

Magnolia Newsletter

March 2010 (no 11)

Visit our web-site www.magnoliaroadrunners.co.za

Editor can be contacted at 012-842 2566 W, 012-361 2965 H, 082 578 3935 or cbillau@ford.com for any enquiries

Take care on the roads and make sure that you are visible and safe at all times.

Magnolia Long Run Helpers required – 11th April

Not running Comrades and would like to get involved in our Long Run. We are looking for a few volunteers to help man the water tables on the 11th April and need helpers for the second and third water points. We have split the day into 3 shifts so that it is not necessary to stand all day. If you are available between **06h00 – 08h30** (need 8) or **08h30 to 11h30** (need 5) or **11h30 to 1h30 pm** (need 5), please contact me 012-842 2566 or 082 578 3935 if you can help. All helpers will receive a T-Shirt.

Jacques Rossouw to visit Magnolia (16th March at 6h45pm)

We have arranged for Jacque Rossouw to visit Magnolia on the 16th March to talk running your first 10km to Ultra marathons, including Comrades. Concentrating of all aspects of training and nutrition supplements. The talk will last about 45 minutes and then answer group or individual questions. Jacques has a wealth of experience with 21 Comrades behind him and has trained previous Russian Comrades winners. No entrance fee, talk to start at 7pm

To start the evening we would like to welcome all our new members to the Magnolia family and to introduce them to your Committee. There will be a R250 lucky draw. All members and friends of Magnolia are most welcome

Club clothing

Ladies Crop Tops: We anticipate the new order will be available in the next 2 weeks.

Ladies Sport Skirts: As far as we can establish, ladies skirts are not manufactured in our royal blue and any lady runner / walker wanting to purchase running skirt with inner liners is more than welcome to buy in royal blue or black. Run-Away Sport and Running Inn have stock

Tracksuits: 2nd Order for tracksuits has been placed and delivery is expected in around 3 week's time.

First Ascend clothing: We would like to place an order in the next 5 weeks, details to follow next week

Comrades

- **LOSKOP Marathon Away weekend –**
- **60 Km Long Run will be held on 11 April (4 times 15km laps)**

Magnolia will be holding our seventh Long Run on 11th April run through the **shaded** and **quiet** streets of Brooklyn and Groenkloof. To cater for all types of runners, either fast or slow and to provide the flexibility of allowing the runner to determine their own distance, there is a 15 km loop that does not go further than 3 km from the club at any time. We have had in the past over 330 runners from all over Pretoria / JHB and hope to equal or better this number.

- **Comrades Kerk Diens (NG Oosterlig Kerk) - 9 of 16 Mei**

Besonderhede beskikbaar in die volgende twee weke.

- **Thank's to the following sponsors for items to go in our goody bag:**

➤ **Colgate** for again sponsoring various Colgate products, Sue thank you

- Individual donations received from the following members, again thank you:

➤ **Dieter Gloeck, Kevin and Ina Lombard, Colin and Jenny Billau, Mike and Janeen de Klerk, Ronald and Ina Lagerwall**

- **Collection of Qualifying Times and Club details update**

Once you have qualified you need to make contact with CMA and advise your qualifying times, without, you will NOT be eligible to run on race day. You have the following options:

- **Phone (033-897 8650) or forward an email (info@comrades.com) or**
- **Forward me the details and I can have the changes made on your behalf (CMA confirmed)**

Birthday wishes - enjoy your special day

Reinhardt	Schmidt	15	March
Izanne	Wiid	17	March
Marita	Pera	18	March
Waldo	Roux	18	March
Christine	Miles	19	March

Welcome to our new members to the Magnolia family

Stefan Pienaar, Michelle Slement, Keith Solomon, Heinrich Swamepoel, Breda Van Niekerk, Rijk Van Oostrenbrugge, Wimpie Vermaak and Ria Mare

This week's Thank You's goes to:

1. Ryk and Piet Visser for organizing a well balanced route on Sunday.
2. Janeen for all the arrangements for our social evening tonight.

