

Magnolia Newsletter

April 2010 (no 17)

Visit our web-site www.magnoliaroadrunners.co.za

Editor can be contacted at 012-842 2566 W, 012-361 2965 H, 082 578 3935 or cbillau@ford.com for any enquiries

Take care on the roads and make sure that you are visible and safe at all times.

Club clothing

Ladies Crop Tops and running vest: New stock with Run-Away Sports.

Tracksuits: Dispatched tomorrow and will be available at the clubhouse soon after the embroidery has been completed.

Comrades

• Thank's to the following sponsors for items to go in our goody bag:

- **Colgate** for again sponsoring various Colgate products, Sue thank you
- **Mimmo's Brooklyn** for partially sponsoring our Dry Fit Top
- **Sportron International (SPN)** will sponsor one Endro Energy Gel sachet per Comrades entrant.
- **CPS QS** for the large cash donation, thanks to Dries Prinsloo
- **Crawdadies Brooklyn** for the large cash donation, thanks to Riaan Van Heerden and Shaun

• Individual donations received from the following members, again thank you:

Dieter Gloeck, Kevin and Ina Lombard, Colin and Jenny Billau, Mike and Janeen de Klerk, Ronald and Ina Lagerwall, Antonie Bam and Elizna Swart, Marianne and Johnny De Mesquita

- Comrades Chairman's run and Captains Braai: Sunday 23rd May Run or walk 6.5 km to the Union Buildings for a group photo and back. Everybody welcome, even none Comrades runners and none members. At 11.30 we return to the club for our traditional bring and braai. All non-Comrades runners, walkers are also welcome and more importantly, bring all your family members along. Come and join in the hype and excitement before the big event. **The Comrades goody bags will also be handed out**
- Comrades Aches and Pains Party – Tuesday 8th or 15th June we honour all our Comrades heroes The evening will start with a welcome sherry, followed by 2 x Soups and pizza's from Mimomo's for supper. This is a great evening to honour our Comrades heroes and to talk about your race and make your commitment for next year. All members are welcome, including non Comrades runners and walkers.
 - COST R20 per head, start 6h30 for 7 and supper will be served at 7h45, finished by 8h45

Birthday wishes - enjoy your special day

Andrew	Fogwill	6	May
Charl	Crouse	8	May
Nardo	Neveling	8	May
Margaret	Gloeck	9	May
Wynand	Burger	10	May
Elizna	Swart	10	May
Mark	Wilhelm	10	May
Marlize	Du Plessis	13	May
Riaan	Jordaan	13	May
Devanand	Moonasar	13	May
Maureen	Vosloo	13	May
Edelweisse	Oosthuizen	14	May
Naomi	Wilkinson	14	May

Welcome to our new members to the Magnolia family

Johan Bornman, Ilse Debeil, Mignon Lohse, Tumelo Marumule, Marlize Moolman, Viwe Mtshontshi, Domile Swarts, Jeffery Madiga

This week's Thank You's goes to:

1. Claude for organizing and car support for our Sunday 25th April long run and the 2 ladies & Tinus who went to the clubhouse on Sat 24th April to run.
2. Jenny Stoffberg for the organized run and car support on Tuesday 27th April

3. Janeen for running around trying to sort out the electricity failure at the clubhouse over the long weekend.
4. Kevin and Martin for manning the club tent at Wally on Sat and Tinus for the taking the trailer to the venue.
5. Elzette for arranging the Comrades church service on Sunday

YEAR PLANNER - NEXT 3 MONTHS

- Next Social: Bring and Braai 4th May
- Next Club Tent: Jackie Mekler
- Away Race: Comrades
- Comrades Chairman's Run and Union Building photo session – 24th May
- Comrades Club Captains braai – 24th May
- Comrades Aches and Pains party -

May / June Races and Training sessions

Weekend training sessions

To lift your spirits, join a running group. The change in your routine should help revive you, and the camaraderie will add a social element to your long runs / walk.

