

Magnolia Newsletter

JuLy 2010 (no 26)

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.

Membership fees reduced

As from 1st July our membership fees will be reduced as follows:

- R260 to R210 for full member
- R210 to R200 for second member
- R160 to R140 for Social member (Does not participate in races, but wants to be part of the Magnolia family and activities)
- R160 to R140 for friends of Magnolia (Participates in other club colours, but wants to be part of the Magnolia family and activities)
- All other categories remain unchanged (Junior and Great Grand Master R110)

Club clothing

Tracksuits: Stock available at the clubhouse. Cost R150

Sat morning Slow Run (start time changed)

There has been a requested during the cold winter months to move the start time to **7h30 (30 min later)**.

Time Trial suspended during the winter months

Time Trial has closed until 6th Sept (The Trim Park is getting very dark and can be potentially dangerous). There will still be runs from the clubhouse, but on the roads around the club. No time will be taken. Please contact the club or vice captains for starting times.

Birthday wishes - enjoy your special day

Johan	Grove	13	July
Isaac	Masango	13	July
Jaco	Wilkinson	13	July
Kobus	Esterhuizen	14	July
Maxime	Fletcher	14	July
Andre	Eaton	15	July
Marlene	Louw	15	July
Hannelie	Duvenhage	19	July
Melissa	Wilken	19	July
Janeen	De Klerk	20	July
Elizabeth	Robinson	20	July
Schalk	Piek	22	July
Lise	Benade	23	July
Cryselda	Venter	24	July

Welcome to our new members to the Magnolia family

This week's Thank You's goes to:

1. **Freddie / Tinus / Herbert for organizing the Sun run.**

YEAR PLANNER - NEXT 3 MONTHS

- Away Race: Sept or early Oct?? any suggestions?
- Next Club Tent: Marcel Van't Slot 14th Aug (Paul)
- General Meeting to discuss very minor changes to be made to our constitution

July / Aug 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 @ 07h00. 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 or Freddie 083-347-5040**

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 07h30.** Please contact **Colin 082 578 3935** for more details.

Walkers: Start 07h00. 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	17 July	Slow Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	18 July	Tap Run	15	07h00	Freddie 083-347-5040
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	24 July	Slow Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	25 July	Tap Run	15	07h00	Freddie 083-347-5040
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	31 July	Slow Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	01 Aug	Tap Run	15	07h00	Freddie 083-347-5040
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	08 Aug	Slow Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	09 Aug	Tap Run	15	07h00	Freddie 083-347-5040
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	15 Aug	Slow Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	16 Aug	Tap Run	15	07h00	Freddie 083-347-5040
		Normal Club walk	10	06h30	Suresh 082-446-6880

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
- **Laingsburg Karoo Ultra marathon 80km** – Contact Miss P Buys 023-551 1019 race date 11 Sept
- **Closing dates for pre-entries – local races only (can still enter on the day)**

Race Calendar and key dates		
	All races during World Cup have been cancelled	
17 July 07h30	Springbok Vasbyt Cost: 25km - R50 and 13.5km - R35	Venue Voortrekker Monument
24 July 08h00	Maxicross Trail Run 15km Cost R45 (I believe it is a pre entry race only and limited to 700)	Groenkloof Nature Reserve, Fountains Valley. Pre-entries: Runaway Sport / Running Inn / The Sweat Shop and online at www.sa-active.com
31 July 07h30	Jolly Jumper half marathon + 10km Cost: seen no pamphlet yet?	Zwartkop Lapa, Enquires Sharon 082 454 1598
31 July 07h00	Rustenberg Mountain Race 25km Cost: R60	Bersig High School, enquires Gavin 083 327 7101 or www.rtbmc.co.za for payment details
14 Aug	Marcel Van Slot 15km Cost:	Phobians Club, Lynnwood. Enquires Gerald 084 582 7242
21 Aug	Dawn to Dusk 12 hour circuit Cost:	Akasia High School PTA north Enquires Gerrie 082 040 5453
28 Aug 14h00	Spar Women's Race 10km and 5km (New Venue) Cost: R50 for pre-entries and R60 on race day Free T-shirt to the first 2010 entrants	Supersport Park, Cnr South and West Streets, Centurion. Pre-entries at all PTA Spar and Superspar shops plus Run-A-Way Sport, Running Inn and The Sweat Shop,
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
14 Aug	Marcel Van't Slot	Phobians		15km		
4 Sept	Spirit Of Flight			10km		
18 Sept	CSIR	CSIR	10 & 21km			
9 Oct	Capital Classic	Phobians	10 & 21km			