YEAR PLANNER - NEXT 3 MONTHS

- Next Social: Bring and Braai 6th April and 4th May
- Next Club Tent: Loskop Ultra marathon
- What do you want to know about training – come to the clubhouse on the 16th March, start 6h45 pm
- Away Race: Loskop Ultra Marathon 17th April
- Magnolia LONG RUN (4 x 15km) – 11th April
- Comrades Chairman's Run and Union Building photo session – 24th May
- Comrades Club Captains braai – 24th May

March / April Races and Training sessions

Weekend training sessions

To lift your spirits, join a running group. The change in your routine should help revive you, and the camaraderie will add a social element to your long runs / walk.

Running: Sunday run starts @ 06h00. A vehicle travels with the group, at the pace of the slowest runner and provides cold water, coke and powerade every 3 km. No fixed route and we travel in a different direction every week. All runners are welcome, even if you belong to another club. Please contact our Club Captain **Tinus 083-304-7054**

If you are not running the Saturday's race, come and join our SLOW session aimed at beginners wanting to build up to their first ½ marathon. The pace is between 6.20 to 6.40 minutes per KM. This group is ideal for beginners. **Sat run starts at 06h00.** Please contact **Colin 082 578 3935** for more details.

Walkers: Start 06h00. The group consists of both male and female, from the average to top walkers. These sessions are ideal for runners returning from injury. All are welcome. Please contact **Suresh 082 446 6880** for more details

Organised weekend training sessions starting at the clubhouse (NOTE starting times)

Sat	20 Mar	Comrades Novice Slow Run	13 + 14	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	21 Mar	Organised Run (car support)	26	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	27 Mar	Comrades Novice Slow Run	13 + 14	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	28 Mar	Organised Run (car support)	26	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Fri	02 April	Tap run	18		
Sat	03 April	Tap run	20	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	04 April	Organised Run (car support)	25	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Mon	05 April	Tap run	15		
Sat	10 April	Slow Run	10	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	11 April	Magnolia Long Slow 60km Run	4x15	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	17 April	NO Slow Run			(Loskop)
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	18 April	Organised Run (car support)	28	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880

Pre-entry Race closing dates and details (away races and PRE-ENTRY ONLY)

- **Elands Valley Marathon** – Bank details available from elandsmarathon@gmail.com Race date 20th March
- **Long Tom Ultra 56km** – on line entries www.longtominfo.co.za or www.enteronline.co.za Race date 27 March
- **25th Loskop Ultra Marathon** – Pre-entries close 1 April www.loskopmarathon.co.za race date 17 April **NOTE: only 3500 entries allowed, must enter early**
- **Colgate 15 / 32km** - on line entries close 28th March www.enteronline.co.za Race date 11 April
- **Slow Maq Marathon** - on line entries close 16 April www.enteronline.co.za Race date 8th May
- **Closing dates for pre-entries – local races only (can still enter on the day)**
- **Jackie Mekler 25km** - on line entries close 1 May www.enteronline.co.za + all sport shops Race date 8th May