Running: Sunday run starts @ 06h30. A vehicle travels with the group, at the pace of the slowest runner and provides cold water, coke and powerade every 3 km. No fixed route and we travel in a different direction every week. All runners are welcome, even if you belong to another club. Please contact our Club Captain **Tinus 083-304-7054**

If you are not running the Saturday's race, come and join our SLOW session aimed at beginners wanting to build up to their first ½ marathon. The pace is between 6.20 to 6.40 minutes per KM. This group is ideal for beginners. **Sat run starts at 06h30.** Please contact **Colin 082 578 3935** for more details.

Walkers: Start 06h30. The group consists of both male and female, from the average to top walkers. These sessions are ideal for runners returning from injury. All are welcome. Please contact **Suresh 082 446 6880** for more details

Organised weekend training sessions starting at the clubhouse (NOTE NEW starting times)

Sat	8 May	NO Long Slow Run			
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	9 May	Organised Run (car support)	20	06h30	Tinus 083-304-7054
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	15 May	Long Slow Run	15	07h00	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	16 May	Organised Run (car support)	18	06h30	Tinus 083-304-7054
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	22 May	Long Slow Run	10	07h00	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	23 May	UNION BUILDINGS PHOTO SESSION (car support)	13	07h00	Tinus 083-304-7054
		Normal Club walk Union Buildings	13	06h30	Suresh 082-446-6880
Sat	29 May	NO Slow Run			
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	30 May	No Organised Run			

Pre-entry Race closing dates and details (away races and PRE-ENTRY ONLY)

- **Rustenberg Mountain race** – go to www.rtbmc.co.za for on-line entry form and race bank details. Race date 31 July
- **Closing dates for pre-entries – local races only (can still enter on the day)**
- **Jackie Mekler 25km** - on line entries close 1 May www.enteronline.co.za + all sport shops Race date 8th May

Race Calendar and key dates

05 May	Exxaro Night Race Series NEW race on calendar Cost: R20 (NOTE NEW DATE (WAS 27 APRIL))	Voortrekker Monument Contact: Dirk Lourens 083 609 1438 or Winston Fisher 082 781 2794 Pre-entries #, \$ and &
1 May 06h30	Wally Hayward 42 / 21 / 10 Cost R70 – 42.2, R40 – 21.1, R30 – 10km	Hoerskool Zwartkop Mopanie Rd, Centurion. Enquires Mike 082 4357
08 May 06h00	Jackie Mekler 25km / 10km RUN LEAGUE RACE Cost: R45 -25 and R25 -10km	Pretoria Military Sports Grounds, Thaba Tshwane (Voortrekkerhoogte) Pre-entries #, \$ and &
31 July 07h00	Rustenburg Mountain Race 25km Cost: R60	Bersig High School, enquires Gavin 083 327 7101 or www.rtbmc.co.za for payment details

Legend for Hand delivery addresses: # - Run-Away-Sport 361 3733, @ - Varsity Sports, \$ - Running Inn 362 7322 (new number), % - Sportsman's Warehouse, & - The Sweat Shop (Southdown) 665 0048, = - Base Runners or ON-LINE entries - ^^ - www.enteronline.co.za ++ - www.saactive.com

2010 Running (RR) / Walking League Races (RW)

Please enter the below league races to maximise the amount of league points scored for the club (RR – Road Running & RW – Road Walking)

DATE	EVENT	LEAGUE			CHAMPIONSHIPS	
		Club	RR	RW	RR	RW
8-May	Jackie Meckler	PMMC	10 & 25 KM			
22-May	Muller Potgieter	VTM		15 KM		

Achievements

Please e-mail all your race achievements to **Paul Laubscher** at paul.laubscher@gmail.com or **012-844-0744 Work** or forward to me. All runners participating in walking events, please contact me for your walking results to be recorded. **Our database already includes over 34 000 recorded race times. Contact Paul if you want all your own personal race results.**

CONGRATULATIONS TO the following Ironmen (or should I say also Ironwomen) finishers

- **Jeanne Olivier 15h55 which included a 2 hour mechanical bike problem**
- **Pierre Loubser 11h25:01 – excellent time (Pierre also completed the Cape Epic Mountain Bike race)**
- **Sue Brewin (Phobians) 13h57**
- **Dimitiri (Phobians) 14h37**

