

# Track Shack's STARTLINE

Central Florida's Guide to Events and Health | Winter / Spring 2014



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FLORIDA HOSPITAL

# Lady Track Shack 5k

## FLORIDA'S BEST All-women's Running and Walking Event!



Fr*riend* get Fr*riend*

Encourage someone new to participate with you and you'll be rewarded!

**Pink Patron** Become a Pink Patron, a supporter of under-served and uninsured women in this community. With this *upgraded registration* you'll receive extra recognition through a keepsake race number and entry to the Pink Spot, an exclusive VIP area on race day with massage to pamper you and sumptuous treats to reward your achievement! **Limited to 150 Pink Patrons.**

### All Participants Receive:

- A beautiful, long sleeve soft tech tee
- Interactive health screenings provided by Florida Hospital

## Saturday, February 1, 2014

### Mead Garden, Winter Park

5k run/walk: 7:30 a.m.

Kids' Run: 8:45 a.m

*"Last year we were able to help over 800 women receive their annual screening mammograms and any additional diagnostic testing they required. Thank you for helping these women receive the best medical care and early detection regardless of insurance or ability to pay!"*

— Courtney Staub,  
Florida Hospital Foundation



## Run to TrackShack.com

**Benefiting Florida Hospital Breast Cancer Care Fund.** The Florida Hospital Breast Cancer Care Fund was created to help save the lives of women who cannot afford clinical breast cancer exams and annual mammogram – the most effective tool in the fight against breast cancer.

# Welcome | BETSY'S CORNER



Several years ago, my daughter Emma and I spent many miles on the roads together as we trained for her half marathon. I was her assistant and sherpa, as I carried all the hydration and "snacks" for those long runs. It was a special

time for us; Emma had graduated from college and living at home, teaching and applying to grad school. She had options, choices in schools and also the direction she wanted to take in her academia life. But it was the miles that gave us time together. Now my married daughter, with her masters in the Classics, came for a visit this past weekend and I asked her about ideas for this very article. Boy, was I surprised. ☺ I guess she was listening to me after all! Her suggestion was as follows, share my inspirational running mantras as I always shared with her:

- *You can do anything for three minutes*
- *Think about your form, relax your shoulders*
- *Think how good you'll feel the rest of the day*
- *Eat the hill! (nom,nom,nom)*
- *Push it! All the way to the end!*
- *Set a goal, one more light pole*
- *You look great!*
- *It is supposed to hurt*
- *Imagine the feeling of accomplishment as you cross the finish!*

It seems everyday we have to make choices. Thankfully we have lots of options, ways to research and educate ourselves. Before life, I mean before computers, we actually read books and magazines about running, about nutrition and even shoes. I appreciate helping a customer who might have questions, and has done some prior research. I love it when customers ask how we do our shoe fitting and evaluation because I know they know the importance of that. And the choices we have in 2014 are amazing ones! Our shoe buyer, Anthony has worked long and hard for 19 years with Track Shack and knows shoes better than anyone. He sees the new product first and determines what will work best for our customers. He helps us realize our ultimate goal, that of keeping our runners and walkers on the road for life, injury free. Long before we had our *Florida Hospital Healthy Living Series* with great speakers about knees, about proper fueling for training, and even foam rolling fun, Jon and I had to educate ourselves about our running, especially about nutrition. That was a biggie for me back in the mid 70's. I was 17 the last time red meat touched my

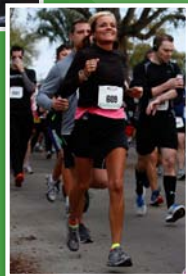
lips. It was a personal choice but affected my whole family. My mom totally supported me, dad, not so much. I come from a large family and typically our dinners were casseroles with ground chuck. I don't even know if meat is called that anymore! Jon and our kids made my vegetarian choice as well since I made all our meals. ☺ Now, choices are even tougher; gluten free, vegan, raw... what is right for one person may or may not be right for you. Educate yourself. Our website is a great informational site, plus you'll find the calendar of the seminars and clinics we host.