Race Calendar and key dates

20 Mar 06h00	Om Die Dam Ultra 50 / 21km Cost: R120 – 50km and R50 – 21km	Hartbeespoort High School Sports grounds enquires 011 844 0149 www.enteronline.co.za and #, \$ and &
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22 Mar 07h00	Right To Run / Walk 10 / 21km RUN LEAGUE Cost: R40 = 21 and R30 – 10km	Sunnypark Shopping Centre, Sunnyside. Enquires John 082 435 9212 Pre-entries www.enteronline.co.za
24 Mar 18h30	Exxaro Night Race Series NEW race on calendar Cost: R20	Voortrekker Monument Contact: Dirk Lourens 083 609 1438 or Winston Fisher 082 781 2794 Pre-entries #, \$ and &
27 Mar 06h00	Denel 10 / 21km WALK LEAGUE RACE Cost: R50 = 21 and R30 – 10km	Denel Irene Campus, off Nellmapius Rd. Entries
11 April 06h30	Magnolia 60km Long Slow Run (4x15 km)	Magnolia Clubhouse
24 Apr 06h00	Mazda 15km Cost: R35 – 15km	Venue: Ford Sports and Recreation Centre, Watloo, enquiries:
28 Apr 18h30	Exxaro Night Race Series NEW race on calendar Cost: R20	Voortrekker Monument Contact: Dirk Lourens 083 609 1438 or Winston Fisher 082 781 2794 Pre-entries #, \$ and &
08 May 06h00	Jackie Mekler 25km / 10km RUN LEAGUE RACE Cost: R45 -25 and R25 -10km	Pretoria Military Sports Grounds, Thaba Tshwane (Voortrekkerhoogte) Pre-entries #, \$ and &

Legend for Hand delivery addresses: # - Run-Away-Sport 361 3733, @ - Varsity Sports, \$ - Running Inn 362 7322 (new number), % - Sportsman's Warehouse, & - The Sweat Shop (Southdown) 665 0048, = - Base Runners or ON-LINE entries - ^^ - www.enteronline.co.za ++ - www.saactive.com

2010 Running (RR) / Walking League Races (RW)

Please enter the below league races to maximise the amount of league points scored for the club (RR – Road Running & RW – Road Walking)

DATE	EVENT	LEAGUE			CHAMPIONSHIPS	
		Club	RR	RW	RR	RW
22-Mar	Right to Run	Arcadia	10 & 21 KM			
27-Mar	Denel	Kentron		10 & 21 KM		
10-Apr	Solomon Mahlangu	AGN	10km	10 KM		
8-May	Jackie Meckler	PMMC	10 & 25 KM			
22-May	Muller Potgieter	VTM		15 KM		

Achievements

Please e-mail all your race achievements to **Paul Laubscher** at paul.laubscher@gmail.com or 012-844-0744 Work or forward to me. All runners participating in walking events, please contact me for your walking results to be recorded. **Our database already includes over 34 000 recorded race times. Contact Paul if you want all your own personal race results.**

Congratulations to :

- **Marekele 10, 21 and 42.2 race achievements**
Martin Coetzee 1st masters 21km
Ina Lagerwall 1st lady 21km and 1st Vet
Ina Lombard 2nd lady 21km and 2nd Vet

Time Trial

1 st and 3 rd Tuesday of month	Opposite Magnolia Club house (Runners & Walkers) Official start time:17h45	3, 5, 6, 8, 9 km	Select your distance. Time is taken and recorded. Walkers 3km. Some walkers start at 17h00 and do 6 km, last 3 recorded
9 th Mar	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
16 th Mar	Time Trial (3, 5, 6, or 8km)	5h45	Clubhouse
23 rd Mar	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
30 th Mar	Time Trial (3, 5, 6, or 8km)	5h45	Clubhouse
6 th April	Time Trial (3, 5, 6, or 8km)	5h45	Clubhouse

Thanks to Freddie for recording the time and to those few who participated in last week's Time Trail.

News Corner / Race Reports

Have you recently run / walked a fun, unique, local, inspiring race or your first 10, 21, marathon and would like to share your experiences with us? If so, please tell us about it by e-mailing a short race report (English or Afrikaans).

Run-Away Sport shop moving location

Run-Away Sport is moving shop location, **they will remain on the same floor in the Sanlam Centrum Glenfair**, but as from the **1st June** they will be moving to a new shop location - 2 shops to their right where Berlina Sewing shop used to be located.