- **Linda Potgieter 1st Master Lady at the Wally 21km**

Time Trial

1 st and 3 rd Tuesday of month	Opposite Magnolia Club house (Runners & Walkers) Official start time:17h30	3, 5, 6, 8, 9 km	Select your distance. Time is taken and recorded. Walkers 3km. Some walkers start at 17h00 and do 6 km, last 3 recorded
4 th May	Time Trial (3, 5, 6, or 8km)	5h30	Clubhouse
11 th May	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
18 th April	Time Trial (3, 5, 6, or 8km)	5h30	Clubhouse
25 th April	800 meter sprints	5h15	Contact Freddie for details 083-347-5040

Thanks to Freddie for recording the time and to those few who participated in last week's Time Trail.

News Corner / Race Reports

Have you recently run / walked a fun, unique, local, inspiring race or your first 10, 21, marathon and would like to share your experiences with us? If so, please tell us about it by e-mailing a short race report (English or Afrikaans).

Run-Away Sport shop moving location

Run-Away Sport is moving shop location, **they will remain on the same floor in the Sanlam Centrum Glenfair**, but as from the **1st June** they will be moving to a new shop location - 2 shops to their right where Berlina Sewing shop used to be located.

Race fixture changes

1) The venue of the Brooklyn School event 29 May 2010 changed from the school to the Jacaranda Shopping Centre 18 Avenue Rietfontein.

No races during World cup soccer tournament (01 June to 15 July) - Commander: Operational Support

Please take note that the Event Section (Metro Police) **WILL NOT** approve "public" events from the period 01 June 2010 – 15 July 2010 due to the 2010 FWC and prioritization of resources ensuring the successful running of the 2010 FWC event as well as executing our day-to-day policing tasks within the City of Tshwane. Only approved City events related to the 2010 FWC as well as applicable parallel events will be allowed and policed. This decision was endorsed by our management as well as the ProvJoints (as SAPS also do not have additional resources).

E-mails received

- [Article in the Pretoria News by Lester Mills](#)

Over 550 runners – a record – took part in the Magnolia Running Club's Long Run on Sunday. Well organized and run in a relaxed atmosphere, this event has already gained MUST DO status among Comrades runners. What with ongoing problems with the local Metro Police and the price of official road races going up, maybe Magnolia are onto something here. *Thanks Lester, Colin*

- [Colgate 15 / 32 entry info / procedure](#)

Please advise friends, family and the road running community that we have extended entry sales at shops and online. Please see below:

THE COLGATE 15/32 road race and 5km fun run will take PLACE ON SUNDAY, MAY 09, 2010 STARTING AND FINISHING AT THE BOKSBURG CITY STADIUM, JUBILEE roads, BOKSBURG SOUTH.

ENTRIES for 15/32 are pre-entry only, Entries for the 5km is on race day only from 5:00 ONWARDS

Entries will be accepted Sportsmans Warehouse - East Rand Value Mall, Sweat Shop 0 Jan Smuts Avenue and Irene and Runaway Sports in Pretoria until Sunday April 25, Vreni Welch at Rand Athletic Club Time Trials and at the Jackie Gibson on Sunday April 25. On line entries are open until Friday April 30.

Entries will also be taken at the Boksburg Athletic Club – Room no. 2 at the Boksburg City Stadium from 09:00 – 12:00 (Monday to Friday) and again on Saturday May 08 08:00 – 16:00 in the information kiosk.

Race Details:15/32km race starts at 06:30. 5km starts at 07:00, Junior Star Dash at 10:00

Entry fee : R60 for the 32km, R40 FOR THE 15KM, R10 FOR THE 5KM FUN RUN. Star Dash is free. Temp Licence R15 for the 15km and R25 for the 32km.

If you have any other queries please leave a message or send a fax on 086 618 4488.

PLEASE NOTE THAT MY OFFICE HOURS ARE 08:30 – 12:45

Thanks and have a great day.