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. **Contact Paul if you want all your own personal race results.**

CONGRATULATIONS to the following members who completed the tough Rhodes 52km Trial run on Sat:

Andre Kok	6:55:47 position 68
Ian Fyshe	7:14:46 position 89
Dieter Gloeck	7:16:46 position 91
Tobie Reyneke	7:44:25 position 119
Amanda Fitschen	7:47:36 position 124
Deon Marais	8:16:51 position 158 Social member
Colin Billau	8:23:21 position 171
Jacques Homan	8:55:13 position 244

248 finishers

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
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TIME TRIAL SUSPENDED UNTIL 6TH SEPT DUE TO THE WINTER DARKNESS AND SAFETY REASONS

Cross Country Fixture List - 2010

Date	Event	Club / School	Contact	Tel
16-Jul	Primary Schools League 1	Tuine High School	Johan Steynberg	846 035 766
23-Jul	Primary Schools League 2	Boerefort Laerskool	Jenne Smit	123 352 886
24-Jul	New Balance Cross Country & Trial Run	New Balance	Allan Smith	
28-Jul	Secondary Schools, Seniors & Vets League 1	Midstream College	Alet Kieser	834 867 038
30-Jul	Primary Schools League 3	Simon Bekker Primary	Jimmy Robberts	823 719 585
04-Aug	Secondary Schools, Seniors & Vets League 2	Garsfontein Hoerskool	Alet Kieser	834 867 038
06-Aug	Primary Schools League 4	Queenswood Laerskool	Corlia Ludick	825 721 127
11-Aug	Secondary Schools, Seniors & Vets League 3	Clapham High School	Alet Kieser	834 867 038
13-Aug	Primary Schools League 5	Laerskool Kameelfontein	Johan van Staden	128 085 064
18-Aug	Secondary Schools, Seniors & Vets League 4	Prestige College	Alet Kieser	834 867 038
21-Aug	AGN Champs	AGN	AGN Office	123 274 932
11-Sep	SA Cross Country Championships	Rietondale Park	AGN Office	123 274 932

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).

• **Comrades 2011 IMPORTANT NEWS**

The 2011 Comrades Marathon will take place on **Sunday 29 May** and will be an Up Run, starting in Durban and finishing in Pietermaritzburg. The race will commence at 05h30 from the Durban City Hall and finish at the Midlands Cricket Oval in Pietermaritzburg.

After the hugely successful implementation of the new early entry process for the 2010 Comrades Marathon, when over 23 000 athletes responded to the call for entries, the CMA has opted to stick with the winning formula and will open entries for the 2011 Comrades Marathon on **Wednesday 1 September 2010!**

All former and aspiring Comrades runners are invited to submit their entry for the 2011 race from **1 September to 30 November 2010**. There will only be one three-month window (September - November) for athletes to enter, be they former Comrades runners or Novices. **Entries will be limited to a maximum total of 18 000 athletes**. This means that entries will officially be closed when the maximum number of 18 000 entries are reached, e.g. if 18 000 entries are reached on 7 November 2010, entries will be closed immediately and no further entries will be accepted for the 2011 Comrades Marathon.

Entry fees for the 2011 Comrades Marathon are as follows: * Local athletes (SA Citizens) R270.00

- **Old Mutual Two Oceans Ultra Marathon 56km**

The date for the Two Oceans Marathon in 2011 will be **23rd April 2011**. A little later than usual. Gives you more time to train but will also be very close to Comrades and could clash with Loskop.

