

DPO eNews (renamed from DPR&DPW to include/support various sports)
Issue 5, PREP TIME for HTC/PTC teams! August'09

What's Inside

-Important Dates and Times

- Walking team** (Assignments: Legs, captains, drivers, timekeepers, and hosts)
- Running team** (Assignments: Legs, captains, drivers, timekeepers, and hosts)
- Supply list** (What YOU need to bring and what WE will provide)
- Drivers and Safety Meeting**
- Post Race Camping**
- Health Tips** (General, Running, and Walking)
- Crew and their emails**

All information is subjected to change!!!

Please keep in mind that information may change due to last minute preparations!!

Important Dates and Times

August 15th - Saturday at 10am – Training at Springwater Corridor

August 22nd - Saturday at 10am – Training at Forest Park's Thurman Road Trail.
LAST TRAINING!!

August TBD – Driver/Safety Meeting. Boxes/crates of supplies handed over.

August 27th – Pasta Feed at Old Spaghetti Factory. Van preps/decorations

August 28th – Hood to Coast/Portland to Coast Race STARTS - Runners at 11:15am and Walkers at 4:30am!

August 28th – Volunteers set up camp at Wright's for Camping.

August 29th - Race ENDS!

August 29th – Post Race Celebration at Wright's for Camping. Volunteers will help with the party set up, cook our foods, and set up tents. Details below...

August 30th – Morning breakfast then zoom home. Arrive home approximately 1ish.

September/October (Date TBD) – Recruiting Party for H2C/P2C'10 (Deadline to turn in registration for next year is on 2nd week of October'09)

All information is subjected to change!!!

DPWalking Team

Van 1

Terry DeCamp - Leg 13, 25
Jesse Laur – Leg 14, 26
Darcie LeMieux – Leg 15, 27
Sheena Rice – Leg 16, 28
Teresa Finnigan – Leg 17, 29
Sandra Kindblade – Leg 18, 30

Van Captain – Sandra Kindblade
Drivers - TBD
Timer - TBD
Host (meeting place before race)- TBD

Van 2

Linda Schimel – Leg 19, 31
Tim Kindblade (??) – Leg 20, 32<
Mark Mikkelson – Leg 21, 33
Sarah Laur – Leg 22, 34
Rudi Rejholec – Leg 23, 35
Rita Wallberg – Leg 24, 36

Van Captain – Rita Wallberg
Drivers – TBD
Timer - TBD
Host (meeting place before race) – TBD

All information is subjected to change!!!

DPRunning Team

Van 1

Tara Kandel - Legs 1, 13, 25
Sara Beth Weiner-Collier - Legs 2, 14, 26
Tom Oslund - Legs 3, 15, 27
Jaime Vittoria - Legs 4, 16, 28
Myk Rose – Leg 5, 17, 29
KatyBeth Anthony – Leg 6, 18, 30

Van Captain: KatyBeth Anthony
Drivers: TBD
Timekeeper: TBD
Host (meeting place before race)- TBD

Van 2

Loren Ashton – Leg 7, 19, 31
Andrew Kindblade – Leg 8, 20, 32
Patrick Fischer – Leg 9, 21, 33
Lindsay Buchko – Leg 10, 22, 34
Amanda Bray – Leg 11, 23, 35
Mike Rakozy – Leg 12, 24, 36

Van Captain: Patrick Fischer

Drivers: TBD
Timekeeper: TBD
Host (meeting place before race)- TBD

All information is subjected to change!!!

Supplies

There are two separate supply list – what YOU need to bring and what WE will provide. Please pack small because of limited room in the van with 6 runners/walkers.

Personal Items – YOU bring

A list of items that is strongly suggested for you to bring for yourself. You can bring whatever else is important to you. The following list is very IMPORTANT:

Extra socks
Extra clothes - warm for the night, other short pant / T shirt
Black Shorts – Important for last leg and picture at end of race
Jacket & Hat
Sunglasses
Sleep mask (nap time during the day)
Blanket or sleep bag & pillow
Sandal or Thongs - Let your feet fresh air after the race
Sun Block
Bath Towel
Shampoo, Soap & Comb and Hair Brush
Toothpaste & Toothbrush
Aspirin, Tylenol or Ibuprofen in CASE
Your personal stuff you need
Flashlight or Headlight
Your own preferred food/drink (For Example: Nuts, Trail, Mix Peanut butter sandwiches, Bagel, Dry Fruits, Sport Bars, Sport drinks. **Water will be provided**)
Money (in case and for Sunday Breakfast after camping)
Tent (for overnight at Wright's Camping – volunteers will set up for you)

**If you have red flashers or other color for safety, please bring with you **

Van Items – WE provide

For each van a bucket of items will contain the following:

White Reflective vests (2)
Orange Reflective vest for driver or give drink to racer (1)
Safety pins for the bibs
1 large and 1 small Flashlight
AA Batteries
D Batteries
First Aid
6 Wash Cloths
Wet One Wipes
Paper Towel
Tissue box

2 masks
Whistle
2 timers
Clip board
Pen/Pencil
Sharper
1 Calculator
1 Disposable Camera
Trash bag for garbage
2 Folders
Water

All information is subjected to change!!!

