



MAY RUN DOWN 2020

NOTE FROM THE OFFICERS:

Hey CRC,

What a month April has been. First and foremost, we hope that all of the CRC community and family members are healthy and safe. For many of us, seeing Patriots Day come and go without the Boston Marathon taking place was quite surreal. Fortunately, one of the best things about our sport is its flexibility. No matter where we are, and under even the most dire circumstances, we are able to reap the physical and mental benefits that running provides. Hopefully you have found our virtual meetups helpful in restoring some sense of normalcy, and have been able to lean on CRC friends for support during these last several weeks. If you have not done so already, tune in for Coach Scott's virtual talks which are occurring on a biweekly basis. We have received a lot of positive feedback, and members are finding the various topics Scott has presented very helpful for their present and future training. The officers and committees are continuing to meet virtually behind the scenes to brainstorm novel ways to safely keep everyone involved with the club. We hope to present more exciting opportunities to you very soon.

-Run Hard

Brian, Jason, Tyler, and Lisa

Check out CRC on [Facebook](#), [Strava](#), [Twitter](#), and [Instagram](#)!

Q+A WITH COACH SCOTT

What are some at-home exercises we can be doing right now without leaving our house that are good for strength training/conditioning?

The following are all excellent options for building strength and flexibility/mobility at home. Focus on what will best help you meet your goals. Do you need to improve your flexibility? Do you want to improve your strength? Do you want to improve your durability (injury prevention)?

I like these two videos demonstrating good stretches to improve flexibility and mobility.

<https://www.youtube.com/watch?v=jHITnUF-e5E&t=32s>

<https://www.youtube.com/watch?v=Objywlbu6iU>

Here is a site with a graphic explaining the difference between flexibility and mobility.

<https://www.burgerstobeasts.com/articles/mobility-vs-flexibility-whats-the-difference>

Resistance loops are great for anyone with IT band problems.

<https://www.power-systems.com/shop/product/versa-loops>

<https://www.power-systems.com/shop/product/versa-tube>

These are great for numerous exercises... lunges, squats, seated rows, curls, overhead press, triceps extensions, chest press and others

Here is a good chart full of resistance band exercises:

<https://vitals.lifehacker.com/this-exercise-chart-is-full-of-travel-friendly-resista-178426704>

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Many people participated in Strava's April 5k Challenge. Are there any other virtual races out there that you'd recommend for those that want to keep the momentum going?

This is an evolving time and we are not sure when we will be able to run races again. The virtual option is a brilliant option. What would we have done before 2010? I honestly think the club options are best for now. Keep it close to home and keep it simple. I want to do what NASCAR is doing and do it via a video game so I can participate!!

What is your advice for people who are struggling to stay motivated to get outside and run during the pandemic?

This will be most of what I am covering on Thursday. How to stay motivated when there is nothing to train for?

As I said in my first talk, this is a good time to find something to work on that you normally would not have time to fit in. We are always preparing for the next race and are worried about trying something new or finding the time to work on other aspects of our fitness. Now is the perfect time. It can't interrupt your preparation for an upcoming race. Flexibility, mental preparation, mental toughness, speed, strength, training pace, mileage, power, nutrition etc. You can focus on each a little or a couple a lot but find something you really want to improve, find a baseline, and monitor improvement. Open your mind and go for it!

If you have a question for Coach Scott, please email the [communications committee](#) to have it included in next month's Run Down!



CRC MEMBER SPOTLIGHT

Steph Habura

Despite the lack of in-person races this season, Steph has been using this time to ramp up her training. After dealing with several injuries recently she is finally healthy again and able to get back out there. Thank you, Steph, for giving us all a little extra, and much needed boost of motivation!

Congratulations Steph!

If you know of a CRC member we can highlight for a great race or effort, nominate them for the Run Down Spotlight by sending an email to the [communications committee](#).

RECIPE OF THE MONTH

This is a new feature by popular demand! We will feature recipes from CRC members for post-long run food. If you have a favorite post-long run dish that you want to share, please email the [CRC communication committee](#) and it will be featured in a future month's Run Down! Feel free to share smaller "quarantine cuisine" types of dishes as well during this pandemic season. All CRC runners need to eat even in challenging times!

Homemade Bagels

Ingredients

- 1 and 1/2 cups (360ml) warm water (between 100-110°F, 38-43°C)
- 2 and 3/4 teaspoons instant or active dry yeast
- 4 cups (500g) bread flour (use a kitchen scale if you have one!), plus more for work surface and hands
- 1 Tablespoon packed light or dark brown sugar (or barley malt syrup)
- 2 teaspoons salt
- Coating the bowl: nonstick spray or 1 Tablespoon olive oil
- Egg wash: 1 egg white beaten with 1 Tablespoon water
- For Boiling: 2 quarts water and 1/4 cup (60g) honey (or barley malt syrup)

Instructions

1. Prepare the dough: Whisk the warm water and yeast together in the bowl of your stand mixer fitted with a dough hook attachment. Cover and allow to sit for 5 minutes.
2. Add the flour, brown sugar, and salt. Beat on low speed for 2 minutes. The dough is very stiff and will look somewhat dry.

3. Turn the dough out onto a lightly floured surface. With lightly floured hands, knead the dough for 4-5 minutes. The dough is too heavy for the mixer to knead it!
4. Lightly grease a large bowl with oil or nonstick spray. Place the dough in the bowl, turning it to coat all sides in the oil. Cover the bowl with aluminum foil, plastic wrap, or a clean kitchen towel. Allow the dough to rise at room temperature for 60-90 minutes or until double in size. (**Kun's note:** Can also let dough rise overnight in the refrigerator.)
5. Line two large baking sheets with parchment paper or silicone baking mats.
6. Shape the bagels: When the dough is ready, punch it down to release any air bubbles. Divide the dough into 8 equal pieces. Shape each piece into a ball. Press your index finger through the center of each ball to make a hole about 1.5 - 2 inches in diameter. Loosely cover the shaped bagels with a kitchen towel and rest for a few minutes as you prepare the water bath. Preheat the oven to 425°F (218°C).
7. Water bath: Fill a large, wide pot with 2 quarts of water. Whisk in the honey. Bring water to a boil, then reduce heat to medium-high. Drop bagels in, 2-4 at a time, making sure they have enough room to float around. Cook the bagels for 30-60 seconds on each side.
8. Using a pastry brush, brush the egg wash on top and around the sides of each bagel. Place 4 bagels onto each lined baking sheet. Bake for 20-25 minutes, rotating the pan halfway through. You want the bagels to be a dark golden brown. Remove from the oven and allow bagels to cool on the baking sheets for 20 minutes, then transfer to a wire rack to cool completely.
9. Slice, toast, top, whatever you want! Cover leftover bagels tightly and store at room temperature for a few days or in the refrigerator for up to 1 week.

Thanks to Jason Stewart and Kun Song for this month's recipe!