Jon and I are so grateful to our employees who make Track Shack and our events so awesome. We may be the ones receiving the accolades, winning awards or getting great press, but only because we surround ourselves with people who share our passion. Our son, Chris, also shares our passion. His passion for people and running equals Jon's for sure. They also share a fascination with FSU football. (another story...) Jon and I made a huge choice this fall, one of our biggest business decisions ever, to hire Chris. Chris' dream to work with us began in high school and we are excited to welcome him home.

Every year goes by faster than the one before. 2013 almost seems a blur to me. There were weddings, anniversaries (running and personal) babies and more! And then there was Boston. Well, I think we've all done our best to keep Boston Strong and running strong. Jon re-qualified and I bet he was one of the first to sign up for Boston 2014. I'll be there with our family to cheer him on at the finish! I wonder which of my inspirational mantras I'll use this time. ☺

*See you on the roads!*

Don't Miss This Hometown Favorite Through A Scenic Winter Park Neighborhood



### Pass the Pineapple Challenge

Track Shack & Planet Smoothie are giving you a sweet incentive to finish faster! On race day, be sure to keep an eye out for runners dressed as pineapples! Each runner and walker that finishes before the pineapples receives a free smoothie!



Encourage your school's students, teachers and parents to participate together for school spirit and earn money for your PTA!



Healthy100Kids



freshpoint

HUNTER VISION



# run around the pines 5k

presented by

FLORIDA HOSPITAL

Saturday, February 15, 2014

Showalter Field in Winter Park

7:30 a.m. 5k (3.1 miles) Run & Walk • 8:45 a.m. Healthy 100 Kids Run

Track Shack  
RUNNING SERIES  
2013-2014

Benefiting the Track Shack Foundation

RUN TO TRACKSHACK.COM



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for naming  
Dr. Hunter  
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eye surgeon!

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3D LASIK  
Cataracts  
Eye Care

To schedule your complimentary consultation, call 321-209-8789 or visit [huntervision.com](http://huntervision.com).

## Track Shack Foundation 2013 Year In Review

**T**rack Shack Foundation Board of Directors together with generous contributors and thousands of runners and walkers donated over \$85,000 to serve more than 80 local organizations that are keeping Central Florida kids active.

Financial support of these outstanding programs is made possible by donations and the runners and walkers who actively take part in Track Shack events. Race proceeds positively impact the community and improve the quality of life for so many. *Thank you!*



ABOVE: Gateway High School Girls Weightlifting



ABOVE: (Left) Smile Mile Kids' Run (Right) Fast Start Invitational



ABOVE: Orlando Youth Rugby



ABOVE: Winter Park YMCA Mini Maniacs Youth Triathlon



ABOVE: (Left) Lawton Chiles MS JV XC Boys (Right) Star Athletics Track Club



RIGHT:  
Boone High  
School Special  
Olympic Team

TRACK SHACK  
*Foundation*  
Promoting Health & Fitness Since 1994

The Track Shack Foundation is a 501©(3) organization that provides health and fitness opportunities to Central Floridians through the funding of youth athletic programs. To learn more about the Track Shack Foundation, to donate or apply for funds, please visit [www.TrackShack.com](http://www.TrackShack.com)



| You've been handed the gift of life. |  
| Now run with it. |

Exclusive hospital of  
**Track Shack**  
**RUNNING SERIES**

Why do you run? No matter the reason, Florida Hospital is there to treat any stumbles that might occur along the way, like shin splints, sprains, fractures or tendonitis, anything that might slow you down. And with eight hospitals, 21 Centra Care urgent care centers and 13 rehabilitation and sports medicine locations, our experts are just a sprint away. The gift of life is yours. Now run with it.

Visit [Healthy100.org/sports](https://Healthy100.org/sports) or call (407) 303-DOCS for a physician referral.

 **FLORIDA  
HOSPITAL**  
Live to a [healthy100.org](https://Healthy100.org)



# Dick Batchelor Run for the Children

Supporting **howard phillips Center**  
for **children & families**

HOSTED BY



Form Teams!