Race Cancellations:

- **24th April:** Telkom ConnecXion 10 / 21km road race
- **3rd April Mazda 15km race (MOVED TO 24TH APRIL)**

- 28 March – Midvaal / Fordyce 10 / 50km – Suikerbosrand

Race fixture changes

- 1) Right to Run race moved from 20 March 2010 to Monday 22 March 2010.
- 2) Mazda 15km race moved 24th April.
- 3) The venue of the Brooklyn School event 29 May 2010 changed from the school to the Jacaranda Shopping Centre 18 Avenue Rietfontein.

No races during World cup soccer tournament (01 June to 15 July) - Commander: Operational Support

Please take note that the Event Section (Metro Police) **WILL NOT** approve "public" events from the period 01 June 2010 – 15 July 2010 due to the 2010 FWC and prioritization of resources ensuring the successful running of the 2010 FWC event as well as executing our day-to-day policing tasks within the City of Tshwane. Only approved City events related to the 2010 FWC as well as applicable parallel events will be allowed and policed. This decision was endorsed by our management as well as the ProvJoints (as SAPS also do not have additional resources).

E-mails received

- Hello julle,

Andrew hulle het die plek geboek vir Elandsvalley die naweek van die 19 - 21 Maart so as julle weet van enige iemand wat belangstel kan hulle vir Andrew Slement bel by die volgende nommer: 082 555 3537.

Ongelukkig kan Andrew hulle nie meer gaan nie, en ek gaan nie die race doen nie a.g.v beserings wat ek tans beleef.

Colin kan jy dit dalk advertise in die News Letter of via email and the as well on the Saturday and Sunday race.

Kind regards

Isabel

- Hi Thinus

Ek het met vanoggend se hardloop by Magnolia vermoedelik my ipod verloor in die parkeerarea. Ek dink ek moes dit dalk laat val het toe ek uit my kar geklim het. As julle dalk hoor dat iemand so iets opgetel het sal ek dit waardeer as julle my kan laat weet!

Thanks

Hannelie Duvenage

NO RACE REPORTS THIS WEEK

Hannelie and Isabel, your contribution and articles, as always is much appreciated. Thanks guys

Internet Articles

The 8 principles of carbo-loading

Effective carbo-loading is more than just eating or drinking the right stuff at the right time.

Good carbo-loading involves several factors and processes that you need to understand properly in order to get the most from the carbohydrate you consume.

1. Intensity counts.

Perhaps the most critical point in carbo-loading is to do a training session intense enough to stimulate the activity of the glycogen storage enzyme, glycogen synthase. If the latter is not achieved, the carbohydrate eaten will be converted to fat instead of glycogen.

Glycogen storing only occurs in the muscles exercised. It is crucial that an intense training session a week or so before emulates the activity in the race. A slow long jog may result in an increase in leg muscle glycogen, but is not going to result in optimal glycogen loading in the arms and shoulders. It would be better to do a shorter high intensity run, similar to your racing pace. Likewise, it would not be of much benefit for a canoeist to do a high intensity cycle on a stationary bike, to stimulate glycogen synthase activity - it would be more beneficial to do a short, high intensity paddle.

The more intense the exercise, the faster the use of the glycogen. However, over-intensive exercise may result in prolonged muscle soreness, which may last for 5 to 6 days and will negatively affect your race performance. It is therefore preferable to do the high intensity exercise at least 6 to 7 days before the event. High intensity training also carries greater risk for injury.

2. Maintain blood insulin levels.

To maintain the activity of the storage enzyme (glycogen synthase), you need to maintain your blood insulin levels. To prevent fluctuations in your insulin levels, you need to spread your carbohydrate intake evenly through the day so that it is split into even quantities, not just a big carbohydrate-based supper. This involves a bit of planning and you may want to consult a dietician or sports nutritionist. Linked to this, it is important to eat slow and intermediate-digesting carbohydrates instead of quick-digesting carbohydrates, which are more beneficial when taken immediately after training.

3. Maximise muscle glycogen uptake directly after exercise.

It is crucial to consume at least 1g of carbohydrate per kg of your body weight within 30 minutes after an intense training session on days 7 or 6 prior to a race. This prevents fatigue and improves your immunity protection - benefits that have been well demonstrated in studies, and I am sure you have read that this is true for any intense training session that lasts for more than 90 minutes.

