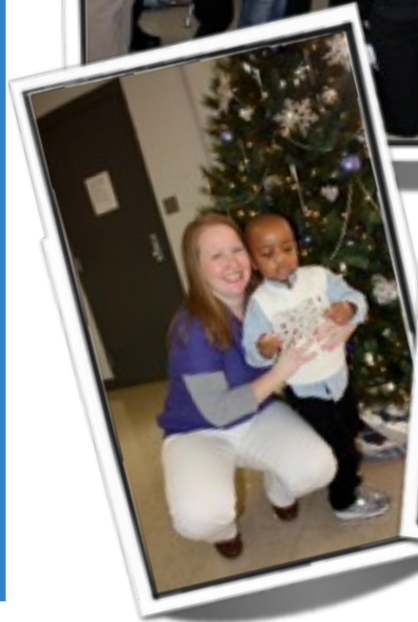
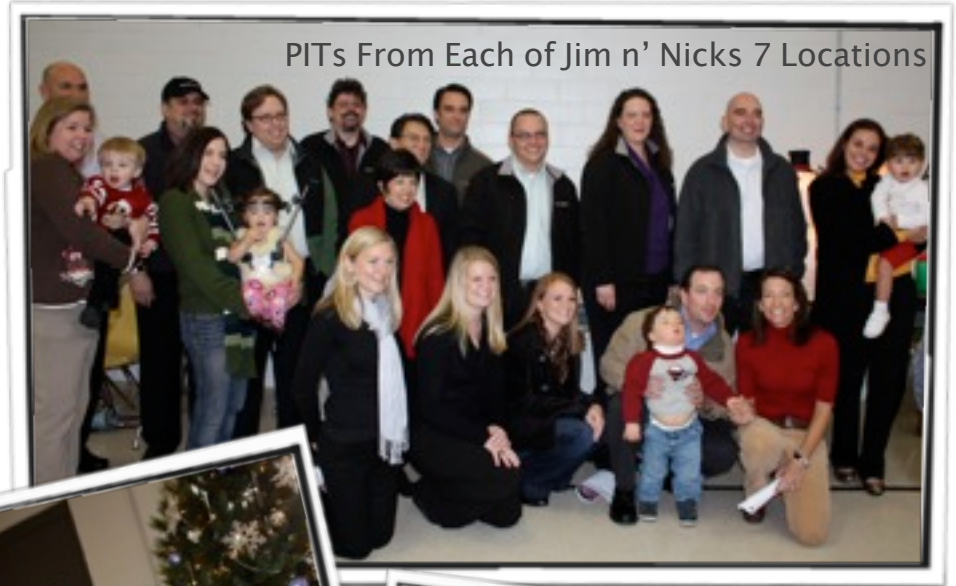


The PIT Stop

A BELL CENTER
PARTNER IN
TRAINING
NEWSLETTER



Hi Everyone!

I hope this finds you all doing great and enjoying the holiday season. I commend you for your commitment to training and fundraising during what is such a hectic time of year. Days are shorter but "to do" lists are longer, so thank you for making The Bell Center a priority. 2010 will be here in a flash and next up is the Red Nose Run...and then Mercedes!

Several of you stopped by The Bell Center Holiday party and had the chance to visit with your child and their family, and

I know they were happy to see you. For those of you who could not make it, I've included a few photos from the day.

A Very Merry Christmas to you and yours,

Jen Dent
Mercedes Marathon Chair

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PIT is on Facebook! This is a great way to talk to other PITs about runs, training advice, and accomplishments! It is also a really useful forum for relay teams who need members (and vice-versa) to find each other!

PIT is on Facebook!

[Click here to Become a Fan on Facebook! >>](#)

Marathon Nutrition Training Guide

Advice From PIT Coach Ann Ruth

1. General Nutrition Recommendations

(i.e. things you really should know whether or not you are training for a marathon!)

Goals

- To have enough energy to get you through training runs
- Maintain and control body weight

Tips

- Eat 3 well-balanced meals everyday
- Eat at least 1, preferably 2 snacks per day- so that you are eating every 2-5 hours throughout the day
- Eat a balance of the holy trinity of nutrition...carbs, protein, and yes- fats too!
- Fill yourself up on "real" food, not empty calories
- Don't obsess over how many actual calories you eat each day- the balance of the nutrients is most important
(you may need anywhere from 2200-3000 calories per day)
- Refuel after long training sessions
- Hydrate before, during, and after runs
- Do not try to lose weight while you are training

2. The Holy Trinity of Nutrition

Carbohydrates: Your Ultimate Fuel

- Carbs = glucose = stored as glycogen in your muscles = what gets you through a long run!...Low carbs = low energy!
- You will find 100's of different recommendations, but for endurance training, I think 60-70 % of your daily calories is ideal. If you want to do numbers, remember there are 4 calories per gram of carbohydrate.
- A good way to figure this out is to eat about 3-4 grams of carbs per pound of body weight---this works out easily without having to figure out exactly how many calories you eat.
- Of course most of your carbs should come from complex starches (whole grains, fruits, veggies, beans)