Kids' Fun Run!



Race Through Universal Orlando® Resort!

Help a Child.  
Heal a Family.  
Build a Community.

## 5K Run / Walk Free Kids' Fun Run at Universal Orlando® Resort

### Saturday January 18, 2014

Register, form teams, fundraise and more at  
**DickBatchelorRun.com**

 [facebook.com/DickBatchelorRun](http://facebook.com/DickBatchelorRun)

 [@DBatchelorRun](https://twitter.com/DBatchelorRun)



20 YEARS OF  
NETWORKING  
SHOWING UP  
GIVING WALKING  
RUNNING FUN  
TEAM WORK  
MOVING FORWARD  
HIGH FIVES  
ACHIEVEMENT



ORLANDO'S LARGEST WALK, RUN & OFFICE PARTY

#Corporate5k

VOLUNT

IOA  
Publix



# WHAT IS THE CORPORATE 5K?

IOA Corporate 5k is a 3.1-mile run/walk event held exclusively for Florida's corporate community. Businesses and non-profit organizations form teams and participate in the Corporate 5k for camaraderie, friendly competition and a celebration of work place fitness!

# WHEN & WHERE?

Thursday evening, April 17, 2014  
7:15 p.m at Lake Eola, downtown Orlando

# WHO CAN PARTICIPATE?

Any group of individuals who come together under a company or organization name. Companies and non-profit organizations of all sizes participate for fun, fitness and team building.

# GET YOUR COMPANY MOVING

Registration required. Early registration:  
\$25 per person through Thursday, April 3  
\$29 April 4-April 16. No race day registration.  
INFORMATION: Corporate5k.com

# BENEFITING

Track Shack Foundation, a



501 ©(3) organization whose purpose is to promote health and fitness with an emphasis on

youth athletics.

"Love this race! This is what started me running. Now I have done 7 half marathons and 1 full marathon! "



**APRIL 17, 2014**  
**DOWNTOWN ORLANDO**  
**LAKE EOLA**

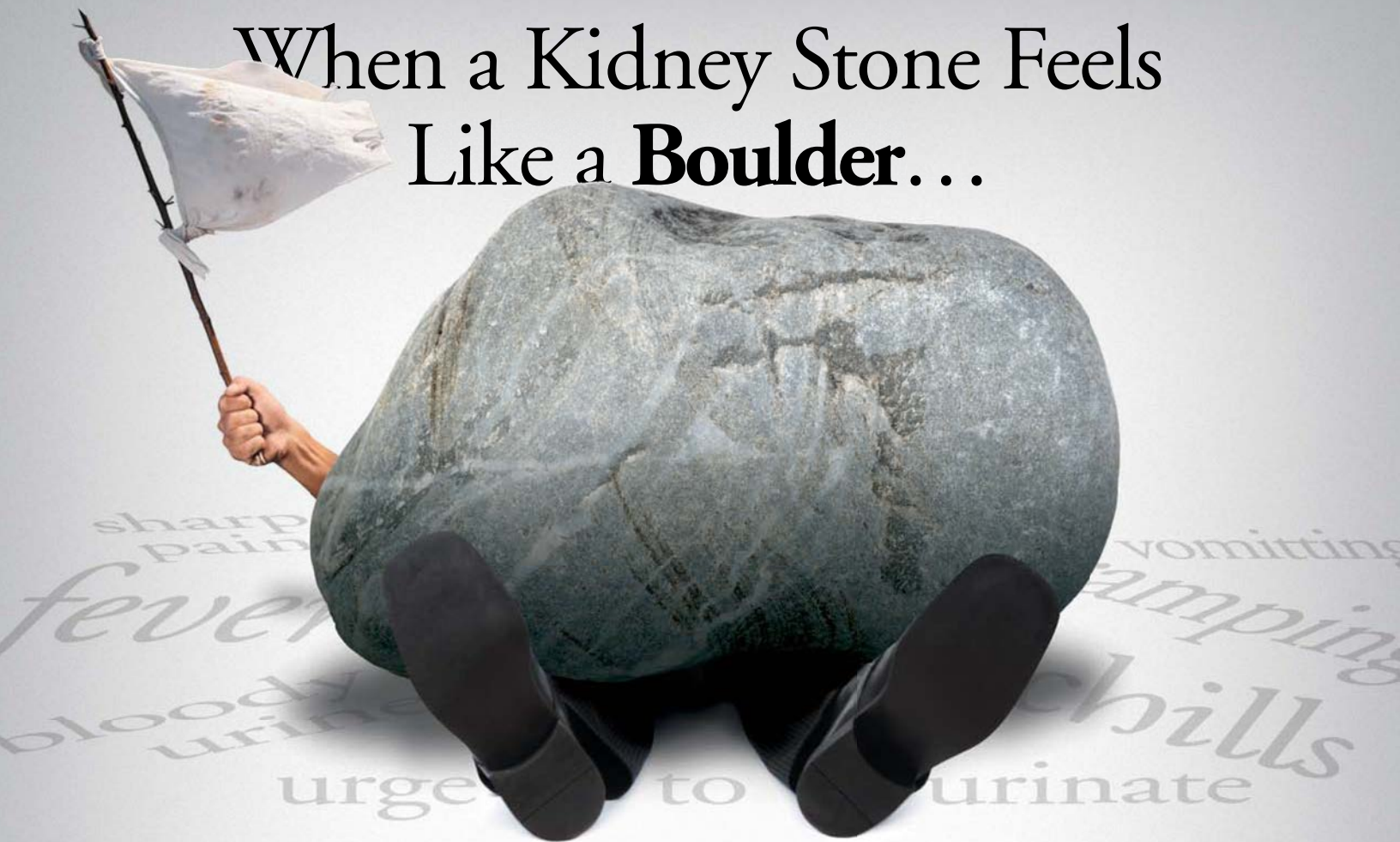
Over 15,000 runners and walkers participating on corporate teams step out each year for fun, networking and team building!

