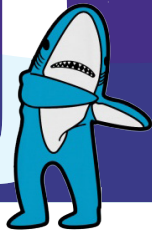


# GO TEAM GAZETTE



TEAM FUNDRAISING TOTAL:

**\$59,500**

FALL MARATHON TEAM 2015 • WEEK 11

**WARM  
TEMPS**  
  
60°  
(or higher)

+

**LONG  
WORKOUT**  
  
90 min  
(or longer)

+

**NEARBY  
LAKE OR  
OTHER BODY  
OF WATER**

Pack your:

- towel
  - flip flops
  - change of clothes
- ...and enjoy an ICE BATH the way nature intended!

**= PERFECT OUTDOOR ICE BATH CONDITIONS!**

**Nature's Ice Bath** If you're lucky enough to finish your long run near a big body of water (like NEXT WEEK at Alki) take advantage of the healing powers of that frigid Washington state water. No lake nearby? Jump in the tub. This week's Coaches Corner explains how to do it, in gory detail!

## SATURDAY PRACTICE: AUGUST 22—ARBORETUM

1075 Lake Washington Boulevard E | Seattle | 8 a.m.

We're back to a longer run this weekend, but the setting couldn't be more beautiful! The Arboretum (Japanese Gardens) is located near the UW, and our workout will take in views of Lake Washington and some gorgeous homes.

## COACHES CORNER — TIME FOR AN ICE BATH!

As we get into the higher miles, your body might be feeling some aches and pains from the added stress of so much time on your feet. We've talked about using the RICE method for taking care of an injury, and now we'll share a little more about some preventive methods for feeling better in the hours and days after your long runs.

### Should I use ice or heat on my injury?

Applying ice or heat can provide relief when you're dealing with a running injury. For different types of injuries, though, you should use these treatments at different times. Here's a guide to when to use hot or cold therapy:

#### HEAT

**When to Use:** If you have a tender or tight spot that's been bothering you for a little while, applying heat before training or exercising can help loosen your muscles and relax the area.

**What to Use:** Use a heating pad (available at most drugstores) or a towel soaked with hot water.

**How Long:** Before starting out, apply heat for 5–10 minutes.



### Left Shark + Erin

While interviewing Erin Waterman for her "Left Shark segment," we discovered a story that needs to be told. (Her story continues in the Mission Moment section on page 3.)

"My daughter, Carli, endured 2.5 years of medical treatment and suffering on the path to cure her non-Hodgkin's lymphoma. We are keenly aware of potential long-term drug side effects. She is now a strong and healthy teen who is my daily inspiration.

I believe parents of childhood cancer survivors are survivors, too. I struggled with post-traumatic stress symptoms following my child's cancer treatment, and because connecting with nature was such an important piece of my own recovery, I started a visioning page for a type of family support I would love to see offered in hospitals around the country. **Healing Outdoors** is not a funded organization (yet) but a vision to bring strength and healing from the natural world to people's lives inside the sterile, nature-disconnected environments of hospitals or home-bound situations."

KEEP READING →

PLEASE SEE PAGE 3 FOR MORE →

**COACHES CORNER** *continued*

**COLD**

**When to Use:** Use ice immediately after sustaining an acute injury, such as a sprain. Ice should also be used when you've re-aggravated a chronic injury, such as plantar fasciitis or shin splints. An ice bath (see below for instructions) can also help with muscle recovery after running a long run or race.

**What to Use:** You can use an ice pack (a plastic bag filled with ice; a bag of frozen vegetables; or even a frozen water bottle, which is especially good for pain on the bottom of the foot). Make sure you place a towel between the ice and your skin—don't apply it directly. For sore feet, rolling a frozen water bottle under the sole is a handy trick.

**How Long:** Ice for 15–20 minutes, three to five times a day. For acute injuries, ice during the first 24 to 48 hours after the injury. For chronic injuries, ice when you've re-aggravated the injury and are feeling pain. Or follow doctor's advice.

**TAKE AN ICE BATH**

For recovery after a long-mileage morning, tough workout, or race, nothing beats an ice bath for the quickest recovery! Soaking in a tub filled with water and ice will help reduce inflammation of tissues and joints, relieve soreness, and speed up your recovery. It works like magic to help with recovery, so plan to make this part of your post run routine when the miles get high. An ice bath is just for your hips and legs—these are the areas most prone to soreness after a long run. This means that you can bundle up on your top half. Keeping your core warm will help make the ice bath more bearable.

**Here's how to do it:**

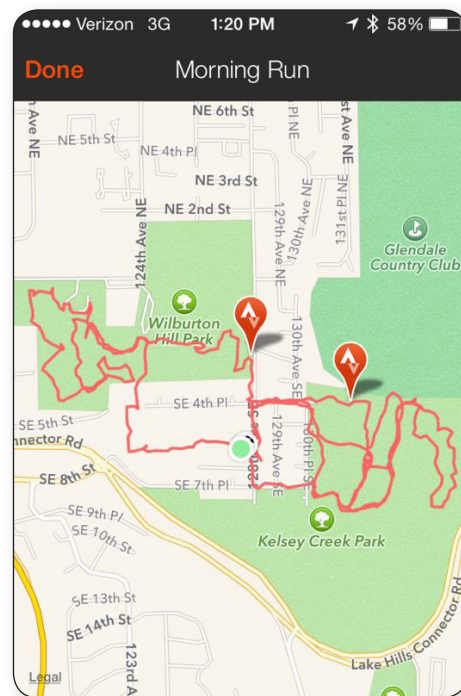
1. You can leave your running shorts on and put on a sweatshirt, a warm hat, a vest—anything to keep your core warm while you ice your legs.
2. Fill your bathtub with cold water—just water to start—and slowly get in. Let your body adjust to the temperature. (If anyone else is home, warn them that they may hear screaming coming from the bathroom. Let them know that you're fine—just cold!)
3. Dump one 5-pound bag of ice (or a few trays of ice) into the tub. If you can tolerate that, dump another 5-pound bag of ice in the tub. (Again, the warning to family members/roommates is helpful at this point.)
4. Stay in the tub for 15–20 minutes or for as long as you can stand—every minute helps reduce soreness. If you feel numbness, get out sooner.