Linda Vogel

- **Comrades Bus (there are now 4 buses leaving from PTA)**

Hi Collin, I had to start a second bus, can you please place the detail in your newsletter, unfortunately the price has gone up to R1300 due to the bus availability. **Contact Dirk Olivier (W):012 358 7848 (H)012 345 6222 086 510 8825**

Hi Colin, due to 3 runners not being able to qualify we now have 3 open places on Willie Halls bus, please contact Stephanie 082-491-2196

RACE REPORT

NO RACE REPORTS RECEIVED

Lester, your contribution and articles, as always is much appreciated. Thanks guys

Sport products available from the Magnolia Club House on Tuesdays

Short cut to Pain Relief, do you suffer from sore muscles, backache, arthritis, muscular strains, sprains and running related injuries. **MSM RUB, an unique high potency formula MSM cream combination of natural oils and extracts that provides fast effective relief of pain that lasts.** NONE MEMBERS ARE ALSO WELCOME

The MSM RUB 80g = **R70.00** (Magnolia have sponsored R6) or contact Ghardi on 079 560 7171 (Please mention Magnolia as your reference)

Internet Articles

10 Laws For Injury Prevention

Injury Prevention Law #1: Know Your Limits

It's easy to get injured; anyone can do it. Just run too much. "I firmly believe that every runner has an injury threshold," says physical therapist and biomechanist Irene Davis, Ph.D., from the University of Delaware's Running Injury Clinic.

"Your threshold could be at 10 km a week, or 100, but once you exceed it, you get injured." Various studies have identified injury-thresholds at 15, 30, and 60 km per week. Your threshold is waiting for you to discover it.

Of course, your goal is to avoid injury. Runner and sports podiatrist Stephen Pribut, D.P.M., warns runners to beware the "terrible toos"—**doing too much, too soon, too fast.** Every research paper and every expert agrees that this—"training errors"—is the number one cause of self-inflicted running injuries. The body needs time to adapt from training changes and jumps in mileage or intensity. Muscles and joints need recovery time so they can recover and handle more training demands. If you rush that process, you could break down rather than build up.

Running experts have recognized this problem, and long ago devised an easy-to-use 10-percent rule: Build your weekly training mileage by no more than 10 percent per week. If you run 10 km the first week, do just 11 km the second week, 12 km the third week, and so on.

Yet, there may be times when even a modest 10 percent increase proves too much. Biomechanist Reed Ferber, Ph.D., an assistant professor in the faculty of kinesiology and head of the Running Injury Clinic at the University of Calgary says that he sees a lot of newly injured runners during that third month of marathon training, when a popular 16-week Canadian program pushes the mileage hard. Meanwhile, his clinic's nine-month marathon program for first-timers increases mileage by just three percent per week. "We have a 97 percent success rate getting people through the entire program and to the marathon finish line," Ferber says.

ACTION PLAN

Be the Tortoise, not the Hare. Increase your weekly and monthly running totals gradually. Use the 10-percent rule as a general guideline, but realize that it might be too aggressive for you—especially if you are injury-prone. A five-percent or three-percent increase might be more appropriate. In addition to following a hard-day/easy-day approach, or more likely a hard/easy/easy pattern, many top runners use a system where they scale back their weekly mileage by 20 to 40 percent on a regular basis, maybe once a month. And remember that mileage isn't the only issue. Experts point out that an overly aggressive approach to hill running, intervals, trail running—indeed, any change in your training habits—can produce problems. Keeping a detailed training log can help you gauge your personal training threshold. Record your weekly mileage and how you feel after your runs. Look for patterns. For instance, you may notice that your knees ache only when you're logging more than 40 km a week.

Another major bugaboo: You used to run 30 km a week, you got injured, now you want to get back to your old routine as quickly as possible. Don't. Take your time. The same applies to that upcoming race—if you missed some training time, don't accelerate the pace and distance of your remaining workouts in an effort to "catch up." Instead, adjust your goals as needed.

Injury Prevention Law #2: Listen to Your Body

This is perhaps the oldest and most-widely-repeated advice for avoiding injuries, and still the best:

If you don't run through pain, you can nip injuries in the bud. Most running injuries don't erupt from nowhere and blindside you. They produce signals—aches, soreness, persistent pain—but it's up to you to not dismiss them and take appropriate (in)action. "Runners can be crazy the way they'll run through pain," Ferber says. "They need to pay more attention to pain and get to the root of what's causing it."

