



## Run Outside News!! - Winter 07 Volume 1

### **WELCOME!!**

After 18 months and 200 + users, we decided that it was about time to introduce ourselves to everyone and to say a big thank you for turning one of our joys into motivation for helping other people get and stay fit. We're always looking for new ideas for the site so please drop us a note with feedback so that we can provide you with the best fitness log on the web.

### **Did you know?**

One of the features on RO is that it can send you an email reminder if you have not worked out in the past seven days. Check out the Nag Me feature under user profiles.

### **Running Watches**

I would go out and run the same three and five miles boring loops in my neighborhood, since I wanted to track my performance from run to run. I had clocked each of those loops with my car and knew exactly how long those runs were. All that changed three years ago, when I got my first GPS running watch, the Forerunner 201. I got the freedom to run any path, loop, or trail run and not only know how far I had gone, but know exactly how fast I was running - during the run.

Have this information got me hooked on GPS running watches, now I do not run without one. (It is like Tivo, once you have one, you can not imagine life without one). Since then, I have upgraded to the Forerunner 301 and the TimeX which not only tracks your speed and distance, but also your heart rate.

We at RunOutside have come up with a Google Maps mashup that allow you to take your runs from the ForeRunner 201/301 and TimeX and view your run on a map. I have found this to be very interesting for runs that I do in other cities while on travel. If you have one of these watches I highly recommend try the maps mash up, and if you do not have a GPS watch, you should get one.

Links:

<http://upload.runoutside.com>

<http://www.garmin.com/products/forerunner301/>

<http://www.timex.com/bodylink/>

### **Fun Fact**

[A Daily Workout Could Add 3-4 Years to Your Life](#)

### **Seven Keys to Successful Running**

- 1) **Run with a Buddy** – Running with a partner helps keep both of you motivated
- 2) **Walk, Stretch, Run** – If you walk for a few minutes before running and give your muscles time to warm up, you will get a better stretch and will be less likely to pull a muscle.
- 3) **Drink Plenty of Water** – Make sure that you are drinking plenty of water before and after your run. Your body sweats when you run to cool your body down and you need to replenish that water to avoid dehydration.
- 4) **Avoid Running at Night** – Is it always smart to run in well lit areas, not only will you see debris in the middle of the road to avoid, but you will also the strangers lurking in the dark.
- 5) **Keep a Spare Pair of Shoes and Clothes Around** - You never know when you may want to go for a run, during a lunch break, after work or even during a trip downtown.
- 6) **Sign up for a Run** – Not only does it set a goal to help keep you focused on running, but most organized runs do support worthwhile charities.
- 7) **Always Log your runs on RO** – A shameless plug, but it does help to track progress.

### **Chef's Corner**

#### **Chickpea and Spinach Spread**

<http://recipetoday.com>

1T olive oil  
2 cloves garlic, minced  
2 cups canned chickpeas rinsed and drained  
1 T lemon juice (a tad more is good)  
10 oz spinach (fresh OR frozen)  
½ tsp crushed red pepper flakes  
2 tsp tahini paste

*Heat oil in stockpot over medium heat. Add garlic. Cook, stirring until fragrant, about 1 minute  
Add chickpeas and lemon juice. Cook 1 minute  
Add spinach, salt, and red pepper. Cook until most of the liquid has evaporated, about 2 minutes. Let cool  
Pulse spinach mixture, tahini paste, and lemon juice in a food processor until slightly chunky.  
Spread can be refrigerated in airtight container, up to 2 days.*

**Don't forget to log your runs and visit us at <http://www.runoutside.com/>**