

July 2009



Newsletter for Runners



Running Clinics:

- Half Marathon Clinic-started July 8, 2009
- 10 km Clinic-started July 8, 2009

Go to www.runrunrun.ca for more information and to register.



Upcoming Local Events:

- Wasaga Beach Triathlon- Sept. 12/09 (www.hsbctriathlon.com)
- Blue Mountain Half Marathon- September 20, 2009



Running Link of the Month:

www.bluemountainmarathon.com

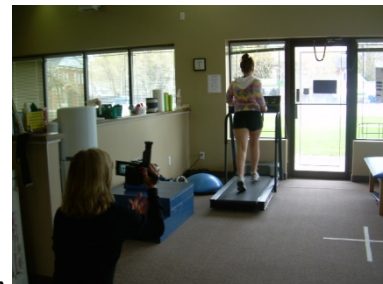
Need New Shoes?

Before you invest in new running shoes, you should determine the type of shoe that is best for your biomechanics. Running shoes fall into various categories including: neutral, cushioned, stability, and motion control. Selecting a shoe on comfort, weight and price is not enough; to be effective at preventing injury, the shoe must be the right one for YOUR foot. So get your feet checked before you buy new shoes!



What does a Running Assessment involve?

- Videotaped analysis on a treadmill
 - Evaluation of your lower extremities
 - Running shoe advice
 - Training program suggestions
 - Strength/flexibility exercise recommendations
- (*Running assessments are billed as physiotherapy)



Book Review

Once a Runner, by John L. Parker, Jr.



Reviewed by: Sue Underhill

According to Runner's World, this is apparently "the best novel ever written about running".

It's a fictional story of an American university mile runner, Quenton Cassidy, whose dream it is to run a 4 minute mile. He gives up everything to focus on this dream and at the same time race against the world mile champion.

I thought the author did a fantastic job of capturing the runner's mentality – his description of the training and racing, lap by lap of the track, was phenomenal.

Any runner who reads this book will be inspired and motivated – and any non-runner will want a piece of this running thing!

Physio Tip For Runners:

Your upper body mechanics greatly affect what your entire body does when you run. Keep your shoulders down and back, your elbows bent at 90 degrees and your hands in loose fists - as if you are holding an egg in each hand.

www.maximumphysiotherapy.com