ACTION PLAN

At the first sign of an atypical pain (discomfort that worsens during a run or causes you to alter your gait), take three days off. Substitute light walking, water training, or bicycling if you want. On the fourth day, run half your normal easy-day amount at a much slower pace than usual. If you typically run ten km at six minutes per km, do just five km at 7-minute pace. Success? Excellent. Reward yourself with another day off, and then run three km at 6-minute pace. If you're pain-free, continue easing back into your normal routine. If not, take another three days off, then repeat the process to see if it works the second time around. If not, you've got two obvious options: Take more time off, and/or schedule an appointment with a sports-medicine specialist.

Injury Prevention Law #3: Consider Shortening Your Stride

This comes as a bit of a surprise because it's not discussed much in running circles.

Nonetheless, more than half the experts I interviewed mentioned it. And a December 2009 study reports that runners who shorten their stride by 10 percent could reduce risk of tibial stress fracture by three to six percent. The basic idea: Overstriding is a common mistake that can lead to decreased efficiency and increased injury risk. If you shorten your stride, you'll land "softer" with each footfall, incurring lower impact forces. "A shorter stride will usually lower the impact force, which should reduce injuries," says biomechanist Alan Hreljac, Ph.D., a retired researcher from California State University-Sacramento.

For the last decade, Davis has been researching runners' abilities to change their stride. Previously, experts believed that your stride was as immutable as your fingerprint, but Davis has used biofeedback equipment to disprove the old view. "We have shown that running and walking gait can be altered in such a way as to reduce pain, improve function, and reduce injury risk," she says.

ACTION PLAN

If you've had frequent running injuries, you might want to experiment running with your normal stride, just slightly shorter—about 10 percent. "This will help reduce your stride so you have more turnover," Davis says. "The number of footstrikes or repetitions trumps having a longer stride because it reduces your impact load." Start with a short distance, like a quarter mile, when making this change. If you have an injury that's related to your gait, see a physical therapist.

Injury Prevention Law #4: Strength Training

You need something to keep your body properly aligned while you're running - and what better than muscle?

Your body takes tremendous strain when running and so it's particularly important to [strengthen the hip muscles](#). He claims his clinic has cured 92 percent of knee injuries with a hip regimen. "Strengthening the hips is optimal for effective rehabilitation, as opposed to treating the area where the pain is located (e.g., your knee)," he says. "When you strengthen the hips—the abductors, adductors, and gluteus maximus—you increase your leg stability all the way down to [the ankle](#)."

STRENGTH TRAINING ACTION PLAN

You don't want to train for bulging muscles. You need just enough [core, hip, and lower-leg strength training](#) to keep your pelvis and lower-extremity joints properly positioned. "Healthy running should be as symmetrical and fluid as possible," says Michael Fredericson, M.D., associate professor of sports medicine at Stanford University School of Medicine. "If you don't have muscle balance, then you lose the symmetry, and that's when you start having problems."

Injury Prevention Law #5: RICE Works

When you've got muscle aches or joint pains, there's nothing better than rest, ice, compression, and elevation for immediate treatment.

R.I.C.E measures can relieve pain, reduce swelling, and protect damaged tissues, all of which speed healing. The only problem with RICE is that too many runners focus on the "I" while ignoring the "RCE." Ice reduces inflammation, but to ice-and-run, ice-and-run, without giving the tissues enough time to heal, is a little like dieting every day until 6 p.m. and then pigging out. And so Bruce Wilk, an orthopedic rehabilitation specialist in Miami, has added another letter to the acronym, spelling out PRICE. The P stands for "protection," which means don't run until the injury is better.

RICE ACTION PLAN

RICE is most effective when done immediately following an injury. If you twist your ankle or strain your hamstring, plan to take a few days off from running (see Law 2). [Apply ice to the injury](#)—for 10 to 15 minutes at a time, several times a day. A homemade ice pack—a baggie filled with ice cubes and water—is best. A bag of frozen vegetables is also effective. If you can, elevate the area (easy for foot and ankle injuries, not so much for hip or hamstring issues) to limit swelling. Compression can also further reduce inflammation and can provide pain relief, especially when you first return to running.

