

Summer 2008

Volume 1, Issue 3



## Macias, Loken win convincingly in Santa Barbara

Mario Macias of Alamosa, Colorado and Susan Loken of Phoenix, Arizona won the 2008 race in dominating performances. Macias ran a time of 1:07:35 and Loken also led wire-to-wire, defending her 2007 title with a time of 1:21:21. Macias beat a strong field of challengers in winning his first SB Wine Country Half. Over 2,000 runners filled the towns of Santa Ynez, Los Olivos and Solvang enjoying the activities and wine country ambience all weekend. The weather proved to be ideal

for running with overcast skies giving way to sunshine just as the awards were announced and the wine started flowing.

For those who were not able to secure a spot in the race this past year, please sign up early for 2009 as registration will open in late August 2008. Check the website periodically and read our emails which will notify you of the registration opening date.

[www.runsantaynez.com](http://www.runsantaynez.com)

## Healdsburg is filling fast, register now!

If you want the ultimate destination wine country experience, be sure to register for our newest race...The Healdsburg Wine Country Half Marathon. The good news is it's on Sat. October 25th, so you have plenty of time to train! The race starts at Rosso & Bianco Winery by Francis Ford Coppola and runs past 21 wineries on a spectacular course through the Alexander and Dry Creek Valleys. Celebrate wine harvest and Halloween all in one by bringing your family, running mates or work colleagues and

dress in costume for this fun-filled weekend in Healdsburg, CA. The town is located just above Santa Rosa, and is a 90-minute drive from San Francisco or Oakland.

The course ends at the Lake Sonoma recreational area where the Wine & Music Festival will feature wines and other offerings from this leading wine region. There is also a 15 mile option up to Lake Sonoma and a kids Pumpkin race in downtown Healdsburg.

[www.runhealdsburg.com](http://www.runhealdsburg.com)



## Napa-to-Sonoma here we come!

July 20<sup>th</sup> is right around the corner, which means we are busy gearing up for the Napa-to-Sonoma Wine Country Half Marathon. We'll have over 2,100 runners in the half marathon and another 400 people will compete the 12K. Both races start at Cuvaison Winery in Carneros. If you don't have a room yet there are still a few available. Check our website for any updated deals and we'll also post

special offers from the Napa Visitors Bureau on our website.

Hanna Boys Center in Sonoma is host for the race dinner and they'll be preparing a healthy meal to fuel you up for race day. Dinner will be served at 7pm on their beautiful campus, tickets are \$45 and all proceeds benefit the center. You can purchase your tickets online or send a check to Destination Races.

For just \$20 you can turn your tee into a technical running shirt made by Athleta (a \$40 value). Order online at [runcarneros.com](http://runcarneros.com) and view the shirts on the merchandise page. The race is completely full and we will not be taking any more entries from the wait list. However, you can still register for the inaugural Healdsburg Wine Country Half.

[www.runcarneros.com](http://www.runcarneros.com)

## Featured Runner Liz Trocchio, CCFA Team Challenge – North Texas



*"I have lived with Crohn's my entire life; or what seems like my entire life. I was diagnosed when I was 18 years old, and 30 years later, I am healthier than I have ever been."*

Over 500 runners from the **Crohn's & Colitis Foundation of America** will be participating in this year's Napa-to-Sonoma race and raising 2 million dollars for the foundation in the process. It's a disease not often talked about but for those like **Liz Trocchio**, Crohn's disease is not only difficult to live with but it can also be life threatening.

Liz has been in and out of the hospital, and endured major surgery as a result of nearly losing her life to Crohn's in 2006. She is currently taking Remicade, a drug that helps her to live a relatively normal life. Her busy schedule includes working as a regional manager for Cushman Wakefield in North Dallas, fundraising, and running (literally) a family that includes three labs who help her train for the half marathon.

Throughout her ordeal Liz has maintained a positive outlook. "For 30 years I have lived with the disease that has tried to control my life, but I refuse to let it. It's manageable and it

reminds me to slow down and keep my life balanced," says Liz.

Running helps relieve the stress and keep Crohn's in remission but a flair up can put her in bed for as long as three days. Amazingly, Liz has already run 7 marathons and 3 half marathons. She runs nearly every day and especially enjoys a six-mile run with her youngest lab, Abby.

Liz decided to turn her battle into positive motivation and set out on a mission to help others like herself. Liz joined the North Texas chapter of "Team Challenge" and pledged to raise \$10,000 for the **Napa-to-Sonoma** race, a very ambitious amount. She has already surpassed her goal and has currently raised over \$16,000 for CCFA Team Challenge!

She is looking forward to achieving yet another lofty goal in Napa/Sonoma and raising money to help others like her who battle this disease daily. She also looks forward to raising her wine glass at the post-race Wine & Music Festival and enjoying the rewards of all her efforts!

### Training Tips

**Summer events mean summer training and as temperatures rise it's important to remember a few key things for hot weather running!**

### Just remember H-E-A-T!

**H**YDRATE...This means drink a lot. And not just before and after your run. During your run, drink about 4 to 8 ounces of water and/or sports drink every 15 to 20 minutes. They say you do not feel thirsty until your body is already dehydrated, even if you don't feel thirsty you still need to drink. Remember that drinks like Cola, beer and tea are not a substitute for water and tend to make you get rid of fluid almost faster than your body can hold it. Use good sense and drink water or 'ade' type drinks that your body can hold on to long enough to do you some good.

