

THE STARTING LINE

APRIL 2007



WALKERS AND RUNNERS AROUND THE COUNTY OF ESSEX

2007 W.R.A.C.E. Schedule

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Comments and Suggestions are always! Welcome

Please feel free to contribute your thoughts in our next "Starting Line" newsletter.

Send your email to admin@wracc.org

**TO ENSURE CONTINUITY OF THE WRACE NEWSLETTER & FLYERS PLEASE
RENEW YOUR MEMBERSHIP FOR THE 2007 SEASON**

Tips for a Safe Running Program

Running injuries are quite common. But they can be reduced if you follow the proper conditioning and training programs; wear the appropriate apparel and footwear; and are aware of your

running environment. Follow these guidelines to prevent injuries.

- Plan a progressive running program to prevent injuries. A five-minute warm-up (which should raise your temperature by one degree) followed by stretching

exercises, is essential before starting a run. Following the run, stretching again is important.

- During hot weather, run in the early morning or evening, to avoid heat exhaustion. Do not run when pollution levels are high.
- Start your run with the body feeling "a little cool" since body temperature will increase when you start running.
- You can lose between 6-12 ounces of fluid for every 20 minutes of running. Drink 10-15 ounces of fluid 10-15 minutes prior to running and every 20-30 minutes along your route. Weigh yourself before and after a run. For every pound lost, drink one pint of fluid.
- Run in the shade if possible to avoid direct sun. If exposed to the sun, apply a SPF 15. Wear sunglasses to filter out UVA and UVB rays, and wear a hat with a visor to shade your eyes and face.
- In high altitudes, runners should gradually acclimate themselves to lower oxygen levels, by slow, steady increases in speed and distance.
- When selecting a running shoe, look for good shock absorption and construction that will provide stability and cushioning to the foot. Make sure that there is a thumbnail's width between the end of the longest toe and the end of the shoe. Buy shoes at the end of the day when the foot is the largest.
- Sixty percent of a shoe's shock absorption is lost after 250-500 miles of use, so people running up to 10 miles/week should consider replacing their shoes every 9-12 months.
- Excessive clothing can produce sweating, which causes the body to lose heat rapidly and can increase the risk of hypothermia. Instead, dress in layers. The inner layer should be material that takes perspiration away from the skin (polypropylene, thermax); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).
- To avoid frostbite in cold weather, do not have gaps of bare skin between gloves and jackets, wear a hat, and cover the

neck. Petroleum jelly can be used on exposed areas, such as the nose.

- Do not run at night, but if you run at dusk or dawn, wear reflective material. Don't wear a headset or jewellery while running.
- Run with a partner. If alone, carry identification, or write your name, phone number, blood type, and medical information on the inside sole of your running shoe.
- Let others know where you will be running, and stay in familiar areas, away from traffic. Have a whistle or other noisemaker to use in an emergency and carry change in case you need to make a phone call.
- Whenever possible, run on a clear, smooth, even, and reasonably soft surface. Avoid running on hills, which increases stress on the ankle and foot. When running on curved surfaces, change directions in forward movement, so that you have even pressure on both feet during the run.

Source: USA. Track and Field Association, Road Runners Club of America and American Orthopedic Society for Sports Medicine.

Injury Focus: Shin Splints.... (Ouch!)

Beginner runners are the most susceptible to shin splints for a variety of reasons, but the most common is that they're using leg muscles that haven't been stressed in the same way before. Another common cause of shin splints among beginners is poor choice of running shoes, or running in something other than running shoes. Runners who have started running after a long layoff are also susceptible to shin splints because they often increase their mileage too quickly

Definition: Inflammation of the tendons on the inside of the front of the lower leg.

Symptoms: An aching, throbbing or tenderness along the inside of the shin (though it can radiate to the outside also) about halfway down, or all along the shin from the ankle to the knee. Pain when you press on the inflamed area. Pain is most severe at the start of a run, but can go away during a run once the muscles are loosened up (unlike a

stress fracture of the shinbone, which hurts all the time).

Causes: Tired or inflexible calf muscles put too much stress on tendons, which become strained and torn. Overpronation aggravates this problem, as does running on hard surfaces, such as concrete sidewalks.