4. Get adequate fluid intake.

It is crucial to drink adequate fluids while carbo-loading, because every gram of glycogen requires 2,7g water to store it. This in turn may result in a weight gain of 1 to 2kg during carbo-loading. Many runners don't realise this, and feel heavy during the race. It is very important to experiment thoroughly prior to a major race, as unexpected weight gain may negatively affect your running cadence (style), and consequently negatively affect your performance. To ensure adequate fluid intake, use carbohydrate drinks as part of your carbo-loading regimen.

5. Carbohydrate consumption should be based on your body weight.

The body has a maximum rate of metabolising carbohydrate, usually 5 to 7mg per minute/per kg bodyweight. When you go above this level, the body will start making fat (a process known as lipogenesis). This process produces more carbon dioxide than glycogen formation, which in turn may hamper your breathing.

6. Carbohydrate absorption in the intestines is also limited.

The average person (body size less than 100kg) will tolerate 100g carbohydrate intestinal absorption per hour. This again emphasises the importance of splitting your carbohydrate intake through the day.

7. Cut down on fructose.

Fructose-based carbohydrate drinks are not as effective in replacing muscle glycogen post-exercise as those drinks that mainly contain glucose polymers or sucrose. It is preferable that the source of carbohydrate in your drink should not be more than 20% fructose.

8. Avoid alcohol and fluids high in caffeine.

This is linked to adequate hydration. Alcohol is a potent diuretic (it dehydrates you), and caffeine is a mild diuretic. Don't try to fool yourself by trying to justify a few beers a day as being a good source of carbohydrate.

The Best Food for Runners

The 15 foods runners need every week for good health and top performance.

Most supermarkets stock more than 30,000 items, yet every time we race up and down the aisles of the grocery store, we toss into our carts the same 10 to 15 foods. Which isn't such a bad thing, as long as you're taking home the right foods--ones that will keep you healthy, fuel peak performance, and easily cook up into lots of delicious meals. So before your next trip to the grocery store, add the following 15 foods to your must-buy list. Then, when you get home, use our tips and recipes to easily get them into your diet and onto your menu.

Add to your cart: Almonds

Runners should eat a small handful of almonds at least three to five times per week. Nuts, especially almonds, are an excellent source of vitamin E, an antioxidant that many runners fall short on because there are so few good food sources of it. Studies have shown that eating nuts several times per week lowers circulating cholesterol levels, particularly the artery-clogging LDL type, decreasing your risk for heart disease. And the form of vitamin E found in nuts, called gamma-tocopherol (a form not typically found in supplements), may also help protect against cancer.

Add to your diet: Add almonds and other nuts to salads or pasta dishes, use as a topping for casseroles, or throw them into your bowl of cereal for extra crunch. Combine with chopped dried fruit, soy nuts, and chocolate bits for a healthy and tasty trail mix. Store all nuts in jars or zipper bags in a cool dry place away from sunlight and they'll keep for about two to four months. Storing them in the freezer will allow them to keep an extra month or two.

Add to your cart: Eggs

One egg fulfills about 10 percent of your daily protein needs. Egg protein is the most complete food protein short of human breast milk, which means the protein in eggs contains all the crucial amino acids your hard-working muscles need to promote recovery. Eat just one of these nutritional powerhouses and you'll also get about 30 percent of the Daily Value (DV) for vitamin K, which is vital for healthy bones. And eggs contain choline, a brain nutrient that aids memory, and leutin, a pigment needed for healthy eyes. Don't worry too much about the cholesterol: Studies have shown that egg eaters have a lower risk for heart disease than those who avoid eggs.

