



NEWSLETTER: August 13, 2009

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

Greetings to you all!

I hope you are having a great summer – which is quickly wrapping up as the start of school lurks. For some, this is a time to celebrate, but I'll reliving those butterflies about to burst out of my stomach first-hand as my son Dylan starts Kindergarten! Perhaps I better plan a 10-miler that day to rid me of my maternal angst!

Even though the weather is giving us a semi-reprieve (oh, it's 78 degrees to start our run, not 81!) I still think it's a good time to share an electrolyte secret with all of you, but only if you get to the end of the newsletter!

We also have information about our next Saturday meeting, and some welcome news about fellow Strider Susan Morris, who is fighting breast cancer.

Hope to see you out at our usual 7:30 a.m. start time on Saturday – we will start at the lake, but that at some time, might change... read on to learn more.

In the meantime...

Gotta run,

Jennifer

# Update on Susan Morris:



**(Susan Morris shown above with her 6-year old son Spencer after qualifying for Boston in 2008 in San Antonio, her first-ever marathon!)**

Our fellow Strider and good friend Susan Morris had a bilateral mastectomy and reconstruction on August 5. She is awaiting official pathology results to determine her next steps – to see if chemo or radiation will be needed. At this time, she has preliminary reason to hope that neither will be necessary; however, nothing is definite yet.

She greatly appreciates your support and prayers.

## Mark your calendar: Saturday meeting



*Location: Long Prairie Rehabilitation (Thanks BRAD!)*  
*Address: 3301 Long Prairie Rd, Ste. 125, Flower Mound.*  
*Next to Yoga Island and across from Dickey's BBQ on FM 2499 and Long Prairie Road*

Among our agenda items:

- Discussion of a new starting location for upcoming Saturday runs. At some point in the future, we will have to pay to enter the guard gate at Lake Grapevine.
- Review of Declaration Dash – consideration of a winter race.
- Regular updates on what is going on with the club

## Special recognition: Brad McClatchey



This is a special note to give some recognition to Brad McClatchey (seen above sporting Nebraska visor) who not only allows us to use his place of business to host our monthly meetings – Brad’s volunteer spirit has kicked into overdrive as he is also helping us out with storage needs, saving us considerable cost of renting space to store all of our equipment.

THANKS BRAD!!!

The SUCCEED! Of my success:



This summer I am training for the Chicago Marathon in October, my first-ever fall marathon. That has meant plenty of long runs in the summer heat – something I was unaccustomed to given my previous marathons have been in December and April.

I needed to come up with a good solution for electrolyte replacement, but my stomach sometimes is not keen on handling lots of extra gels. An ultramarathoner who taught the RRCA coaching clinic suggested I try SUCCEED! S!Caps.

He swears by them, and I am a fan after having used them since April. I have found that if I take one as I start my run and another one around the 2-hour mark on a 20-miler, the results have been pretty good. I still supplement with my gels but I was able to down 2 gels and 2 SUCCEED tabs on the last 20-miler this week and was fine.

They also contain sodium bicarbonate in them, which can help settle my stomach.

Do you have a tip that you want to share about gear, fuel, fluids? Send it to me at [jenwilford@yahoo.com](mailto:jenwilford@yahoo.com)