



Strongsville

e-Newsletter

March 2010

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www.strongsville.org

Important Dates

- Fri, March 12th:** Spring/Summer Brochure Mailed to Members
Thurs, March 18th: Senior Health and Fitness Day (see page 3 for more info)
Mon, March 20th: Breakfast with the Easter Bunny (see page 2)
Sat, March 27th: 12th Annual Super Saturday 5k/1 Mile Race

Finding the Right Running Shoe

Is your running going as well as you would like it to? If not, a new running shoe may help.

Did you know that there are running shoes designed specifically for your feet? You just need to know what kind of feet you have: flat feet, high-arched feet or neutral/normal feet.

A knowledgeable salesperson at a running specialty store can help you figure out your foot type, but you can also find out what type of foot you have on your own. One way is to just look at your foot. A more accurate method is to examine your footprint by either running in the sand or on paper with wet feet.

Flat Feet

If you look at your foot and the bottom of your foot, from your toes to your heel, is completely flat and there is no arch, then your feet are considered flat. If you do the footprint test, your print

will look like a foot-shaped blob. You won't see an inward curve from your big toe to your heel.

If you're flat-footed, you're most likely an overpronator, which means that your feet roll inward when you run.

You will need a running shoe that maintains your stability. Look for the words "motion control" and "stability" on the box of running shoes you are considering. In addition to motion-control shoes, some flat-footed runners also need to wear orthotics (custom-made shoe inserts that correct foot issues).

High Arched Feet

You should be able to easily determine if you have high arches -- you'll notice a high and definite arch on your foot. If you do the footprint test, your print will curve inward, making the middle part of your foot look very skinny. When you push your hand against the bottom of

your foot, your arch will stay rigid.

If you have high arches, you probably supinate or underpronate, which means your feet roll outwards as you run. It's very important that runners with high arches periodically re-measure their feet because running will cause their arches to gradually fall, making their feet longer.

You need to look for flexible shoes with a soft midsole that absorbs shock. When buying running shoes, look for options with the words "flexible" or "cushioned" included in their descriptions.

Neutral/Normal Feet

If you've examined your foot or your footprint and it doesn't look flat-footed or high-arched, you most likely have a neutral or normal foot. Your footprint will have a noticeable curve

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inward, but not by more than 3/4 of an inch.

As long as you pick a running shoe that doesn't counteract your foot type, you shouldn't encounter any problems. This is the most common type of foot, and it's also the least susceptible to injury provided it's outfitted with proper footwear.

If you have normal feet, you can choose from a wide variety of running shoes, including ones made for neutral runners or those with slightly flat-footed or high-arched feet. Don't pick running shoes that have a lot of stability or motion control.

Beyond knowing your foot

type, you should also do your homework before buying a pair of running shoes and find out what styles are compatible with your foot type. Shopping at a running specialty store is also beneficial in choosing the correct shoe.

Source:

<http://running.about.com/od/shoesapparelandgear/a/foottypes.htm>



Annual Super Saturday 5K/1 Mile Race



Sat, March 27 at the Ehrnfelt Recreation Center

1 Mile Race - 9:00am 5k Race - 9:20am

Prizes awarded for ages 4 & up.

Pre-registration, day of and on-line registration available. **To register on-line visit**

www.signmeup.com/63392

Breakfast with the Easter Bunny

Egg-stra special fun awaits you at this family style breakfast of pancakes, eggs, sausage, bacon, juice, milk and coffee. Each child makes a craft and gets a ticket for a door prize.

Sat, March 20 9:00am

Purchase your tickets now! Only 300 sold.

Under 1yr: Free

Ages 1-2: \$4

Ages 3+: \$7



Fitness

Gentle Yoga

Learn how yoga can improve flexibility and strength and reduce stress. Beginners welcome. Dress comfortably and bring a towel or yoga mat.

Mon, March 1-April 19

7:00-8:30pm

Fees: \$72-90*

Yoga

Expand your yoga knowledge for stress management and health. Re-energize, renew and relax your mind and body. Dress comfortably and bring a towel or yoga mat.

Thurs, March 4-April 22 7:00-8:30pm

Fees: \$72-90*



Body Max

Shape up and lose weight by challenging your body to the extreme!

Mon, March 1-29

5:30pm

RecPlex Pass Class

FREE health screenings for all ages, held each month in the Senior Center :

Blood Pressure

3rd Tues, 10:30am-1:00pm
2nd & 3rd Fri, 8:30-11:30am

Diabetes Screening

3rd Tues, 10:30-11:30am
2nd & 3rd Fri, 8:30-11:30am

**The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.*

Social Security

Retirement & Widow's

Benefits

A representative from the Social Security Administration will provide clear and concise information regarding retirement, spouses, and survivor benefits. Medicare and Social Security's online services will also be topics of discussion.

Mon, March 15 6:30pm Free

Instant Guitar for Hopelessly

Busy Adults & Teens

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For ages 13+.