*Shouldn't your company be there?*

**RUN TO**  
   **CORPORATE5K.COM**



# When a Kidney Stone Feels Like a **Boulder**...



## Get on the **FASTrack** for immediate relief.

**FASTrack** is an urgent care center for kidney stones that provides full service diagnostic and treatment. Patients don't need an appointment to be seen for this service, but are encouraged to call ahead to expedite the check-in process.

Our physicians provide individualized, comprehensive care.

**Urgent Care for Kidney Stones | No Appointment Necessary**



Florida Urology  
Associates

FLORIDA HOSPITAL MEDICAL GROUP

Monday – Friday, 8 am – 6 pm | 1812 N. Mills Avenue, Orlando, FL 32803 | 407.385.1313

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

## Training Plateau: Good News/Bad News

By Susan S. Paul, MS; TSF Training Program Director

When we begin running, we experience dramatic physical improvements. Within a relatively short period of time, we are able to run faster and longer, lose weight and feel great. Success comes easily. We follow a training plan, run several days a week, same pace, same time, same place. But then one day, all of a sudden, it doesn't seem to work anymore. Improvements flatten out. We don't get faster; we can't run longer; a few pounds creep back on, and our enthusiasm dwindles. Welcome to the dreaded training plateau! The good news is that you have hit a training plateau and the bad news is that you have hit a training plateau. Good news, because it means your training plan worked! When fitness gains level out, it's simply an indication that the existing routine is no longer challenging enough to stimulate further physical changes. Congratulations! Your body has met the bar that you set. Bad news, because, if you wish to continue improving, it means you need to change your routine and up the ante.

Once the body has adapted to the training load, we reach a plateau. If improvement is still desired, a training plan designed to stimulate the body at this new fitness level is required; and, we begin adapting again to achieve an even higher level of fitness.