E-mails received

- Hello Colin

Aan die einde van hierdie jaar sal dit nou vier jaar wees sedert ek Pretoria verlaat het en noodgedwonge ook van Magnolia moes afskeid neem. Ek was lid van Magnolia vanaf 1983 en die jare met Magnolia was die gelukkigste tydperk in my hele lewe. Baie vriende gemaak, 'n redelike mate van sukses belewe in my hardloop pogings, alles dinge wat bygedra het tot 'n gelukkige klomp jare in my werk (wat ek kon voortsit vir 18 jaar na my eerste aftrede).

Ek geniet en waardeer elke nuusbrieff van Magnolia wat ek nog gereeld ontvang. Dis 'n puik nuusbrieff, en roep baie aangename herinneringe op. In die proses hoor ek ongelukkig nie meer so baie van my ou hardloopmaats van weleer nie, en al die nuwe name wat ek sien, laat my effens jaloers voel omdat ek nie meer in die plesier kan deel nie. Ek sien nog af-en-toe die name van Jorrie en Henta, Noel Laurie, Dieter Gloeck, Martin Coetzee, Gert Pelser, Mick Grewar, Ronald Lagerwall, Luuk Hepkema, Martin Gouws, Gerhard Smuts, Brian Kleingeld, Wayne Katzin, Haffie Mohammed, Soobiah Moodley, Tom Weavind, Jan en Marthie Wessels, Tinus, Pierre en Freddie, Hank Bezuidenhout, en soveel andere wat ek graag wil onthou. Ek wonder soms wat het geword van sommige van die groot geeste van Magnolia soos Karel (Die Grote) van Wyk, Chris Greyling, Mervyn Mansell, Hoppie Wasserfall, George Jordaan en al die ander wat met verloop van jare oues van dae geword het.

En nou, in die nuusbrieff van 'n rukkje gelede, lees ek Karel Niemand se mooi brieff. Ek het al dikwels gewonder wat het van hom geword. Sy brieff het my laat terugdink aan die negentiger jare toe ons saam baie kilometers op die pad afgelê het. Ek kon natuurlik nie met hom kompeteer nie as gevolg van my ouderdom-"handicap", maar hy is een van daardie hardlopers van Magnolia wat homself altyd onderskat het en nie besef het waartoe hy werklik in staat was nie. Ek het dikwels teenoor sy vader opgemerk dat hy 'n geweldige talent het wat om een of ander rede nooit ten volle ontplooi is nie. Dit was vir my dus lekker om te lees dat hy weer met mening tot die sport teruggekeer het met 'n benadering wat my opgewonde maak. Karel, ek verwag nog groot dinge van jou, en sal jou prestasies met belangstelling volg.

Met myself gaan dit heel goed. Ongelukkig sal my droom om nog 'n Comrades te doen, nie waar word nie. Dis bloot omdat ek nie fiks is nie, en nie kan oefen met my simpel knieë nie. Ek behoort aan die plaaslike hardloopklub hier in Hermanus, die Whalers Athletic Club. Dis 'n betreklike klein klub, maar die lede is entoesiasties, en ons het vanjaar nogal 25 deelnemers aan die Comrades gehad. Ek is nie juis 'n aktiewe lid soos in my Magnolia jare nie, Ek neem wel gereeld deel aan die tydtoetse (vir my is dit maar 3 km stap, of as ek baie sterk voel 3 km draf), maar waag dit baie selde om aan wedlope deel te neem. Ek het darem 'n paar "rekords" opgestel, soos daardie een toe ek na 20 sekondes in 'n tydtoets moes "bail" met 'n "hamstring" besering. Tot dusver kon niemand nog hierdie rekord verbeter nie!

My vrou en ek geniet ons aftrede, maar ek mis die goeie ou dae by Magnolia. Hou asseblief aan met die uitstekende nuusbrieff.

Groete aan al die bekendes.

Willie Loedolff

(P.S. Colin: ek hou afskrifte van al die Internet Articles wat jy in die Nuusbrieff plaas..Ek oorweeg dit ook om een of ander tyd 'n versameling van al die artikels saam te stel op 'n CD, vir die biblioteek van ons hardloopklub.)