Add to your diet: Whether boiled, scrambled, poached, or fried (in a nonstick skillet to cut down on the need for additional fats), eggs are great anytime. Include them in sandwiches, wraps as you would meat fillers. You can also add them to casseroles and soups by cracking one or two in during the last minute of cooking.

Add to your cart: Sweet potatoes

Just a single 100-calorie sweet potato supplies over 250 percent of the DV for vitamin A in the form of beta-carotene, the powerful antioxidant. Sweet potatoes are also a good source of vitamin C, potassium, iron, and the two trace minerals manganese and copper. Many runners fail to meet their manganese and copper needs, which can have an impact on performance since these minerals are crucial for healthy muscle function. There are even new sweet-potato varieties that have purple skin and flesh and contain anthocyanidins, the same potent antioxidant found in berries.

Add to your diet: Sweet potatoes can be baked, boiled, or microwaved. You can fill them with bean chili, low-fat cheese, and your favorite toppings, or you can incorporate them into stews and soups. Baked as wedges or disks, sweet potatoes make delicious oven chips. Don't store sweet potatoes in the fridge because they will lose their flavor. Instead, stash them in a cool, dark place, and they should keep for about two weeks.

Add to your cart: Whole-Grain Cereal with Protein

Look for whole-grain cereals that offer at least five grams of fiber and at least eight grams of protein. If you pour on a cup of milk or soymilk, you'll get 30 to 40 percent of your protein needs as a runner in one bowl.

Add to your diet: Of course whole-grain cereal is excellent for breakfast--a meal you don't want to skip since research indicates that those who eat breakfast are healthier, trimmer, and can manage their weight better than nonbreakfast eaters. Cereal also makes a great post-run recovery meal with its mix of carbohydrates and protein. Or you can sprinkle whole-grain cereal on top of your yogurt, use it to add crunch to casseroles, or carry it along in a zip bag.

Add to your cart: Oranges

Eat enough oranges and you may experience less muscle soreness after hard workouts such as downhill running. Why? Oranges supply over 100 percent of the DV for the antioxidant vitamin C, and a recent study from the University of North Carolina Greensboro showed that taking vitamin C supplements for two weeks prior to challenging arm exercises helped alleviate muscle soreness. This fruit's antioxidant powers also come from the compound hesperidin found in the thin orange-colored layer of the fruit's skin (the zest). Hesperidin has been shown to help lower cholesterol levels and high blood pressure as well.

Add to your diet: Add orange sections to fruit and green salads, or use the orange juice and pulp for sauces to top chicken, pork, or fish. And to benefit from the antioxidant hesperidin, use the orange zest in baking and cooking. Select firm, heavy oranges, and store them in the fridge for up to three weeks. Orange zest can be stored dried in a glass jar for about a week if kept in a cool place.

Add to your cart: Canned Black Beans

One cup of these beauties provides 30 percent of the DV for protein, almost 60 percent of the DV for fiber (much of it as the cholesterol-lowering soluble type), and 60 percent of the DV for folate, a B vitamin that plays a key role in heart health and circulation. Black beans also contain antioxidants, and researchers theorize that this fiber-folate-antioxidant trio is why a daily serving of beans appears to lower cholesterol levels and heart-disease risk. In addition, black beans and other legumes are low glycemic index (GI) foods, meaning the carbohydrate in them is released slowly into the body. Low GI foods can help control blood sugar levels and may enhance performance because of their steady release of energy.

Add to your diet: For a quick, hearty soup, open a can of black beans and pour into chicken or vegetable stock along with frozen mixed veggies and your favorite seasonings. Mash beans with salsa for an instant dip for cut veggies, or spread onto a whole-wheat tortilla for a great recovery meal. Add beans to cooked pasta or rice for extra fiber and protein.

Add to your cart: Mixed Salad Greens

Rather than selecting one type of lettuce for your salad, choose mixed greens, which typically offer five or more colorful delicate greens such as radicchio, butter leaf, curly endive, and mache. Each variety offers a unique blend of phytonutrients that research suggests may fend off age-related diseases, such as Alzheimer's, cancer, heart disease, and diabetes. These phytonutrients also act as antioxidants, warding off muscle damage brought on by tough workouts. You can usually buy mixed greens in bulk or prewashed in bags.