Understanding the training process helps one appreciate the plateau. The physical exertion or physical stress of running triggers a cascade of physiological responses at the cellular level, affecting all of the body's systems. Once stimulated, the adaptation process to meet the demands of this new stress begins and continues until the demand is met. Some of these adaptations take 4 to 6 weeks, while others may take 4 to 6 months. As adaptations occur, the body is better and better equipped to handle training and running becomes easier. Training plans incorporate frequency, intensity, and duration to elicit specific physiological responses. From the elite runner to the novice, all plans incorporate these same three fitness components. How we manipulate them is the key to a successful training plan. Frequency refers to how often or how many days a week to run; intensity refers to the pace of the run or the level of difficulty; and, duration refers to the length of the run, whether measured by time or miles.

Training increases are applied in gradual increments; also known as Progressive Overload. Progressive Overload means the physical load of training gradually increases over time in a controlled manner. As training physically stresses the body, it responds by becoming stronger. The amount of applied overload must be just right; too much and we breakdown, not enough and no physical response is elicited. It's a bit like our feet developing calluses or blisters. Too much overload, and we develop blisters or an injury; the right amount of overload and we develop calluses or strength.

The physiological responses and subsequent adaptations that occur with training are many and are quite impressive. The cardio-respiratory system responds quickly to consistent training by increasing its' stroke volume. This means the heart pumps out more blood with every beat, which allows more oxygen to reach exercising muscles. Having more oxygen available allows us to run faster and

longer at lower heart rates. Coronary blood supply is also increased, which reduces the risk of heart attack and lowers Resting Heart Rate. Blood pressure is lowered, which reduces the risk of stroke. Lung ventilation improves, respiratory muscles are strengthened, and pulmonary blood supply is increased making breathing easier and more productive. The circulatory system increases the number and the size of blood capillary beds per unit area of muscle. Capillary beds furnish much needed oxygen to exercising muscles. Blood volume is increased through complex hormonal changes, which then increases the number of red blood cells, and red blood cells increase the delivery of oxygen. The muscular system increases muscular endurance by increasing the number of mitochondria within cells. Mitochondria are known as the powerhouse of the cell because their function is to convert fuel, or glycogen, to energy for muscle contraction. The more mitochondria, the more oxygen available, and the longer we can run. The skeletal system is strengthened as bones become stronger from bearing the body's weight while running. Even our mental health is impacted. Studies show that running can improve mental alertness, stress tolerance, and the ability to relax and sleep. It can also help reduce depression and anxiety. And you just thought you were going out for a little run! Who knew running could do so much?

If you have reached a plateau, review the three fitness components of your training plan and begin by manipulating one variable at a time. Are you ready to add another day or two of running? Then consider increasing the frequency component by adding another run day. Keep mileage increases to within 10-20% of your weekly volume though to avoid too much overload too quickly. Or, you may decide you need to increase intensity. This is a great option if you don't have more time to invest in your training, if you enjoy racing, or, if you tend to train at the same pace most of the time. Increase intensity by adding a speed day or a hill run into your weekly routine. Hills naturally increase the intensity of a run. If you prefer longer runs, increase the duration component by adding some miles to your weekly long run; just how long depends upon your running goals. For example, when training for 5k's & 10k's, gradually build up to 10 miles for a long run. If training for a Half Marathon, build a long run up to 14 or 16 miles three to four weeks before a race. When marathon training, it's usually not advisable to go beyond 26.2 miles, so instead, build to 22 or 24 miles as your longest run and then include several 14 to 18 mile runs during the training cycle. Keep a log to track your training and the changes you make so you can continue adjusting and fine tuning your training as needed.

Next time you hit a plateau, remember to congratulate yourself rather than berate your running. Next, take stock of your training plan and redefine your goals. Figure out where you wish to go from here, and that will help you decide which component(s) to change.



For more information on Track Shack Training Programs, including specific times and locations or to register, visit [TrackShack.com](http://TrackShack.com)



Seasons 52 is a fresh grill and wine bar that invites guests to discover the sensational flavors of a seasonally-inspired menu and award-winning international wine list in a casually-sophisticated ambiance.

- Seasonally inspired dining choices
- Casually sophisticated ambiance
- Open for lunch and dinner daily
- Award-winning wine list
- Seasonal cocktails
- Private dining available
- Live music in the piano bar nightly
- Wine flights and flatbread offerings until 6 p.m.



