



Photo: Joe McCladde



RACERS READY

THIS IS IT!

Western States 100

(Squaw Valley, CA to Auburn, CA)
June 26-27, 2010

LOCAL RETAILERS

Visit these local Montrail retailers for the latest in Montrail footwear to help you get on the podium.

Alpenglow Sports
Tahoe City, CA

Auburn Running Co.
Auburn, CA

Fleet Feet Sacramento
Sacramento, CA

Montrail.com



MAKING TRACKS

unique and shows how the sport is growing and healthy.”

In the men’s race, at Beal’s Point, mile 26.5, Andy Henshaw of Colorado Springs, Colorado, and Mike Buchanan of San Carlos, California, were neck and neck. However, a strong chase pack including Geoff Roes of Douglas, Alaska, Mike Wolfe of Helena, Montana, Andy Martin of Bend, Oregon, and Max King of Bend, Oregon, were within striking range.

“I moved into the lead for good sometime shortly after mile 30,” says Roes, 33. “After that, I hit the singletrack and felt like I was out for a long run by myself. That was nice after all the pavement in the first half of the race.” Roes romped to the finish in one tick under 5:50, trailed by Henshaw six minutes later. Both Roes and Henshaw, 24, earned automatic tickets to this year’s Western States 100-Mile Endurance Run in June, which both are aggressively training for.

“Roes is an ‘animal,’” says Fingar. “He ran a very smart race, hanging back just enough

through the first 50K before making his move. It seemed his confidence grew and he got stronger as the miles progressed.”

With the win, Roes made amends for his Way Too Cool 50K faux pas a month earlier, when, in the lead and headed for victory, he went off course, placing a disappointing third. “Even though I didn’t win Way Too Cool, I ran a more solid race there than I expected,” says Roes, “which gave me a lot of confidence going into American River.”

On the women’s side, Tracy Garneau, 41, of Vernon, British Columbia, led from start. After mile 26.2, Garneau was in control, says Fingar, “looking confident and running within herself.” Garneau clocked a winning time of 6:43:14, followed by Pam Smith, 35, of Salem, Oregon, in 7:14:21, both of whom also earned spots in this year’s Western States 100.

—Michael Bengé

For full results, visit www.ar50mile.com.

Nutrition Tip

Boost Endurance with Chia

THE TARAHUMARA RUNNERS of northern Mexico’s Copper Canyon country have long fuelled their prodigious runs with a chia-seed based drink called *iskiata* and purveyors of ancient Ayurvedic medicine tout chia’s endurance and strength-promoting qualities.

But is this tiny seed’s superfood reputation warranted or a merely a myth evolved from its ancient origins?

Trail Tested

To test this superfood, a few friends and I guzzled *iskiata* before runs of up to two-and-a-half hours, and were impressed with the results.

We felt strong running at a high aerobic pace (a tick under 80-percent max heart rate), even in 90-degree heat. After about an hour, I noticed a mental and physical kick. Near the run’s end, when we’d normally be planning our post-run carb binge, we felt we could happily continue.

Professor Wayne Coates of the University of Arizona, co-author of *Chia: Rediscovering a Forgotten Crop of the Aztecs* and an ultrarunner with several trail 100-milers under his belt, suspects chia’s ability to boost endurance is due partly to its inflammation-reducing omega-3 and omega-6 fatty acids and antioxidants. “It’s similar to taking ibuprofen,” says Coates.

While chia isn’t a replacement for your usual fuels—it contains very little carbohydrate—the seeds are packed with fiber and an excellent source of calcium, phosphorus, magnesium, potassium, iron, zinc and copper and offer a complete essential amino-acid package, making it an ideal post-workout recovery food.

Get the Chia Charge

Make your own *iskiata* by mixing 1 level tablespoon of chia seeds in 1 cup of water with a squeeze of lime and 1 tablespoon of organic rice syrup to sweeten. Drink it 60 to 90 minutes before a long run of three hours or more since the seeds take up to four hours to digest.

You can buy chia seeds at health-food stores such as Whole Foods (www.wholefoods.com) or as Chia Goodness, a raw breakfast cereal that combines chia with hemp seeds, buckwheat, sea salt and dried fruit and nuts (www.ruthshempfoods.com).

—George Beinhorn