

**Gear up:** Dressing in the right gear is essential. You do not want to overdress or under dress. Try out a three-layer system of base, middle and shell. Wear sweat-wicking clothing.

**Be shoe savvy:** The right shoes can make or break your run. Try out some micro-spikes for icy conditions. Check out how to make your own:  
[www.gobroncobilly.com/?p=40](http://www.gobroncobilly.com/?p=40)