Add to your diet: Toss a mixed greens salad with tomato, cucumber, scallions, and an olive oil-based dressing (the fat from the oil helps your body absorb the phytonutrients). You can also stuff mixed greens in your sandwiches, and wraps. Or place them in a heated skillet, toss lightly until wilted, and use as a bed for grilled salmon, chicken, or lean meat. Greens store best in a salad spinner or the crisper drawer in your fridge for up to six days. Just don't drench them in water or they won't keep as long.

Add to your cart: Salmon

Nutrition-wise, salmon is the king of fish. Besides being an excellent source of high-quality protein (you get about 30 grams in a four-ounce serving), salmon is one of the best food sources of omega-3 fats. These essential fats help balance the body's inflammation response, a bodily function that when disturbed appears to be linked to many diseases including asthma. A recent study showed that people with exercise-induced asthma saw an improvement in symptoms after three weeks of eating more fish oil. If you've been limiting seafood due to possible mercury or PCB contamination, simply aim for a variety of farm-raised and wild salmon for maximum health benefits.

Add to your diet: Bake, grill, or poach salmon with fresh herbs and citrus zest. Gauge cooking time by allotting 10 minutes for every inch of fish (steaks or fillets). Salmon should flake when done. Precooked (leftover) or canned salmon is great in salads, tossed into pasta, stirred into soups, or on top of pizza. Fresh fish keeps one to two days in the fridge, or you can freeze it in a tightly sealed container for about four to five months.

Add to your cart: Whole-Grain Bread

Runners need at least three to six servings of whole grains per day, and eating 100 percent whole-grain bread (as opposed to just whole-grain bread, which may contain some refined grains and flours) is an easy way to meet this requirement since one slice equals one serving. Whole-grain bread may also help weight-conscious runners. One study showed that women who eat whole-grain bread weigh less than those who eat refined white bread and other grains. Whole-grain eaters also have a 38 percent lower risk of suffering from metabolic syndrome, which is characterized by belly fat, low levels of the good cholesterol, and high blood sugar levels. All this raises the risk for heart disease and cancer.

Add to your diet: Bread is versatile, portable, and ready to eat right out of the wrapper. Spread with peanut butter or stuff with your favorite sandwich fillings and plenty of sliced veggies for a one-handed recovery meal. Coat with a beaten egg for French toast, or use as layers or crumbled in a casserole. Just be sure the label says 100 percent whole grain (all the grains and flours included in the ingredients should be listed as whole, not milled or refined). And don't just stick with the popular 100 percent whole-wheat breads. Try different varieties of whole grains such as barley, rye, or oat.

Add to your cart: Frozen Stir-fry Vegetables

Research shows that eating a combination of antioxidants, such as beta-carotene and vitamin C, may lessen muscle soreness after hard interval workouts by reducing the inflammation caused by free-radical damage. Most ready-to-use

stir-fry veggie combos offer a potent mix of antioxidants by including red and yellow peppers, onions and soy beans. And frozen vegetable mixes save lots of prepping time but still provide the same nutrition as their fresh counterparts.

Add to your diet: Dump the frozen vegetables right into a hot wok or skillet, add tofu, seafood, or meat, your favorite stir-fry sauce, and serve over brown rice. Or throw them into pasta water during the last few minutes of cooking, drain, and toss with a touch of olive oil. You can also mix the frozen veggies right into soups or stews at the end of cooking, or thaw them and add to casseroles. Vegetables store well in the freezer for about four months, so make sure to date your bags.

Add to your cart: Whole-grain Pasta

Pasta has long been a runner's best friend because it contains easily digestible carbs that help you restock spent glycogen (energy) stores. Whole-grain versions are a must over refined pastas because they contain more fiber to fill you up, additional B vitamins that are crucial to energy metabolism, and disease-fighting compounds such as lignans.