### Maple-Bourbon Glaze

#### Ingredients:

- ¼ cup maple syrup
- ¼ cup balsamic vinegar
- ¼ cup bourbon
- 1 can chicken stock, low sodium (10 ½ oz)
- ½ teaspoon Chipotle Tabasco
- ½ teaspoon Kosher salt
- ½ teaspoon Worcestershire sauce
- 1 fresh shallot, peeled, minced
- 1 tablespoon fresh thyme, washed, minced

Note: use half to marinate, and use half as a glaze

#### Procedure:

- Combine all ingredients in a medium mixing bowl. Whisk together. Reserve half of the marinade. Pour other half over 2 pounds of duck, chicken, or turkey. Marinate covered in the refrigerator for a minimum of 4 hours.
- Place the remaining mixture in a small sauce pot. Cook on medium-high for approximately 10-15 minutes until glaze thickens. Reserve glaze until ready to use.

Serves: 4 to 8

# Celebrate Living Well

3.2 miles of exhilaration  
through Winter Park  
that will inspire you to  
live well all year long.

- Interactive health screenings from *Florida Hospital*
- Seasons 52 Participant Gift for all finishers
- Every 52nd finisher receives a \$52 gift card to Seasons 52

Seasons 52  
FRESH | GRILL



5.2k

Presented by  
FLORIDA HOSPITAL

Saturday, January 25, 2014

7:30 a.m. 5.2k • 8:45 a.m. Healthy 100 Kids Run

Beautiful downtown Winter Park

Seasons 52  
FRESH | GRILL

FLORIDA HOSPITAL  
Live to a healthy100.org

TrackShack  
Orlando, Florida

HUNTER VISION

WESH 2

freshpoint

102.5 WLOQ  
CLASSIC WOODSTOCK JAZZ

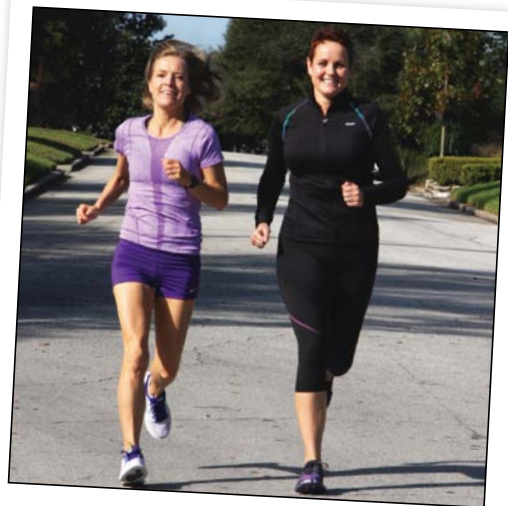
Benefiting youth in our community through the  
Boys & Girls Clubs of Central Florida and the  
Track Shack Foundation

To Download Forms or Register Online [Run to TrackShack.com](http://Run to TrackShack.com)

#ParkAve5.2k

# Essentials | MUST HAVE PRODUCTS

## Ladies Running and Walking Gear Available at Track Shack



Great Outfits

We've got you covered in purple, the color of the year, no matter what the temperature! Track Shack store associate Astrid just looks fast in the Nike Dri Fit top with cap sleeves and Nike Pro Dri Fit shorts. Store associate Michelle is ready for cooler temps in this ASICS Thermal top that's complete with reflective tape for night visibility and thumbholes! Michelle says the tights "fit high-waisted so there's no chance for muffin top!"



Lady Track Shack 5k!

**Florida Hospital Lady Track Shack 5k – February 1**  
The ultimate girls morning out! Mothers, daughters, sisters and friends running and walking together in support of the Florida Hospital Breast Cancer Care Fund.



Accessories!

"The only thing that separates us from the animals is our ability to accessorize." Clairee Belcher, Steel Magnolias, 1989. Functional and fashionable comfy after sport shoes, hydration supplies, necklaces that adorn and stickers and magnets that show our passion.