A bandage is the simplest way to wrap a swollen area, but Amol Saxena, a sports podiatrist in Palo Alto, California, uses a compression dressing with 3M Coban, a self-adherent over-the-counter product. He then uses Kinesio Tex Tape or a Darco Body Armor Walker for when the swelling goes down. "The tape pulls up the skin slightly, allowing more blood to flow to the injured area," he says. He teaches runners, including 2008 Olympic bronze medalist Shalane Flanagan, [how to put the tape on themselves](#).

Injury Prevention Law #6: Run on a Level Surface

Another factor that could have a significant impact on running injuries, but has been rarely studied is road camber.

No doubt you always run on the [right side of the road facing traffic](#). That's good for running safety reasons. But it also gives you a functional leg-length discrepancy, since your right foot hits the road lower on the slope than your left foot. You're also placing your right foot on a slant that tends to limit healthy pronation, and your left foot in a position that encourages [overpronation](#). And you're doing this—running in an unbalanced way—100 to 112 strides a minute for km after km, day after day, week after week. Clint Verran, a physical therapist in Lake Orion, Michigan, USA, sees the results of this cambered running in his clinic, where he treats a higher incidence of left-hip injuries in runners than right-hip injuries (US runners run on the other side of the road).

LEVEL RUNNING ACTION PLAN

True, it's not easy to escape cambered asphalt. And safety concerns demand that you run on the right side of the road. So now you've already got two strikes against you. To avoid strike three, remember that road camber can cause problems. If you're increasing your mileage, feel an injury coming on, or are returning from injury, try to do some of your training runs on a level surface like a bike path or dirt trail. The local track also provides a firm, essentially flat surface that's great for slow-paced running. (When you do faster interval training on a track, you put unequal torque on your feet and legs due to the need to keep turning left, so be careful if you are injury prone.) Also consider the treadmill. It's hard to imagine a better surface for balanced running. At the very least, a treadmill provides a great surface for beginning runners, runners who are recovering from an injury, and perhaps even marathoners aiming to increase mileage without increasing their injury risk

Injury Prevention Law #7: Don't Race Or Do Speedwork Too Often

Researchers have found a correlation between injuries and frequent race efforts.

This connection might extend to [speedwork](#) since intervals also require a near-maximal effort. So if you train fast once or twice a week and then race on the weekend, that's a lot of hard efforts without sufficient rest, particularly if you follow this pattern week after week. Some experts are cautious about recommending regular speed training for certain runners, especially those who get hurt easily. It's fine for those chasing podium placements or age-group awards. But for mid-and back-of-the-packers? "You might get five percent faster, but your injury risk could climb by 25 percent," Verran says. "That's a bad risk-benefit ratio. I think most runners can hit their goals without going harder than tempo pace."

LESS SPEED WORK ACTION PLAN

Recognize that races take a heavy toll, so give yourself plenty of recovery time (one day for each 1.6 km raced). If you are trying to quicken your pace for a specific goal, add a weekly [speedwork session](#) to your training plan, but be judicious about it. Even Olympic gold medalists only do five to 10 percent of their training at 5-K race pace and faster. If you're coming back from an injury or have chronic issues you're fearful of aggravating, consider Verran's advice. Do your faster workouts at tempo pace (5-K pace plus 25 to 35 seconds per 1.6km).

Injury Prevention Law #8: Cross-Training Provides Active Rest and Recovery

Running is hard on the body, so it's no surprise that running takes its toll on our muscles and joints. But what's the answer?

Running is hard on the body, although claims that running creates impact forces up to seven to eight times body weight are exaggerated, according to the experts. But they acknowledge the forces can reach two to three times body weight with each stride, and even more on downhill. It's no surprise that our muscles, joints, and connective tissues get weary from all this shock-absorbing. So experts agree that most runners benefit from at least **one non-running day** a week, and that injury-prone runners should avoid consecutive days of running. [Cross-training offers a great alternative](#).

CROSS TRAINING ACTION PLAN

Use cross-training activities to supplement your running, improve your muscle balance, and keep you injury-free. Swimming, [cycling](#), elliptical training, and rowing will burn a lot of calories and improve your aerobic fitness, but be careful not to aggravate injury-prone areas (see below).

Cross-training can help you stay fit when you can't run. But pick wisely, says podiatrist Stephen Pribut. Some activities may exacerbate an injury.

