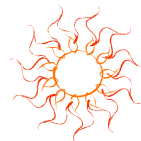


# moxy

FITNESS



JULY  
NEWSLETTER  
2010

Summer is here... Be sure to mark your calendar for our annual **Tallac** and **Freel Peak** hikes! Past, present & future Moxy Girls join us this summer for two great adventures!

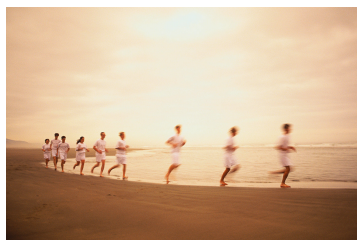


**TALLAC HIKE:** July 22nd @ 5:30 a.m.  
**FREEL PEAK HIKE:** August 7th @ 5:30 a.m.



All levels are welcome, however, if you are planning on joining us and know that you may need extra time, it's best to bring a hiking buddy! Both hikes will take 4-5 hours with drive/hike time, so allow for plenty of time. We will send out more details for each day as it gets closer. We hope that these dates work for many of you and look forward to spending this time with you on the trails!!!

*"We live with our heels as well as our head and most of our pleasure comes in that way."  
-John Muir*



**LEAVING YOUR FOOTPRINTS ALONG A WET SANDY BEACH IS ONE OF THE PUREST PLEASURES OF THE SUMMER.** IT ALSO HAPPENS TO BE ONE OF THE BEST WORKOUTS. EVEN JUST A

FEW BEACH RUNS STRENGTHENS YOUR ANKLES, ARCHES AND ALL OTHER BELOW-THE-KNEE MUSCLES MORE THAN RUNNING ON HARDER SURFACES. IT'S SO GOOD FOR YOU THAT COACHING LEGEND BOB SEVENE ENCOURAGES HIS BIG SUR DISTANCE PROJECT ELITE RUNNERS TO RUN, WALK, AND EVEN DO "HILL" REPEATS ON SAND SEVERAL TIMES A WEEK. "RUNNING ON SAND DEVELOPS POWER THROUGHOUT YOUR LOWER BODY," SAYS SEVEN. "IT REQUIRES YOU TO GENERATE MORE FORCE AND WORK THROUGH A FULLER RANGE OF MOTION, FROM YOUR ANKLES TO YOUR HIP FLEXORS AND ARMS." THAT EXTRA EFFORT PAYS OFF: SEVERAL STUDIES HAVE FOUND THAT RUNNING ON SAND CONSUMES MORE ENERGY THAN RUNNING ON ASPHALT— BURNING 1.6 TIMES MORE CALORIES PER MILE. THERE'S ALSO MUCH LESS IMPACT FORCE WHEN YOU RUN ON SAND. THE DRY, SOFT STUFF IS THE kindest TO THE LEGS. BUT IT'S ALSO MUCH HARDER TO RUN IN, MAKING 10 MINUTE MILES FEEL LIKE SPEED WORK. BECAUSE OF THE ADDED DIFFICULTY, YOUR FIRST BEACH RUNS OF THE SUMMER SHOULD BE DONE IN RUNNING SHOES IN THE HARD, WET SAND NEXT TO THE WATER.... GET OUT AND FIND SOME SAND!!

## Swim, Bike, Run!!!!

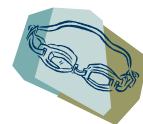
Check out the Aflac Iron Girl Triathlon for the first time this summer in Lake Tahoe. Now you can try your luck with a fun women's triathlon on your own turf!!! Sign up to compete, or just come out and support your Moxy Girls!

September 19th, 2010 @ 7:30 a.m.

400 Meter swim

24 K Bike

5 K Run



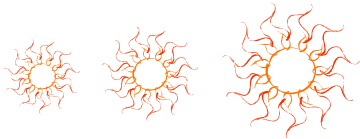
For details visit [www.irongirl.com](http://www.irongirl.com)



FIND OUT WHAT'S INSIDE....**OUTSIDE.** GET OUT. GET MOXY.

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

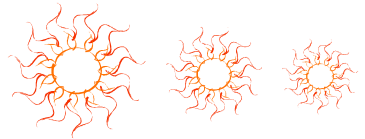




Moxy



Girl



Meet Moxy Girl **Lauren Wayne!!!** This girl could knit up just about anything you ask for... and then some! But knitting is not the only thing she's good at- she can run, squat, leap and lunge in true Moxy style! She's gotten stronger and stronger each week since she joined us last winter. Way to go Lauren!!!

**How long have you been a Moxy Girl?** Since December **What's your favorite Moxy workout?** I love the strength training circuits. There's always different exercises and keeping things moving makes it fly by **Nickname?** Lo **My friends and family would describe me as?** Happy and motivated **Favorite indulgence?** Oh Boy. Champagne! (and cheese) **My worst habit is?** Self-criticism **Favorite movie?** Lord of the Rings- all of them **When I'm not working, knitting or doing Moxy, I like to?** Not knitting?!? Cook, Read and garden **Little known fact?** My middle name Elise is named after a Beethoven song- Fur Elise. **Tabata or hill repeats?** Tabata- unless it's Squat Thrusts! **When I grow up I want to?** Be independently wealthy **One thing I**



**wish for is?** For everyone to stop using plastic bags at the store. And World Peace **I love being a Moxy Girl because....?** I feel stronger, healthier and I'm always so happy after EVERY workout! 😊

### A few things to add to your Running To-Do list:

**Do this IN THE MORNING:** Set your alarm. Embrace your inner early bird. British scientists found that when cyclists exercised at 6:45 a.m. they could sustain an intense pace for a longer period compared with when they exercised at 6:45 p.m. Your core body temperature is lower in the a.m., so it takes longer to overheat from exercise performed in warm conditions, says lead researcher Ruth Hobson. Plus, levels of cortisol (a hormone that helps break down fat for fuel) are higher at daybreak, "which might help you run a little farther, faster and with more energy," says Hobson.

**Do this BEFORE YOU RUN:** Get a buzz on. University of Illinois researchers discovered that athletes who consumed caffeine (the equivalent of about two to three cups of coffee) before high-intensity workouts felt less muscle pain throughout the session. Caffeine may help block receptors involved in processing of painful stimuli, explains lead researcher Robert Motl, Ph.D. "The possible implication is that athletes could push harder during training and competition, and experience greater adaptations and improved performance," he says. It's still unclear if lower doses have the same effect, but start with a single cup of joe or black tea 30 minutes to an hour before your run to make sure you can tolerate it. Caffeinated gels typically contain 20 to 50 milligrams of caffeine, compared to 80 to 150 milligrams in a cup of coffee. As a result, they provide a slightly weaker pre-run pick-me-up. Gels do provide carbohydrate delivery to working muscles, however, so take a couple of them with your run.

**Do this DURING YOUR RUN:** Clear your head. Speed work after a tense power meeting? Better make it an easy day instead. Mental fatigue may lower runners' perceived tolerance for physical endurance, according to a study in the Journal of applied Physiology. Runners who reported feeling mentally worn-out reached perceived exhaustion on a treadmill test nearly two minutes earlier than their rested counterparts. "Mental tiredness made the workout seem harder," says Christopher Traverse, M.S. An exercise physiologist at the Cleveland Clinic. Schedule tough sessions on days you know you'll feel rested and upbeat. Or workout in the morning before you get bogged down by the days mental challenges," says Traverse.