- **1000KM CHALLENGE DETAILS**

Please note that the 1000km Challenge is currently undergoing some changes and as a result the new race leaflet and entry form will only be available from the middle of July 2010. Prize giving dates to be announced.

Message from Paul and Jenny regarding the future of the 1000km Challenge

Dear Challenger

Paul and I have been so incredibly blessed by the many wonderful friends we have made in the 1000km Challenge. It has been part of our lives for 20 years - it honoured the memory of my late husband Johnny and it has also given so many athletes the opportunity to conquer heights that they never believed possible.

After much thought and lots of deliberation, we have however decided that it is time to end on a high and this we have done. So many wonderful folk took up the challenge of competing this year and it has been the highest ever number of entries received.

Our business keeps both of us very busy and that means we do not have the time to devote to the Challenge as we should. My charity work and animal involvement has also become a priority in my life and as you would have noticed I have not been running for quite a while now. Paul has battled with his ankle and has decided that he also needs a change of lifestyle - the time has come for us to move on and Paul and I have decided that it is time for us to do that now after 20 amazing years of friendships, camaraderie and all the joys that the Challenge has brought us.

The wonderful news is however that the challenge will continue and our grateful thanks to Peter Darrol, who is a 20 timer and is totally committed to the challenge.

I quote from an email that Peter sent to me "The challenge is not ending but will continue inspiring athletes to newer and greater heights but under a new management team". Peter's team are designing a new website and entry form which will be available soon.

Thank you to each and everyone of you for enriching our lives and for the many wonderful hours of fun that we have had at races and prize givings. We are not disappearing and look forward to seeing many of you at races that we choose to compete in.

We will be notifying you in due course about prize givings.

God bless

Jenny and Paul

RACE REPORT

No race reports received

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 TO PURCHASE

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

Training Tips - RELAX, RECHARGE By Bob Cooper

Take your easy days seriously so you'll run your best when it really counts. From the August 2010 issue of Runner's World.

Runners who sweat every detail of a workout—pace, distance, effort—may not think twice about a "recovery day" on their training program. After all, rest is easy, right? But while some people are more than happy to take a day on the couch, others can't resist going for a bike ride or even a light three-mile jog. Which is best?

"Recovery days make your training count because your body makes fitness gains while you're at rest," says Brian Glotzbach, head coach of Personal Best Marathon Coaching in Denver. "If you don't give your body the chance to rebuild, you can't maximize those gains—and certain activities at certain times allow for better recovery."

Choosing what to do on your easy day to balance out your hard efforts is key to realizing your full potential. But as with any training principle, your own best formula depends on a range of factors including your fitness level, age, and work/life demands. For most runners, however, the following recovery guidelines will help you get the kind of rest you need to get the most out of tough workouts.

RECOVERY DAY: EASY RUN

"Easy runs let your muscles recover while improving your biomechanical efficiency, which translates into improved running form," says Ruth England, a coach for Rogue Training Systems in Austin, Texas. The key is to make them short enough and slow enough. England recommends going one-third to one-half the distance of your longest runs and slower than you normally run. "Start out glacially slow for five to 10 minutes," says England. "Your breathing should be light and your speed up to two minutes per mile slower than race pace."

DO IT The day after a tempo run, speed workout, or hill repeats

RECOVERY DAY: CROSS-TRAINING

Cycling, swimming, and hitting the elliptical or rowing machines are all good, low-impact ways to hasten the removal of waste products that cause soreness, while correcting muscular imbalances caused by running. However, if your goal is recovery, you shouldn't cross-train for too long or go too hard, says Jim MacWhinnie, a running coach and personal trainer for Core Dynamics in Water Mill, New York. Limit your sessions to 30 to 60 minutes (a bit longer if cycling a flat route). Your heart rate should be elevated, but your breathing shouldn't be labored.