Runner's Knee

Yes, usually okay: Swimming

Sometimes okay; let pain guide you: Stationary Bike, Elliptical

No, usually not okay: Rowing Machine

Iliotibial-Band Syndrome

Yes, usually okay: Swimming

Sometimes okay; let pain guide you: Stationary Bike, Elliptical, Rowing Machine

Calf Strain, Achilles Pain

Yes, usually okay: Swimming, Stationary Bike, Elliptical, Rowing Machine

Plantar Fasciitis

Yes, usually okay: Swimming, Stationary Bike, Elliptical, Rowing Machine

Shinsplints

Yes, usually okay: Swimming

Sometimes okay; let pain guide you: Stationary Bike

No, usually not okay: Elliptical, Rowing Machine

Stress Fracture

Yes, usually okay: Swimming

Sometimes okay; let pain guide you: Stationary Bike

No, usually not okay: Elliptical, Rowing Machine

Injury Prevention Law #9: Stretch the Back Of Your Legs

Few running practices are as hallowed as stretching. And none have been debated as much in recent years.

Studies have failed to reliably show that the addition of [stretching to warmup](#) before activity reduces overuse injuries. "The jury's been out on stretching for about a decade," says Michael Ryan, Ph.D., a post-doctoral fellow at the University of Wisconsin-Madison. "And as far as I can tell, it hasn't come in yet." Yet few experts in the field are ready to abandon stretching. The reasoning: Runners are tight in predictable areas, they get injured in and around these areas, and therefore they should **increase flexibility** in these areas.

The muscle groups at the back of the legs—the hamstrings and calf muscles—stand atop most lists of "**best muscles for runners to stretch**." Hamstring and hip-flexor flexibility seems to improve knee function (several reports link poor hamstring and hip-flexor flexibility with "larger knee joint loads"), and calf flexibility may keep the Achilles tendon and plantar fascia healthy.

ACTION PLAN

Little evidence indicates that stretching prevents overuse injuries. That said, knee and Achilles problems are among runners' most frequent complaints, and so experts recommend increasing the range of motion of muscles that can strain these areas if there is underlying tightness. Just don't do static stretches (holding an elongated muscle in a fixed position for 30 seconds or longer) before running. However, [dynamic stretching](#) can be done as a safe, effective prerun warmup

Injury Prevention Law #10: Get Shoes That Fit

In the minefield of running shoes, always make sure that your shoes fit and that they function best on your feet.

By Amby Burfoot

Running shoes have changed a lot over the years. They breathe better, are more likely to come in various widths, and are constructed from superior materials. Most important, there are far more shoes to choose from (racing, training, track, cross-country). There are even minimalist shoes designed to mimic barefoot running (although there's no scientific evidence that forgoing shoes decreases injury risk). This gives you more options. Of course, you still have to figure out which shoe will work best for you—not an easy task. "There's no single best shoe for every runner," says J. D. Denton, who has owned a Fleet Feet running store in Davis, California, for 14 years. Not only that, but it's impossible to say that shoe ABC will eliminate injury XYZ. Denton and his staff are careful to draw a line between giving medical advice and suggesting a top-notch shoe. "We're careful not to say, 'This shoe will cure your plantar fasciitis,'" Denton says. "Shoes aren't designed to cure injuries. Our goal is to make sure you get the shoe that fits and functions best on your feet."

Others are less cautious than Denton. They point out that while a given shoe isn't guaranteed to heal a given injury, the right shoe on the right runner can help. Verran says that he has been able to help patients overcome injuries by suggesting a better fit. "It happens all the time," Verran says. "It's a matter of finding the shoe that's right for a certain foot type."

ACTION PLAN

Don't expect shoes to correct an injury resulting from training error or muscular imbalance. However, when you need new shoes (replace them every 500 to 800 km), go to a specialty store to get expert advice. As a general rule, buy less shoe rather than more shoe (unless you weigh 100 kgs or know you need the Monster Mash model). Studies show that shoes perform best when the [shoes fit best](#). Ask your shoe salesperson: "Why is this the best shoe for me?" If he or she can't provide a sound answer, find another store.