Add to your diet: Pasta makes a complete one-pot meal--perfect for busy runners--when tossed with veggies, lean meat, seafood, or tofu. Or combine pasta with a light sauce, a bit of your favorite cheese, and turn it into a satisfying casserole.

Add to your cart: Chicken

Runners need about 50 to 75 percent more protein than nonrunners to help rebuild muscles and promote recovery after tough workouts. And just 100g serving of chicken can supply about half a runner's daily protein needs. Along with protein, chicken contains selenium, a trace element that helps protect muscles from the free-radical damage that can occur during exercise, and niacin, a B vitamin that helps regulate fat burning during a run. New studies also suggest that people who get ample niacin in their diet have a 70 percent lower risk of developing Alzheimer's disease.

Add to your diet: Chicken's versatility makes it perfect for runners with little time to cook. You can bake, broil, grill, or poach chicken in broth. Leftover chicken works well on top of salads, mixed into pasta, or stuffed into sandwiches and burritos. Fresh chicken stores safely for two days in the fridge, but can be frozen for six months or more.

Add to your cart: Frozen Mixed Berries

The colorful compounds that make blueberries blue, blackberries deep purple, and raspberries a rich shade of red are called anthocyanins--a powerful group of antioxidants that may help stave off Alzheimer's disease and some cancers. Anthocyanins may also assist with post-run recovery and muscle repair. Not bad for a fruit group that contains a mere 60 calories or so per cup. And remember: Frozen berries are just as nutritious as fresh ones, but they keep far longer (up to nine months in the freezer), making it easier to always have them ready to eat.

Add to your diet: Frozen berries make a great base for a smoothie and there's no need to thaw them. Once thawed, eat them straight up or add to some vanilla yogurt with chopped nuts. Or liven up your hot or cold cereal with a big handful. You can also bake berries with a nutty topping of oatmeal, honey, and chopped almonds for a sweet treat after a long weekend run.

Add to your cart: Dark Chocolate

As a runner you deserve at least one indulgence--especially one you can feel so good about. Chocolate contains potent antioxidants called flavonols that can boost heart health. In one study, a group of soccer players had lower blood pressure and total cholesterol levels, and less artery-clogging LDL cholesterol after just two weeks of eating chocolate daily. Other research suggests that the chocolate flavonols ease inflammation and help prevent blood substances from becoming sticky, which lowers the risk of potential blood clots. But not just any chocolate will do. First off, dark chocolate (the darker the better) generally contains more flavonols than milk chocolate. Also, the way the cocoa beans are processed can influence the potency of the flavonols. Chocolate manufacturer Mars has developed a procedure that apparently retains much of the antioxidant powers of the flavonols, and their research shows just a little over an 28grams (200 calories worth) of dark chocolate per day has heart-healthy benefits.

Add to your diet: Besides the obvious (just eat it!), you can add dark chocolate to trail mix, or combine it with fruit for an even greater antioxidant punch. Just keep track of the calories. Buy chocolate wrapped in small pieces to help with portion control.

Add to your cart: Low-fat Yogurt

Besides being a good source of protein and calcium (one cup provides 13 grams of protein and 40 percent of the DV for calcium), low-fat yogurt with live cultures provides the healthy bacteria your digestive tract needs to function optimally. This good bacteria may also have anti-inflammatory powers that can offer some relief to arthritis sufferers. Just look for the live-culture symbol on the yogurt carton.

Add to your diet: Low-fat yogurt is great topped with fruit, granola, or nuts, or used as a base for smoothies. Plain yogurt can be mixed with diced cucumber and herbs like dill and spread over grilled tofu, chicken, fish, and other meats. Yogurt can also double as a salad dressing with vinegar and herbs. Or mix it with fresh salsa to stand in as a dip for veggies and baked chips.