Van/Driver & Safety Meeting

Leaders: Tim Kindblade and Rita Wallberg

All drivers meet at a designed place for a meeting to go over all drivers' responsibilities:

Lights, gas, routes/maps, return van, etc

Tim and Rita (or the captains?) will gather all signed release forms from all walkers/runners.

Any questions??? Please contact Tim or Rita (see crew emails below)

More information forthcoming on meeting time and place...

All information is subjected to change!!!

Post Race Camping!

All walkers and runners are encouraged to stay overnight to celebrate and recuperate Saturday night before heading on home Sunday morning. Overnight camp is free and dinner is \$10 per walker/runner (this includes crab-YUM!).

For all outside visitors, there is an additional charge for camping and food. More details please contact your captains.

Once vans arrive to the campsite – volunteers will help you set up tent.

Sunday morning tradition is wrap/clean up and hit a nearby restaurant/cafe for breakfast (you pay) before heading on "home" to Portland.

All information is subjected to change!!!

Health Tips

Health Tips (pulled from previous eNews)

Add Spice and Pep to your workout

Improve your walks and runs with alternate forms of exercise. This will help lessen injuries that happen when you do repetitive exercises. Add a lil spice and change to your training for more pep, enjoyment, and motivation to your walks and runs. It doesn't hurt to enhance your health with more FUN...! It can be as simple as walking up and down a flight of stairs instead of a elevator, mow the lawn/pull weeds, hike on a trail, play a team sport (softball, racquetball, etc) or just sit at your desk and do leg and arm stretches with a barbell! You'd be surprised by how much better you feel...Get more exercise ideas by visiting www.runnersworld.com.(They have useful articles for walkers as well as for kids and family)

For Runners (Pulled from www.runnersworld.com)

One way to improve your running is to do a plyometric exercise. Here are our great plyometric exercises recommended for runners by Donald Chu, Ph.D., director of rehabilitation at Stanford University and author of Jumping into Plyometrics. In general, they'll help improve explosive push-off, ankle range of motion, and stride length. Be sure to ease into these exercises gradually; otherwise you run the risk of injury.

1. Alternate bounding: This is a very long running stride with exaggerated knee lifts. Bound for 30 yards, rest 1 minute. Do four repetitions. In later sessions, gradually increase the distance to 100 yards.
2. Skipping: Skip for 30 yards; rest 1 minute. Do four repetitions. In later sessions, increase the distance to 100 yards.
3. Split-squat jump: Start in a lunge position, and jump upward and forward, pushing off the front leg. Land in the lunge position, and repeat continuously for 10 yards. Rest 45 seconds. Do three repetitions, and work up to six. In later sessions, gradually increase the distance to 100 yards.
4. Two-foot ankle hops: Stand up straight, and hop forward for 10 yards, keeping feet together; rest 45 seconds. Do three repetitions, and work up to a maximum of six.

For Walkers (Pulled from www.thewalkingsite.com)

TIPS FOR WALKING FASTER

1. Walk tall. Use good posture. Look forward, (not at the ground) gazing about 20 feet ahead. Your chin should be level and your head up.
2. Shoulders down, back and relaxed. Chest forward.
3. Tighten your abs and buttocks. Flatten your back and tilt your pelvis slightly forward. Pretend you are walking along a straight line.
4. Bend your arms in slightly less than a 90 degree angle. Cup your hands gently. Swing arms front to back (not side to side - arms should not cross your body.) Do not swing elbows higher than your sternum (breast bone). Swing your

arms faster and your feet will follow.

5. Push off with your toes. Concentrate on striking with the heel, rolling through the step and pushing off with your toes. Use the natural spring of your calf muscles to propel you.

6. Resist the urge to elongate your steps. To go faster -- take smaller, faster steps.

7. Breathe naturally. As you walk, take deep, rhythmic breaths, to get the maximum amount of oxygen through your system.

WALKING DON'TS

Common mistakes made by walkers:

1. Do not over stride
2. Do not use too vigorous arm movements
3. Do not look at the ground
4. Do not hunch your shoulders
5. Do not carry hand weights or place weights on your ankles

For both Runners and Walkers

HOW, WHAT, AND WHEN TO EAT/DRINK?

Each person's body is different so we suggest researching online at the following websites:

www.ontherunevents.com

www.runnersworld.com

www.thewalkingsite.com

We, also, suggest not to try anything NEW during the race, only what works for you.

Crew Members

Website: www.dprdpw.org (soon to be renamed to www.dponw.org)

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