



Characters of all types at the finish line



Runners enjoying the views in Dry Creek Valley

Healdsburg Unveiled

Runners enjoyed ideal running conditions and spectacular scenery as they made their way from Francis Ford Coppola's Rosso & Bianco Winery into the Warm Springs Recreation area next to Lake Sonoma for the Wine & Music Festival. Christian Hesch of Morrow Bay, CA and Tamara Karrh of Murietta, GA won the inaugural race which featured 21 wineries on course, including one (Quivira) which served estate-grown honey shots and poured shots of wine at the mile 6 aid station. Many runners were dressed in colorful costumes to celebrate wine harvest and Halloween. Go to www.runhealdsburg.com for results and more information.

Santa Barbara
Napa-to-Sonoma
Healdsburg



October 2008. A Race is Born!

With the introduction of a new race comes anticipation, expectations, and trepidation. Back when we finalized our new Healdsburg course we knew it was a real gem but how many people would show up to run it? Would transportation from three locations run smoothly? What about the weather? These are just some of the seemingly hundreds of unanswered questions that hang in the balance before a first-time event.

Putting on a major running race requires the coordination of so many moving parts. Staff, committee members, city services, and hundreds of volunteers all must work together for the first time coordinating packet-pickup, an expo, dinner, transportation, traffic control, course operations, timing and results, a kids race, awards ceremony and Wine & Music Festival. In this case, the frustration and confusion of another race using our trademarked name and being held on the same weekend became an added distraction.

Fortunately, Saturday the 25th of October turned out to be a glorious day in the Healdsburg wine country. The course, with its views of multi-colored vineyards glowing in the sun was amazingly photogenic and a pleasure to run. Hopefully your own experience proved to overcome any operational snags you might have encountered. No doubt, producing destination events is a challenging undertaking, but when we see all those smiling faces celebrating their achievements with medals around their necks and Chardonnay in their wine glasses, the rewards have far outweighed the risks.

We'll be editing both a video and slideshow with some brilliant images to be posted on the event sites soon. Brightroom also has hundreds of photos posted on their website for purchase in many different formats which are great for gift items. We'll continue to expand our services as we move forward and keep you abreast of developments through our websites, emails and The Grapevine. In fact, we just redesigned our main portal website, www.destinationraces.com where you will soon be able to access a shopping cart with our new merchandise line.

Thanks to all of you who ran or worked the inaugural Healdsburg Wine Country Half Marathon. We hope you enjoyed this beautiful course and plan to tell your friends to sign up next year as we really celebrate Halloween and wine harvest! Registration for the 2009 event will open in late December or early January and we expect to sell out. We are excited about the changes 2009 promises to bring and hope to see you all soon!

Fitness & Training Tips

Too cold to run? Need Motivation?

Let's be honest. Once the cold weather is upon us, some days you just don't feel like going outside in the cold rain or snow. Here are some tips that will help on those days.

1. **Layer Technical Clothing.** The layer closest to the skin should be a fabric that wicks sweat. The layer on the outside should be nylon, Gortex or anything that breaks the wind. You will be cold at first, but your body will heat up fast. Dress as if it's 20 degrees warmer outside. Clothing that has zippers in the neck or armpits are perfect for keeping you warm at first and then venting the air as your body heats up.
2. **Shoes.** Wear shoes with the least amount of mesh when it is snowing and slushy outside. Wear socks that wick away moisture, but keep the feet warm.
3. **Warm up.** Run up and down the stairs in your house to increase body heat without breaking a sweat. The cool air will feel more refreshing than shocking when you step outside.
4. **Lower expectations.** Don't worry about your speed. Think of your training runs as maintenance vs. speed work. If it is too cold out, try two short runs per day rather than one long run.
5. **Get a Running Partner.** To help with the motivation, join a running group or meet up with a friend. When you see other people running in the cold, you know you have no excuse!

Work those Abs!

If you are injured or just can't motivate for a run, it might be good time to work on your core strength which will also ultimately benefit your stamina. Trainer Blue Benedum recommends a series of abdominal strengthening exercises that you can build up to.

The Hanging Series. On a pull up bar, or anything you can hang from, do 10 to 12 of each exercise or multiple sets.

1. Bring knees to chest, lean back and try to pull your toes to touch your hands. Slowly lower legs back down.
2. Hang straight and rotate one hip forward, keeping your legs together lift them straight up and forward, not bending the knees, with the oblique muscles, until your legs are parallel to the floor. If you are feeling strong, do both sides without dropping to rest your arms in between.
3. Easiest one. Bring one knee up to opposite shoulder and lower slowly while keeping the other leg hanging straight. Repeat all reps on one side before switching to the other side.