Brooks Pure Flow

**Coming in January!** Light weight, fast feel, cool colors, lower heel. "With the lower heel, it's a shoe we might recommend to someone who runs and cross trains," says Anthony O'Neil, Store Manager

Share your "essentials" for womens' running and fitness

**Pinterest**

[pinterest.com/trackshack](https://pinterest.com/trackshack)

Run an extraordinary course throughout Winter Park!



# ZIMMERMAN KISER SUTCLIFFE WINTER PARK ROAD RACE

Presented by FLORIDA HOSPITAL



James C. Barnett, M.D. Memorial Run

**March 15, 2014**

Park Avenue, Winter Park

Running and walking is a great way to enjoy our beautiful surroundings, reach a goal, and support community causes. The fitness enthusiasts at Zimmerman, Kiser & Sutcliffe, P.A., invite you to the Winter Park Road Race for an extraordinary running and walking experience that supports continuing education.

### 10k Runners & Walkers

- Tech tee!
- Commemorative Stemless Wine Glass
- Finishers Medal

### 2 Mile Participants

- Tech tee!
- Commemorative Stemless Wine Glass

### A Track Shack **DISTANCE DARE** event!

Challenge yourself by doing the 10k & 2mile!



HUNTER VISION



**Run to TrackShack.com**

Benefiting the Meridian Club of Winter Park Scholarship Fund which awards college scholarships to graduating high school seniors from area schools.



## In Step with Central Florida

407.898.1313

1104 North Mills Avenue • Orlando, Florida 32803



Consider the environment, please pass this publication on or recycle it.

# EVENT CALENDAR

## Walk. Run. Train.

### January 2014

- 13 (Mon) W.R.A.P. Training Begins.....Orlando  
*Presented by Track Shack Fitness Club*
- 14 (Tue) W.R.A.P. Training Begins (Evening).....Lake Mary  
*Presented by Track Shack Fitness Club*  
5k & 10k Training Begins.....Orlando  
*Presented by Track Shack Fitness Club*
- 18 (Sat) Dick Batchelor Run for the Children 5k.....Orlando
- 21 (Tue) MarathonFest Winter/Spring Session Begins.....Orlando  
*Presented by Track Shack Fitness Club*
- 25 (Sat) Seasons 52 Park Avenue 5.2k\* .....Winter Park  
*Presented by Florida Hospital*

### February 2014

- 1 (Sat) Florida Hospital Lady Track Shack 5k.....Winter Park
- 15 (Sat) Run Around the Pines 5k\* .....Winter Park  
*Presented by Florida Hospital*

### March 2014

- 8 (Sat) Smile Mile.....Orlando
- 15 (Sat) Zimmerman Kiser Sutcliffe Winter Park Road Race 10k and 2 Mile\* **DD** .....Winter Park  
*Presented by Florida Hospital*
- 24 (Mon) W.R.A.P. Training Begins.....Orlando  
*Presented by Track Shack Fitness Club*
- 25 (Tue) W.R.A.P. Training Begins (Evening).....Lake Mary  
*Presented by Track Shack Fitness Club*  
5k & 10k Training Begins.....Orlando  
*Presented by Track Shack Fitness Club*

### April 2014

- 17 (Thu) IOA Corporate 5k.....Orlando
- 26 (Sat) Run for the Trees.....Winter Park

Dates are subject to change.

\*Track Shack Running Series Event

**DD** Track Shack Distance Dare Event

Download forms or register, run to  
**TrackShack.com**



# Let Freedom Run!



# Watermelon 5k

## Friday, July 4, 2014

### Park Avenue Winter Park, Florida

7 a.m. 5k (3.1 mile) Run & Walk • 8:15 a.m. Free Kids' Run

### A festive 5k on a shady course throughout Winter Park

### Ice-cold watermelon for everyone

Special entry fee for active and retired military service personnel.

HUNTER VISION



For online registration and downloadable forms

## Run to TrackShack.com

Benefiting youth sports and fitness through the Track Shack Foundation.