**PLEASE let the coaches know if you're dealing with any pain or discomfort.** If you're not sure if you're doing a stretch or exercise correctly, please ask us to demonstrate. The earlier you take care of a problem, the better chance you'll have to recover quickly. Don't suffer in silence!

~Go TEAM! Lisa, Jason, Cathy & Mentha

THE ICE BATH: IF RUSSELL CAN TAKE IT, SO CAN YOU. —>

**BRAGGING RIGHTS**



**Two weeks ago you conquered the never-ending, up-and-down loop of Lake Youngs ...** This past weekend, the Bellevue International School offered a more arbitrary path—much like that of a butterfly. If you were running alongside Coach Lisa, this was your exact flight.

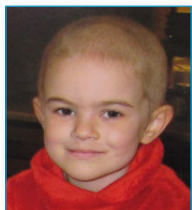
**WEEKDAY PRACTICES**

**Tuesdays—6:30 p.m.**  
Greenlake Park

**Wed. August 26—7:00 p.m.**  
Bellevue Int'l School Track  
445 128th Ave. SE, Bellevue



## MISSION MOMENT: CARLI



Teammate Erin Waterman composed the following piece in 2006 for the **Seattle Children's Hospital Cancer and Blood Disorders Clinic website** ([www.seattlechildrens.org/clinics-programs/cancer](http://www.seattlechildrens.org/clinics-programs/cancer)).

One week before her 4th birthday, my daughter Carli was diagnosed with lymphoma. The day after Thanksgiving 2004, I rushed her to our local hospital on Whidbey Island because she was struggling to breathe. Six hours later, I was flying down the freeway to Children's Hospital, where x-rays showed her lungs filled with fluid. I did not know then that Carli and I would not return to Whidbey Island for the next nine months. She was treated for what was thought to be severe pneumonia until tests on the fluid showed cancer. Once the fluid was drained, it became evident she had a tumor around her heart.

It is difficult to describe what it's like to learn to administer highly toxic drugs to your young child, to watch them lose hair and revert to a kind of "infancy" just as they reach toddler-hood. It is difficult to describe the social impact on a child to be taken out of their community of preschool friends and instead go through all ranges of physical and emotional transitions, sometimes many within a single day, with everpresent TV and Disney movies for distraction. A kind of limbo where family and other bald, often weak and ill children become the peer group, the norm.

Thanks to huge strides in childhood cancer treatments over the past 25 years, the survival rate for Carli's cancer is 80%. I read accounts of survivors undergoing childhood cancer treatment 20+ years ago and am aware she likely would not have survived had she been born at a different time—or at least would have had a more tortuous course. This experience has given me the drive to do anything in my power to support childhood cancer research. Funding is sorely needed to continue improvements to assure a viable future for all our children, especially as numbers of survivors leap and long-term impacts of treatment remain in question.



**Erin Waterman and daughter Carli—now a healthy, active teenager**

**Erin on "nature connection":** Research shows that humans have a calming, centering, healing response to viewing images of nature or being immersed in conscious connection with nature (not just barreling through it—though that's great too, as any TNT-er can attest to). To view some of my slide shows from countless moments of nature connection, visit [www.healingoutdoors.org/videos](http://www.healingoutdoors.org/videos)

## ANNOUNCEMENTS & REMINDERS

### DYNAMIC STRETCHING WARM-UP - NEW! Saturdays at 7:45 a.m.

Dynamic stretching is an excellent full-body warm-up. If you'd like to participate in a stretching session on Saturday, show up early! **Coach Jason will get us started at 7:45 a.m.** We are now offering this at every Saturday practice!

### WHAT SONG GETS YOU PUMPED UP?

Earlier this month, your mentor asked you about your favorite workout song. If you forgot/failed to respond to this question, please submit your answer to Kelsey ([Kelsey.hubbard@lls.org](mailto:Kelsey.hubbard@lls.org)), who is putting together a **playlist of inspirational running/walking tunes**. Tell us what gets you moving!

### WHO ARE YOU TRAINING FOR?

This is not a trick question. If you're training/fundraising for someone (or someones) in particular, please send his/her/their photo to Kelsey ([Kelsey.hubbard@lls.org](mailto:Kelsey.hubbard@lls.org)). She has something special planned! (Please submit photos by September 5.)

### SENDOFF PARTY

**Thursday, Sept 24**

Please circle this date on your calendar! We'll discuss event weekend details and receive final words of encouragement from our coaches. Let your captains know if you cannot attend—we'll make sure you get your materials!