

The Empire Runner

The Long and Short of It – Dale Peterson

Home Brewed Recovery

Quite a long while ago I discovered the benefits of recovery drinks. A recovery drink with a 4:1 carbohydrate to protein ratio will help you recover more quickly than plain water or sports drinks by restoring glycogen for energy and protein for muscle repair. I have found that I feel much better at my next workout when I use a recovery drink after hard efforts. I am not saying that there could not be some placebo effect, but even if there is, I have to believe that a mixture of carbs and protein is a very good thing for a tired runner to consume.

However, two things concern me about off the shelf recovery drinks – super high levels of certain vitamins, and mysterious and/or unproven ingredients.

So for the past several years I have been mixing my own “home brew” recovery drink.

I spent a fair amount of time coming up with a formula that duplicates the preferred 4:1 carb to protein ratio and which compares favorably with leading recovery drinks in other nutritional categories but without the concerns I listed above.

Here is the “secret” formula:

I buy **one 16oz container of a chocolate flavored whey-based protein powder** (using soy-based would probably yield similar results) from the local “environmentally conscious” food store. Then I buy **two 16oz containers of a popular powdered chocolate flavored drink mix** (possibly featuring a rabbit on the label) from the local “chain” super-market.

I then proceed to mix it all up in a large sealable container as follows: **11 “level” tablespoons of the chocolate drink mix to one “scoop” of the whey-based protein powder**. Stir then repeat until all of the protein and chocolate drink containers are empty. I believe that mixing via this process ensures a more consistent product than if you simply dumped all three containers together at once but that is up to you!

To serve: add two “scoops” of the recovery drink mixture to 12 ounces of water.

Here is the **approximate Nutritional Breakdown** per one 12oz serving:

Carbohydrate – 42.5g, **Protein** – 10.75g **Calories** – 215 **Fat** – 1.9g, **Sugar** – 38.8

It may not be much cheaper than buying it off the shelf and you may have to burn a few calories to make it. But it is simple, tastes good and gets the job done!

Valley Ford Relays

If you missed the Valley Ford Relays I am sorry to hear of it! The dawned cold and foggy but turned bright and sunny if not warm and it seemed like everyone had a blast. I missed out on getting on one of Larry Meredith’s level teams that he puts together so adroitly each year, but came out smelling like a rose when I ended up on a team with four other “orphans” and we ended up winning our age



division! Race Director Doug Courtemarche and his dedicated crew of SR HS volunteers put on another stellar event capped off with the best raffle in town...or *out* of town actually. Make plans to be there next year.

Olympic Trials Fever

Wait. This is only 2011 and the trials don't start until the summer of 2012... True. But in the next month or so I expect to receive a packet in the mail for Olympic Trials pre-order tickets. And... it will soon be time to cough up the deposit money for lodging in Eugene. If you have never gone to the trials you are really missing out. Watching some of the greatest athletes in the U.S. not to mention the world in the historic and intimate confines of Hayward Field is one of the great privileges a runner and track fan can partake of. You will never rub elbows with more knowledgeable and enthusiastic fans in any venue in any sport. There is wonderful running to be had along the Willamette River, Pre's trail and other locations in or near town. Top it all off with the college-town atmosphere and friendly downtown and you have yourself a FANTastic vacation indeed. Yup - I already got the fever!

Try Something New

Going around the block got you blue? Tired of slogging around in the same old way, in the same old shoes and with the same old stride? Well folks **Val Sell** has something for you! That's right. So you think you know how to run? Well do ya? Guess what? You have got something to learn.

Starting every Tuesday as of March 1st at 5pm at the Montgomery High School Track, Val is going to lead you through a session of running drills that are almost guaranteed to make you a better runner if for no other reason than you will be using a lot of new muscles, learning about proper technique and you will be *thinking* about your form and technique. That's right - engaging your brain.

I missed the first session tonight as I was nursing a sore hamstring and did not think it would be a good idea to do anything other than shuffle around the track. But as I was going around and watching Val and her eager students I could tell they were really listening to her and that she was imparting some really good advice, all the while making it fun.

Not only are the drills good in themselves but they will get you nice and warmed up before **Larry Meredith's** Tuesday Night Track workout.

I plan on participating next time around and hope to see you out there too!