Protein

- This is end of the line in terms of your "back-up" fuels (along with fats).
- On longer runs, your body will turn to fats then protein for energy because you can't store enough glycogen to last over about 2 hours
- Ideal is about 12-15% of your calories (1 gram of protein = 4 calories) An easier way to figure this is to eat 0.55 to 0.75 grams of protein per pound of body weight...once again, you will find tons of variations on these numbers
- Get enough protein each day, but it is especially important in the "recovery window"---the 30-90 minute period after a long training session.
- Protein is important for rebuilding muscles after those runs (train, tear down muscle fibers, rebuild muscle)...gotta have protein for that last part.
- Some people just feel like they need more protein than others, you just have to find your balance- fatigue will set in with under consumption of any nutrient, but can be especially noticeable with protein

Fats

- This dirty word is good (relatively) for runners
- Bottom line- you gotta have it to fuel your body through long runs, but stay away from trans fats and too much saturated fats
- Try to have 20-25% of your daily calories from fat (there are 9 calories for every gram of fat)
- In order to spare using up all your glycogen stores, your body will turn to fat stores for energy on longer runs. If you train consistently, your body will eventually learn to burn fat more efficiently.

Common Carb Amounts

- Fruit (1 apple, 1 orange, 1/2 banana, 4 oz. OJ) = 15 g
- Starches (1 slice bread, 1/2 c. cereal, small potato) = 15 g
- Sports Drink (7-8 oz) = 15 g
- Bars (in general - there are so many kinds) = 20-50 g
- Gels = 20-30 g



Marathon Nutrition Training Guide Advice From PIT Coach Ann Ruth



Once again, training is not the time to diet or lose weight. You have been training for several weeks and should be at a pretty consistent weight by now. If you start losing weight, eat more to maintain where you are now. A little weight loss is fine, but trust me you will feel it in your training runs if your body is not getting enough fuel.

Avoid taking too much NSAID products. They are processed and eliminated in the kidneys, and can interfere with proper hydration. I like to stick to Tylenol for training

- During a long run, your body pulls blood away from your digestive system, so eat slowly after you are done so your stomach has time to get back in digestion mode... otherwise you are looking at a nasty couple of hours
- Remember to find what works best for you- and it may be totally off the wall and different from other runners- possibly nothing I have even suggested, but if you find a runner who is healthy and successfully training for a marathon on the Atkins Diet, let me know.
- Girls especially should watch out for anemia. Multi-vitamins are a good idea anyway, so go ahead and take one with iron in it (of course you should shoot for food sources also).

Bell Center Testimony Real-Life Impact in the Lives of Our Bell Center Kids

My name is Jill Everette and I am a parent of three graduates of the Bell Center. When I was 27 weeks pregnant I gave birth to triplets that weighed a total of 7.5 lbs. They stayed in the RNICU for six months. We immediately enrolled them at The Bell Center. I don't know how to explain the anxiety that I felt not knowing what we would be faced with in the upcoming months. We spent two days a week at The Bell Center working on the simplest of milestones. Our team of therapists loved my children, believed in my children and encouraged my children. They thrived at The Bell Center and so did we as a family.



The Everette Triplets: Rex, Ransom and J. Wesley

Today I have three incredible boys! All running, jumping, laughing and talking. They are on their way to leading incredible lives and The Bell Center will always be a part of their story as well as mine. Having triplets 3 months early was hard and having a support system in place was crucial. The Bell Center was our support center. My wish is that every child who needed it could and would receive early intervention as soon as possible, with no waiting list and enough space for all of them. They deserve that.

One day I hope to see this happen..... I know you each do to and you have already made the first step by joining the PIT crew for the Mercedes Marathon! I myself have been a PIT member and know it is both a huge commitment and a wonderful experience. I can remember the emotions I felt crossing the finish line. WOW! Look at far we had all come. Not just the race but all the accomplishments my children had made in the time they had been at the Bell Center. We really had reason to celebrate that race.

Good luck and Have Fun!!!! Please know that everyone who has benefitted from The Bell Center commend you on your decision and determination to help.

Sincerely,
Jill Everette



Red-Nose Run Time!

Registration deadline for the Red Nose Run is December 30th. If you need the instructions for online registration, please email me at jendavident@bellsouth.net. Remember, there is no entry fee charge if you are a PIT!

Junior PIT Program



Do you have a child in middle school? Then our Jr. PIT program is a great way for you to participate in Mercedes Marathon weekend together as well as to fundraise as a team. The Jr. PIT can select the BE5K or the Mercedes Marathon 5 person relay based on athletic training and conditioning. Each participant will be paired with a past or present Bell Center child and the student will train and raise funds (\$310) in the name of that child. The goal is to couple a healthy, active lifestyle with a passion for work within the community. This is a great way to fulfill required school service commitment hours. For more information, visit: <http://www.theserviceguild.org/mercedes-marathon/registration/>

Fundraising Idea

Since it is Holiday time, many of you are sending out Christmas cards to friends and family. Laura Promer, who is a PIT (and her kids are Jr. PITs) shared with me what she is doing to fundraise through the use of her Christmas card list. I thought it was such a good idea that I wanted to share it with you! Here is the message she included, along with a great photo of her children. This would also be a wonderful thing to do with a New Years' message.



On February 14, 2010 we will be running the Mercedes Marathon as a family relay team to benefit the Bell Center for Early Intervention. Please consider donating through our webpage at www.firstgiving.com/laurapromer or you may send a check for the Bell Center. Visit www.theserviceguild.org for more information or to register as a Partner in Training.