**E**XPECTATIONS....Lower them! If you get a really hot day, or a really hot race: lower your expectations. During training runs on hot days it's important to cut back on the speed of your run or the distance or both. Nobody can run as fast when it is hot. Remember, a warmed up running body thinks it's 20 degrees warmer than the outside temperature... make sure to dress in lightweight, moisture-wicking, light colored clothing.

**A**TMOSPHERE.....Running in the shade, especially on a hot day makes a big difference. If you always run on the same side of the street, look around. If it is shady across the street, cross over to it. And if you can find a trail through the woods, you'll be able to run faster and farther than on the hot pavement.

**T**IMING.....On hot days it's best to avoid running at midday. Early morning and late evening runs can make for cooler jaunts, and in the case of morning outings, you'll also have less air pollution in urban areas. Try to begin your run with the wind at your back so that you will have a cool headwind on your return.

## Destination Races Favorites

### Mustard Glazed Salmon with Summer Succotash *Recipe by Mariposa Kitchen*

Serve with a Carneros Chardonnay

Makes 4 servings

Ingredients for mustard glaze:

- 2 Tbsp olive oil
- 1 tsp chopped chives
- 1 tsp chopped tarragon
- ½ tsp grated lemon zest
- 1 Tbsp grainy mustard
- 2 tsp honey
- ½ tsp salt
- Fresh ground pepper

For salmon:

- 4 (6 oz.) pieces of skinless salmon filet
- 2 Tbsp olive oil

For succotash:

- 1 ½ cups fresh corn kernels (about 3 ears of corn)
- ½ cup cherry tomato halves
- 1 cup frozen baby lima beans
- 2 cloves of garlic, chopped
- ¼ cup chardonnay
- 1 Tbsp lemon juice
- 2 scallions, white and green parts, chopped
- 3 Tbsp olive oil
- 2 tsp salt
- 1 tsp fresh ground pepper
- ¼ cup fresh basil leaves, torn

Preparation

Mix all of the ingredients for the mustard glaze in a small bowl. Pat the salmon filets dry and spread the mustard glaze all over them. Put them in the fridge to marinate while you make the succotash.

Heat the olive oil in a large pan. Add the garlic and cook for 1 minute, or until just golden. Pour in the chardonnay and let it reduce for 1 minute. Add the corn and lima beans and cook for 3 to 4 minutes, until they are hot but still crunchy. Turn off the heat and add the remaining ingredients and toss well. Let rest while the salmon is being sautéed.

Heat the olive oil in a sauté pan until just smoking. Add the salmon, turning once, until golden and just cooked through. About 6 to 8 minutes.

Serve salmon over succotash with a sprig of fresh basil.

Some of our favorite (and best value) Chardonnays:

- [2006 Gundlach Bundschu Estate Chardonnay](#)
- [Nicholson Ranch 2004 Sonoma Valley Estate Chardonnay](#)
- [2005 Cuvaison S Block Chardonnay](#)
- [2006 Ceja Napa Carneros Chardonnay](#)

## Race Ready? Run your local races

One of the best ways to prepare for a Wine Country Half Marathon is to enter one or more local races of shorter distances in the months or weeks preceding the half marathon. Most communities will have a local 10K or 5K, and sometimes even a 12k or ten-mile race.

These races will feel a lot different than just heading out for your usual run and should help you gain some competitive drive and motivation. This will enhance your mental and physical training. Work on decreasing your per mile pace by pushing

yourself a little more in the shorter distances. Get to know your limits and comfort zone better during a race when the atmosphere is different and the adrenaline is higher.

The bonuses are that you don't have to travel far, plus you'll be contributing to a good local cause and you can run with friends. After the race go out with your running mates and treat yourselves to a nice meal and some good wine while you plan your next destination race. That is what is considered training for the Wine Country Half Marathon!

## Running for a cause....some final thoughts.

There are so many aspects of this business that make the rewards worth all the risks. The great people I meet in this industry, the beautiful countryside I get to explore while designing these beautiful courses. The happy faces (mostly) I see at the finish line, and the fabulous wines I get to sample during my "research". But the greatest satisfaction I get comes from knowing how much money is raised at our events for so many worthy causes. With three races now, we will have partnered with at least 10 local and national non-profit organizations. Some of our contributions are relatively modest but still very much appreciated. And some fundraising efforts such as the one organized by the CCFA Team Challenge to help fight Crohn's & Colitis disease will

raise an estimated 2 million dollars at the Napa-to-Sonoma event alone! Those dollars go a long way towards fighting this disease. Getting to know people like Liz Trocchio, who not only suffer from the disease but also selflessly run to raise thousands of dollars, gives one an even greater appreciation for being part of these events. Bringing them to fruition is no easy task, so it's reassuring to know that so many people (and animals) benefit in so many ways from the end result. So please, share a smile and a toast with everyone around you as you hoist your glass at the next Wine & Music Festival. It's well deserved!

*Matt Dockstader  
President  
Destination Races*

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