DO IT Whenever you're feeling slightly fatigued or sore, especially the day after a long run or speed workout

RECOVERY DAY: PUMPING IRON

Strength training gives your legs a much-needed break from pounding the pavement and improves your whole-body strength. "More powerful muscles can improve the efficiency of your stride, making you a better runner," says MacWhinnie. "A strong upper body keeps your form from deteriorating and helps you power up hills, while a strong core and lower body absorbs shock better, which can protect you from injury." Maximize your workout time by choosing exercises that work multiple muscle groups at once, such as squats, lunges, push-ups, chin-ups, step-ups, and bent-over rows. Start with two to three sets of six to 12 reps of each exercise. Your muscles should be fatigued by the last rep.

DO IT The day after running [hill repeats](#) or a tempo run

RECOVERY DAY: TOTAL REST

No yoga, no short walks, no pick-up soccer games with the kids (if you can avoid it). "I even tell my runners to take the elevator instead of the stairs," says England. "A day off from activity can be hard for overachievers who think they have to

be progressing every single day. But in fact, the training principle of 'super-compensation' suggests that a full day off gives you a bounce in performance. It also gives you a mental break from training."

DO IT Once a week. The day after your long run is ideal, but any day you're feeling out of gas works.

The Easy Plan

HOW YOU PREPARE for and recover from key workouts helps you get the most out of them. Here's what to do before and after your quality days.

LONG RUN

Day Before: Cross-train or total rest

Day After: Cross-train or total rest

SPEEDWORK

Day Before: Cross-train or easy run

Day After: Cross-train, easy run, or total rest

TEMPO RUN OR HILL REPEATS

Day Before: Strength train or easy run

[WHEN TO DROP OUT OF A RACE By Gigi Douban](#)

When A Stomachache or Muscle Cramp Hits You Midrace, Should You Go On Or Go Home?

PUBLISHED 07/31/2007

Almost halfway into the 2003 [Boston marathon](#), Dennis Fisher found himself trying to settle an internal dispute. Severe [leg and stomach cramps](#) brought his pace to a crawl--interrupted by several dashes to [Port-a-Johns](#). A little voice told him to quit, that this misery wasn't worth it. But as he struggled along, he thought of the charity he was running for, the Make-A-Wish Foundation, and all the e-mails he'd have to send to friends and family explaining why he didn't finish his fifth marathon. "I really, really didn't want to drop out," says the 35-year-old journalist from Plymouth, Massachusetts. "In my head at that point, I saw quitting as a sign of weakness."

So Fisher sucked it up and finished in 4:40, an hour off his goal time. After the race, he downed a bottle of water, then immediately vomited. His wife took him to the emergency room, where he was treated for kidney failure. Fisher made a full recovery, but left the hospital with perspective. "Clearly a race I should have dropped out of," he says.

When you're faced with a race-day setback--whether it's one you wake up with (upset stomach, fever) or one that pops up midstride (calf cramps, twisted ankle)--there's a decision to make. And assuming you've trained long and hard for the event--be it a 10-K or a marathon--it's likely to be one tough judgment call. If you drop out, you might be [haunted with the question of how you would've done had you gone on](#). But bowing out can prevent a small issue from becoming a serious one. Doctors believe Fisher's kidney failure arose from dehydration (warm weather, multiple bathroom stops), anti-inflammatories (taken before the race), and 26.2 miles. Had he quit when symptoms started, he may have avoided the trip to the ER. Learning how to listen to your body could help you avoid a similar fate. Here's expert advice on when to press on and when to pull out.

Roadside Diagnostics

The extra effort of racing doesn't always feel good. Indeed, experts say that when you exert yourself, a certain amount of [discomfort](#) is normal, and you can generally run through it without harming yourself or risking injury. A familiar ache or pain is most likely not cause for an early exit, says Craig Moore, M.D., a family practitioner specializing in sports medicine in Bellingham, Washington, and a 2:19 marathoner. If you've had an ongoing case of Achilles tendinitis, say, it won't come as a shock if your ankle starts to hurt midrace. "If you feel a nagging, continuous ache, but it doesn't worsen, then you can usually keep going, especially if you recognize it as nothing new or you're nearing the end of the race," he says.

