



RIGHT START
RACE MANAGEMENT

Hello Heart Month!

Ah February, the month of hearts. What better time for us to talk about how running (and exercise in general) can improve your heart health. To do that, we've enlisted the help of Right Starter Dr. Steve Krebs of Wheat Ridge Internal Medicine. Here are a few things to know when it comes to caring for your health and heart:

1) Running strengthens the heart muscle

When you run, your heart has to beat harder and faster. The sustained effort you put in while out on the road or trail results in adaptations to the heart muscle that carry over into your day-to-day life.

2) Running minimizes your heart workload

As you make your heart stronger (see above), you help it be more efficient in doing its job. The fit heart demands less blood flow to produce greater output. This explains why at rest the fit heart beats slower.

3) Running reduces the risk for heart disease

There are so many ways in which running can reduce the risk of heart disease. Regular exercise has been proven over and over again to help maintain physical (and mental) health. Running specifically lowers blood pressure, blood glucose and the level of bad cholesterol (LDL). Running also diminishes the production of stress hormones while it improves circulation and promotes a healthy weight.

It is important to note that if you are just starting a running program (or returning to running after a long off-period), you will want to check in with your physician to ensure you are ready and able to undertake such an endeavor. And we'd love to see you out at one of our upcoming races this year.

[Visit our Website](#)

Right Start, Littleton High School Host Middle School Camp

Right Start Race Management and Littleton High School are teaming up to offer a summer running camp just for young runners entering 6th, 7th or 8th grade in the Fall. The camp will be held from 8:00-11:00 a.m. at the school June 6-9. In addition to coached runs and fun running games, there will be lectures from experts in running technique, nutrition, injury prevention and more. The camp fee includes all of that plus snacks and an awesome camp shirt.



[Click for more information](#)

Spring Races Benefit Great Causes



Right Start is again managing a couple of fun Spring races helping amazing causes. Join us May 15 at the North Area Athletic Complex for the Miles for Smiles 5K benefiting the Two Angels Foundation. This course has a little bit of everything including a track start and finish plus a little sidewalk and a little trail. Fun for all!

June 11 is the date for the Stepping Stone 5K benefiting the Trailhead Community and Stepping Stone Support Center, both of which serve adults with developmental disabilities. Held at Clement Park, this course is fast and flat. Perfect for seasoned racers gunning for a PR or newbies who just wants to test themselves.

Race details, registration, sponsorship and volunteer info for both races is on our website or by clicking the button below.

[Click for more information](#)

You are receiving this email because you have participated in a Right Start Race Management event in the past. Thank you for your support and we hope to see you again!