

# Worthwhile items to know when training for long distance runs

**D**o any of you run? I have discovered, through the many miles I have pounded on the pavement recently that there is a whole new world of eating out there! It is the eating habits belonging to the running crowd.

I have read many articles about healthy eating and thought I had a grasp on the concept. But, for long distance runners, healthy eating goes to a whole new level.

I should clarify this by explaining that a few of my girlfriends and I are running our first half marathon in a week's time. So, through our many, many, many weeks of training we have discovered quite by accident which foods give an optimal performance on the long run days.

Here are a few things we have discovered: (I suppose we could have read all of this information in a book, but we'd much rather find out the hard way!)

- Although running long distances burns many calories, you still cannot eat anything you like anytime you want without gaining weight

- Water is your best friend— drink lots and drink often— but know where your washroom options are during the run

- If water is your friend, then booze is your enemy. It makes your legs feel like lead, it slows you down and makes you



take longer to recover from a long run

- A reasonable portion of a pasta dinner the night before a big run does seem to help, even better if it involves some lean protein— like seafood or chicken and a big salad

- Right before leaving for a long run, drink a big glass of water

- Shortly before leaving for a long run have a small snack— like a banana or protein bar

- Gatorade really helps! I always thought that drinks of this nature were perhaps promoting their healing qualities with some exaggeration. However, I have now discovered that a half and half mix of Gatorade and water during the run followed by the same again after the run is a big help—stops you from feeling generally run down and seems to relieve some of the exhausted feeling

- Don't eat two chocolate chip muffins immediately before going to bed and then expect to feel perky in the

morning. It seems those muffins take longer to digest than one would think

- Prolonged exercise seems to make you crave healthy food to eat— at least

for the meal immediately following the exercise. After that who knows!

Have fun and keep cooking!

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## Lemon Cheesecake

### Crust Ingredients

- 1/4 cup melted butter
- 1 cup Graham cracker crumbs

### Filling ingredients

- 2 lbs cream cheese at room temperature
- 1 cup granulated sugar
- 4 eggs
- 1 cup table cream (18%)
- 2 tsp vanilla
- juice of half lemon
- zest of one lemon

### Method

1. Preheat oven to 325 F degrees. Combine the melted butter and Graham cracker crumbs in a small bowl and stir to combine. Pat this mixture into the bottom of a nine-inch springform pan or a 9"x13" pan. Bake approximately eight minutes.

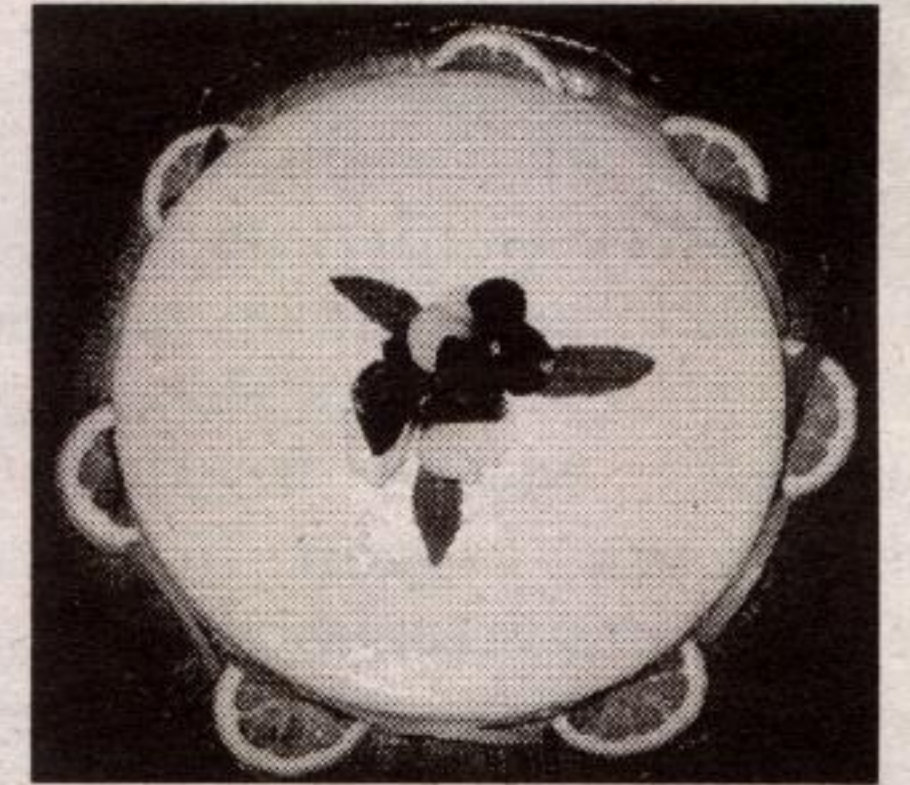
2. Beat the cream cheese until fluffy. Gradually add the sugar and

beat until smooth. Set mixer to medium and add the eggs one at a time, beating well after each addition.

3. In a steady stream, add the cream, vanilla and lemon juice. Beat thoroughly until mixed. Add lemon zest and fold in. Pour the mixture onto the cracker bottom.

4. Bake 35-40 minutes until set. It may appear a bit wobbly in the middle, but it will continue to cook after it comes out. Remove from the oven and allow to cool to room temperature. Refrigerate until cold, then remove outer edge of springform pan.

5. Garnish with berries and serve. Serves 12.



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