



The L Street Flyer

O C T O B E R 2 0 0 5

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South Boston, MA 02127

L STREET RUNNING CLUB
P.O. Box 445
SOUTH BOSTON, MA 02127

On behalf of the L Street Running Club we would like to wish Mac and Alma a great big congratulations on their recent wedding and extend to them our best wishes as they start their new life together.

THE L STREET GRAND PRIX

The L Street Grand Prix Race standings are now listed on the L Street website.

At the December club meeting, we will announce the male and female winners of the Grand Prix Series and hand out prizes.

I hope you enjoyed the idea of having such a series; we'd love to have another one in the spring!

--Julie D.

L STREET OUTING

How many of you would be interested in attending a night out with L Street? Event to be planned on a weekend night at a local bowling alley. Drop a quick note to jbagni@jhancock.com to let us know if you're interested.

We also need to congratulate all of our members on an amazing showing throughout the summer and into the fall. The accomplishments are many - local road races, marathons, triathlons, walkathons - you name it our members have been there. Each and every one of you deserve a pat on the back for these achievements. And we must never forget the tireless amount of work that goes into running our club: organizing the Jim Kane Sugar Bowl 5-Miler, organizing the fall marathon training, running the weekly track workouts, staffing all the water stops - the list goes on and on - thank you to everyone involved in these efforts. All of you make this club what it is.

TRACK WORKOUTS

The track coach tells me that he will oversee the track workouts until Tuesday, November 1st - the last workout being that evening. A dedicated group of people participated in these grueling and sometimes hot & humid sessions. It was impressive to see the incredible effort people put into their intervals in the evening after a long day at work. And I heard some L Streeters used the posted workout plans to do their own speed training on other days. **Reminder: Tuesday night track sessions begin at 6:20 p.m. at the Moakley Track in South Boston. Please do your own warm-up prior to the 6:20 start time.**

Chris is always looking for your feedback; he can be reached at xcman40@aol.com.

--Julie D.

RECIPE OF THE MONTH

From Connie Mooney, MS, RD, Email: connie_mooney@msn.com

Pesto alla Genovese

This recipe originally appeared last summer in the *Boston Globe* food section and it quickly became one of my favorites. It's a great fall meal, fast and easy to prepare and can be served as a main dish or a side dish to grilled chicken or fish. Warning: this dish is not for the carb wary crowd but it does contain a fair amount of protein, especially if you use Barilla PLUS Pasta (a multi-grain pasta fortified with additional protein, fiber and Omega-3 oils). It's an ideal recipe for runners as it contains plenty of good carbs (from whole grains), healthy fats (from the olive oil and nuts in the pesto), has no cholesterol and provides a great way to load up or replenish your glycogen stores for those long Sunday runs.

The original recipe called for making pesto from scratch which you can do if you have an abundant supply of basil in your garden. I took the easy way out and used the fresh pesto from the supermarket. I'm always looking for a shortcut in the kitchen (and sometimes on the long runs as well)!! Enjoy!

Ingredients:

½ lb of potatoes (peeled and cut into ¾-inch dice) ½ tsp salt
½ pound green beans 1 lb Barilla PLUS brand spaghetti
1 8oz. container of fresh pesto (find near the fresh pasta in the supermarket)

To prepare:

- Bring a large pot of water and ½ tsp salt to boil, add the pasta and return to a boil.
- Add the green beans and potatoes, cook until the pasta is done (about 12 minutes).
- Before draining, reserve ¼ cup of the pasta water by dipping in a heat-proof measuring cup. Drain the pasta and vegetables and return to the cooking pot or to a large serving bowl. Toss with the reserved liquid and the entire 8 oz. package of pesto.
- Sprinkle parmesan cheese over the top for extra flavor.

Nutrition Info:

350 calories per serving, 10 grams of fat (mostly monounsaturated), 14 grams of protein, 49 grams of carbohydrate, 6 grams of fiber, 260 mg of Sodium and 400 mg of Potassium.

**REMINDER - L STREET RUNNING APPAREL
AVAILABLE 24/7 AT www.collegehype.com**

L STREET RUNNING CLUB - 2006 MEMBERSHIP APPLICATION

Has the information requested below changed since your last application? yes [] no []

To join on-line go to lstreet.org and select **Membership** and then **Apply On Line**.

Membership Plan - Please check one:

Individual Renewal \$20 [] New Individual Membership \$35 []
Family Renewal \$25 [] New Family Membership \$40 []

Please Print All Entries Clearly:

Last Name: _____ First Name: _____

Male [] Female []

List first name of any family members (spouse and children 18 years old or younger) to be included in the Family Plan:

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Your Contact Information:

Street: _____ Apt #: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Office Phone: _____

E-mail address: _____

Make checks payable to: **L STREET RUNNING CLUB and please mail to:
LSRC (c/o Michael Hunt)
169 Walnut Street, Apt #1
Dorchester, MA 02122**

Membership Renewals

- The Deadline for membership is **January 15, 2006**.
- Late renewals can be made anytime after January 15, 2006 at the "New Member" rate.
- To renew your membership you must be a 2005 LSRC member.

New Members

- Membership year starts on January 1st, 2006 and ends on December 31st, 2006.
- You can still join at any time during the year.
- If you sign up on October 1, 2005 or later, there is a grace period so that you will be considered paid for the year 2006.

Note

- The family membership plan includes a husband and /or wife and children 18 years old or younger.
- Becoming a member of the L Street Running Club this precludes you from running in the Jim Kane Sugar Bowl Five Mile Road Race in July. You will also be asked to volunteer to-work this-race.
- The L Street Running Club and the Curley Community Center are separate entities and require separate memberships.