Thurs, March 11 6:30-9:00pm

Fees: \$30-40* (bring in an additional \$29 to class to cover CD & workbook to take home)



Adult and Senior Programs

Senior Health & Fitness Day

Come learn about healthy living, participate in various informational sessions, visit local vendor tables, and receive free screenings! Attending 1 of the 8 informational sessions entitles you to a free boxed lunch (one free lunch per person). Additional boxed lunches available to be purchased for \$4 with reservations required. This boxed lunch replaces the daily lunch. Registration is required for the informational sessions by stopping by the Senior Registration Desk or calling 580-3275. Space is limited so register today! Sponsored by The City of Strongsville, CVS Pharmacy, The Cleveland Clinic Foundation, and Crystal Waters Retirement Community.

Thurs, March 18 9:00am-1:00pm FREE

Scrabble Tournament

Scrabble is a fun and popular word board game. Join us in our first Ehrnfelt Senior Center Scrabble Tournament. We'll spend the evening in friendly competition. Refreshments will be available to help players turn those tiles into high scoring words. We'll declare the three highest scoring players our Scrabble Scorers! Registration required by March 5th.

Thurs, March 11 6:00-8:30pm Fees: \$2-4* Ages: 50+

Evening Line Dancing

Come boot, scoot and boogie with our line dance instructor, Kay. She'll teach you the newest steps and help you brush up on your old ones. Ages: 18+

Thurs, March 4-April 15 (no class 4/1) 7:00-8:00pm Fees:\$18-26* Drop-in Fee: \$4-6



Youth Programming

Pony Camp Junior ~ Ages 2-6

Held at Pony Tails Farm: 13360 Cowley Rd., Columbia Station, Ohio 44028. Learn to groom ponies, play with them and ride them. Wear long, loose-fitting pants and flat shoes (tennis shoes are okay). Bring a bike or riding helmet to each class. Parents are responsible for transportation to and from Pony Tales Farm. Classes held rain or shine. Fees: \$35-43*

Sat, March 20-27 11:30am-12:15pm

Sat, April 17-24 10:00am-10:45am

Kid Kapers ~ Ages 3-5

Kid Kapers are one day programs with lots of EXTRA FUN built in! Join us for imagination trips, art, stories, snacks, and games. Give it a try and we guarantee you'll be back for more.

Thurs, March 4 3..2..1.. Blast Off 10:00 – 11:00 am
Thurs, March 18 It's Good to be Green 10:00 – 11:00 am
Thurs, April 1 Easter Bunny Boogey 10:00 – 11:00 am
Thurs, April 22 Jungle Safari 10:00 – 11:00 am

Fees: 3 Classes ~ \$36-38 1 Class ~ \$13-15*

To receive the 3 class rate, all 3 classes must be purchased at the same time

**The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.*

Penne with Fresh Tomato Sauce

Ingredients

- 4 cups grape tomatoes (about 2 pints)
- 1 jar (6 ounces) marinated artichoke hearts
- 15 sun-dried tomato halves (not packed in oil), chopped
- 1 cup chopped fresh basil
- 1/2 cup chopped fresh cilantro
- 2 small garlic cloves, finely chopped
- 2 tablespoons olive oil

Preparation

*Pulse grape tomatoes in a food processor until chopped and transfer to a large serving bowl.

*Drain artichokes in a fine sieve set over a bowl, reserving marinade, and coarsely chop. Add to grape tomatoes with 2 tablespoons reserved marinade.

*Stir in sun-dried tomatoes, herbs, garlic, and oil. Let stand at room temperature while pasta cooks.

*Bring a large pot of water to boil; add salt. Stir in pasta and cook until al dente, about 9 minutes. Drain in a colander and immediately add to bowl with tomatoes and artichokes; salt and pepper to taste.

*Toss to combine.

*Sprinkle Parmesan over top and serve warm.



Yields 6 servings.

*Calories: 325g
Fat: 7g Fiber 5g*

Ladies Home Journal

Aquatics



Spring and Summer Swim Classes

Registration for spring and summer swim classes begins March 22 for members, March 29 for residents, and open registration begins March 30.

Open Swim Schedule

For updated open swim schedules visit our website at www.strongsville.org/content/openswimschedule.asp

Sport Programs

Adult Summer Open Basketball League

Ages: 18+

Registration: 4/15-5/10, first pay first serve basis

Games: Sundays, 5/16-8/22 (no games 5/30, 7/4)

4:20-10:30pm

9 games plus playoffs

Divisions: Upper, Middle, Lower

Fee per Team: \$125

Non-Member/Non-Resident Fee: \$15

Cash Forfeit Deposit: \$79

Referee/Scorekeeping Fees: \$32 per team/per



Youth Golf Lessons

Introductory Clinic for those who desire to learn the game of golf. Held at Strongsville Golf, 15919 Pearl Road.

Ages: 8-17

Sat, March 20-April 10*

12:30-1:30 pm

Sat, March 20-April 10*

1:30-2:30 pm

*no class 4/3

Fees: \$40-46*

(Includes a bucket of balls at each class)



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