NEXT UP: The Floor Series

CHARITY CORNER



Girls on the Run is an organization we had the pleasure of working with on our new Healdsburg race. Based in Charlotte, North Carolina, they are a non-profit prevention program that encourages pre-teen girls to develop self-respect and healthy lifestyles through running. Their curriculum addresses all aspects of girls' development – their physical, emotional, mental, social and spiritual well-being.

There are currently 160 Girls on the Run councils across the United States and Canada. GOTR International establishes, trains and supports a network of community-level councils with local volunteers. The volunteers serve as role models to the girls through coaching the 12-week, 24 lesson curricula. The curriculum is delivered in these areas through after-school programs, recreation centers and other non-profit settings. At the end of each 12-week curricula the girls run a 5K race with their role models.

Thirty-eight volunteers from this outstanding organization were handing out water at four water stops, awarding medals at the finish line, helping judge the costume contest, and cheering on the runners. If they were asked to build sand castles underwater, they probably could have accomplished it. For more information about Girls on the Run and how can offer your support, go their website at www.girlsontherun.org



DESTINATION RACES UPDATES



Santa Barbara is one of our favorite destinations because it has so much to offer. Hang out at the beach in Santa Barbara or go shopping and cafe hopping on State St. and visit the historic missions. One of our new host hotels is Fess Parker's DoubleTree ideally located across from the beach and Milpas St. They are a family and dog friendly property with a large swimming pool and lots of amenities. Bring the whole family, after all it's Mothers day weekend!

Santa Ynez Valley is where you'll find the wine country with its charming towns and sweeping hills. The valley is a haven for bicyclists, hikers, runners, and golfers. If the old west is your thing, be sure to stop in downtown Santa Ynez and visit the Santa Ynez Valley Museum or listen to some country western music at Maverick Saloon, starting point of the half marathon. Down the road is Los Olivos, a quaint stop along the route filled with art galleries, antique shops, tasting rooms and restaurants. The centerpiece of the valley is Solvang, which was settled by Danes and still resembles a Danish village. The race ends on Copenhagen St. in Solvang and on race weekend much of the town is taken over by runners.

This race sells out so make your plans in advance to run this beautiful course - and spend some vacation time if coming from out of town. The race is on Saturday so you have lots of time for activities or relaxing afterwards. Destination Races and Santa Barbara Wine Country Cycling Tours will be hosting a course tour with Bart Yasso, travel editor of Runners World magazine so stay posted for details on this opportunity and other weekend events on our website, www.runsantaynez.com.

Napa-to-Sonoma Registration Opens!

Nearly 5,000 runners were denied entry into last years sold-out event so it was a race to the start when registration opened in November. 60% of the race entries sold in the first two weeks and all the spots are expected to be gone before the end of this year. Make sure you get to the starting line on time. Sign up online at www.napa2sonoma.com or www.runcarneros.com.



Our Favorites....

New this year we'll be giving you insider tips on the destination wine regions where we live and play. We'll also research some innovative products and ideas designed for runners. We start this issue by giving you some gift ideas for the holidays from people and brands we know and trust.

Gift ideas

1. **A Destination Race.** Naturally, we are partial to the Wine Country Half Marathon series which caters to runners and wine enthusiasts. Our travel page lists our hotel and travel partners, which offer preferable rates for our customers. Who wouldn't want to spend a weekend at the Sonoma Mission Inn complete with a spa package, winery tours and entry into a sold-out race in the wine country!

2. **Running skirts.** This new apparel trend is all about comfort & style! You can purchase high quality items online from both Athleta (athleta.com) and Atalanta Athleticwear (skirtgoddess.com). Women at our events have been raving about these skirts.

3. **A Ball Watch.** Ball Watch continues to set trends with their classic designs, innovative and precise technologies and unbeatable durability. These watches were built for adventurers. Mens and womens styles; www.ballwatchusa.com

4. **RoadID.** Keep your runners safe by buying them this great stocking stuffer. They have reflectors and flashing lights which can be worn on the wrist, ankle, shoe or clothing. It has enough room for an id, credit card/cash, keys and a Road ID plate with emergency contact information.

5. **Gift certificate.** If you want the easiest shopping experience, a certificate from your local running or outdoor store is always a safe bet. Large outdoor retailers like REI or Sports Basement have all types of apparel and equipment to satisfy.

6. **Wine.** Hearty red wines are best during holiday season. They can be purchased (and shipped) from the tasting room or on the wineries website. Some of our 2006 favorites include the Carneros Estate Syrah (\$30) and the velvety Brandlin Cabernet Sauvignon (\$85) from Cuvaison. If you prefer ZInfindel bargains try Quivira's Dry Creek Zin at only \$20 or Francis Coppola Diamond ZIn (\$17) from Rosso & Bianco. We also like Coppola's 2006 Malbec at \$20. Michel-Schlumberger has a fabulous 2004 Estate Cabernet Sauvignon (\$37). If you like to wine taste before selecting we recommend Rosenblum Cellars with tasting rooms in both Alameda and Healdsburg, California.