

September
2009

Newsletter for Runners



Water running as an alternative

Fall Running Clinics:

Start date: Tuesday

Sept 29/09

6:30 pm for 10 weeks

- Learn To Run
- 10 KM

Go to www.runrunrun.ca for more information and to register or call 444-3600.



If running on a hard surface is causing you problems, try running in the deep end of a pool. Skip the flotation device and try to keep your body almost upright. Pump the arms and pull the heels back hard against the resistance that the water creates. For some, it's an effort just to stay afloat. Intervals are the best way to make the workout more interesting. Moving in a little square in the deep end, go hard for 1-2 minutes then easy for the same amount of time. Wear a heart rate monitor and you will be surprised at how high your heart rate will go! Although it's not identical to land running technique, it certainly mimics the feeling of running.

Upcoming Local Events:

- Blue Mountain Half Marathon- September 20, 2009 (www.bluemountainmarathon.com)

Volunteers needed! Email: ruth@bluemountainmarathon.com

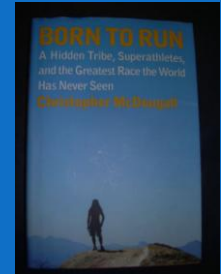


Running Link of the Month:

www.canadianrunner.com

Book Review

Born To Run, by Christopher McDougall



Reviewed by: Sue Underhill

Chris McDougall has written an epic book on running. He provides something for everyone, from the story line of the exciting adventure race in the Copper Canyon of Mexico, to the chapters dedicated to scientific studies on barefoot running and how we evolved into humans made for running. McDougall describes why running injuries familiar to us all are unheard of in the Copper Canyon where barefoot tribal folks run for hours on end. This book totally opened my eyes to many new thoughts on running and shoes and injuries. I am truly convinced that we (mankind) were born to run!

Common Running Injury: Plantar Fasciitis

What is Plantar Fasciitis? An inflammation of the plantar fascia, the thick fibrous band of tissue in the bottom of the foot which runs from the heel to the base of the toes. Symptoms include pain at the base of the heel, which is most severe in the mornings on getting out of bed and at the beginning of a run. The pain may fade as you walk or change running stride providing temporary relief. Causes include inflexible calf muscles and tight Achilles tendons, over-pronation, high arches, rigid feet, incorrect or worn shoes and overtraining.

Treatment: Stop running or reduce training load and intensity, anti-inflammatory drugs, ice and self massage. If pain persists, seek professional help. A physiotherapist can help with decreasing inflammation, stretching, strengthening, advice about custom-made orthotics, ways to control over-pronation or how to reduce stress in the heel area.

Stretch: Before running, stretch by sitting on the floor with one knee bent and the ankle flexed towards you. Pull the toes back towards the ankle. Hold for 30 seconds. Repeat with the other foot.

Physio Tip For Runners:

An effective way to ice the Plantar Fascia is to fill a 500mL pop bottle with water and freeze it.

Apply ice for 10 minutes every 2 hours by rolling the bottle under the foot.