Self-Treatment: Many runners experience mild shin soreness, which usually can be tolerated. If shin splints hit you at the beginning of a season, a certain amount of running through it will help the body adapt, but if it's a persistent problem, you shouldn't run through it. If it persists, ice the inflamed area for 15 minutes three times a day and take aspirin or ibuprofen. Ice immediately after running. To hasten recovery, cut down on running or stop altogether. Recovery time: two to four weeks.

Medical Treatment: If the injury doesn't respond to self-treatment and rest in 2-4 weeks, see a podiatrist, who may prescribe custom-made orthotics to control overpronation. Ultrasound and anti-inflammatory may also be prescribed. Surgery is rarely required.

Alternative Exercises: Non-impact exercises such as swimming, pool running, walking, cycling in low gear.

Preventive Measures: To stretch and strengthen the tendons and muscles in the front of the leg, sit on a table or chair and loop an ankle weight around your foot. Without bending your knee, move your foot up and down from the ankle. Or have a partner grasp the foot to provide resistance.

You can also strengthen the lower leg with band exercises. Anchor one end of an exercise band to a heavy object, such as the leg of a sofa. Stretch the band, and then loop it around the end of the foot. Move foot up and down and side to side against the band's resistance to exercise different muscle groups. The band can be ordered from a doctor or bought at some sporting goods stores. Ask for "tension tubing."

Finally, make sure to wear motion-control shoes and orthotics if your doctor says you need them. Don't run in worn-out shoes. Warm up well and run on soft surfaces. Avoid over striding, which puts more stress on shins.



AMBULANCE CHASERS

I just wanted to let you know that we raised roughly \$1500 for FRS. I think the event was a huge success and I sincerely appreciate all your help with the event. I am sure that the event wouldn't have been a fraction of what it was if it were not for your hard work.

Regards
Neil

The following are some great quotes about running and life. Happy running!

"Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up.

It knows it must run faster than the slowest gazelle, or it will starve. It doesn't matter whether you're a lion or gazelle - when the sun comes up, you'd better be running." [Unknown](#)

"Good things come slow - especially in distance running."

[Bill Dellinger](#), University of Oregon coach

"If you ever get a second chance in life for something, you've got to go all the way."

[Lance Armstrong](#)



"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'" - [Peter Maher](#), Irish-Canadian Olympian and Sub-2:12 marathoner

"He who fears being conquered is sure of defeat."
- [Napoleon Bonaparte](#), legendary military leader

"I still bother with runners I call hamburgers. They're never going to run any record times, but they can always fulfill their own potential."
- [Bill Bowerman](#), [Legendary](#) University of Oregon Track Coach

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves. The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."
- [Sir Roger Bannister](#), first man to break the four minute mile

"The man who can drive himself further once the effort gets painful is the man who will win." - [Sir Roger Bannister](#)

"Most men take the straight and narrow. A few take the road less traveled. I chose to cut through the woods."
- [Unknown](#)

"Hills are speed work in disguise."
- [Frank Shorter](#)

"There's no such thing as bad weather, just soft people." - [Bill Bowerman](#)

"What matters is not necessarily the size of the dog in the fight - it's the size of the fight in the dog." - [Dwight D. Eisenhower](#)

"Running is the greatest metaphor for life, because you get out of it what you put into it."
- [Oprah Winfrey](#), Talk show host and Marathon finisher

"You have to forget your last marathon before you try another. Your mind can't know what's coming." - [Frank Shorter](#)

"Most people run a race to see who is fastest. I run a race to see who has the most guts."
[Steve Prefontaine](#)

"I prefer to remain in blissful ignorance of the opposition. That way I'm not frightened by anyone's reputation."
- [Ian Thompson](#), 2:09.12 Marathon at the 1974 Commonwealth Games

EXERCISE FOR ANY AGE

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato sacks.

Then 50-lb potato sacks and then eventually try to get to where you can lift a 100-lb potato sack in each hand and hold your arm straight for more than a full minute.

After you feel confident at that level, put a potato in each of the sacks.

GET STRONGER EVERY DAY!