However, [pain](#) that's severe, unexpected, or unlike any that you've experienced before is a red flag. "No sensation should be more than a dull ache," Dr. Moore says. "If you feel something that's sharp, piercing, or stabbing, you should slow down to see if it subsides." If it doesn't, or it intensifies, walk to an aid station or wait for medical help to come to you. Chest pain, pressure, or tightness are symptoms that demand immediate attention. Also, if you feel or hear a pop or snap--signs of a muscle or ligament pull--don't run another step. If you stop immediately, you could recover quickly enough to run a "plan B" race in a few weeks (see "Moving On," below). Keep running, however, and you'll risk a complete tear, which may mean months of no running at all--let alone racing.

Lewis Maharam, M.D., medical director of the ING New York City Marathon and Elite Racing's music marathons, says your running gait will also help you gauge your ability to go on. "If the pain becomes such that it changes your running form--you're favoring one leg, you have trouble bearing weight on a leg, or you're doubled over, your body's telling you that something's wrong," he says. But before you hail a ride to the finish, first try [adjusting your pace](#). "If you're struggling to do eight-minute miles but you're able to maintain your form and run comfortably at a 10-minute or 12-minute pace, you could abandon your time goal and just focus on finishing," Dr. Maharam says. "There's a difference between racing a race and running a race."

Consider the Consequences

If your top priority is to run a specific time, then dropping out when you realize your [goal](#) is unattainable will prevent you from wasting your training and trashing your body on a bum race. Call it a day early enough, and you may be able to try again the following weekend. This is especially likely if you're battling a cold, the [flu](#), a bad prerace enchilada--things that tend to resolve themselves in a few days, Dr. Maharam says. If your main goal is to enjoy the experience, then slowing down and focusing on getting to the finish as comfortably as possible is a good strategy.

There are times when a battle wound looks worse than it is. Chafing, blisters, cuts, and scrapes might slow you down, but they aren't necessarily a cue to quit. That was the case for Teri Harper, 44, of Woodland Park, Colorado, who in 2006 was navigating the jagged rocks and tree roots of the Barr Trail Mountain Race, while distracted by a full bladder. "I was looking for a place to go to the bathroom, and that's when I tripped and fell," she says. If you take a tumble, the advice is simple: "If you can run, you can run," says Terry Nicola, M.D., director of sports-medicine rehabilitation at the University of Illinois Chicago Medical Center. The tricky part? Defining running. "Limping, hobbling, shuffling is not running," he says. Despite Harper's bloody elbows, knees, and palms, she suffered no major injuries, and was able to collect herself and a finisher's medal.

Whether you decide to carry on or bow out, a disappointing race experience can make you a stronger, wiser [runner](#). It did for Fisher, who has run two marathons since his trauma at Boston. "I learned that it's okay to back off or stop if things aren't going right," he says. "But I've also learned that I have the ability to persevere and accomplish what I set out to do. That lesson has helped me in shorter races since then, especially when I'm trying to set a PR and I feel like I can't possibly go another mile."

[Stay on the Road](#)

How to avoid, and get rid of, common new-runner [injuries](#)

Runner's Knee

What is it? Soreness in the front of the joint due to a miss tracking kneecap

Prevent it Strengthen your quads. Do wall squats, which don't require equipment. Slide down a wall until your knees are roughly at a 60-degree angle (below). Hold for 30 seconds. Work up to two sets of 10 repetitions.

Treat it Ice your knees after exercise, reduce your running, and avoid running downhill. If running is painful, swim, cycle or do some other activity. "Recovery is an active process," says Vonda Wright, M.D., an orthopedic surgeon at the UPMC Center for Sports Medicine in Pittsburgh.

Shin splints

What is it? Pain along the front of the lower leg, caused by an overload on the bone or muscle

Prevent it Build miles slowly, replace your shoes regularly, and stretch your calves. Tight calves make the front of the leg work harder to flex the foot with each step. This is especially true when the shin muscles are weak, so strengthen them: Sit on a chair, fill a sock with coins, put it on top of one foot and flex and lower that foot 20 times (below). Change feet.

Treat it Cross-train for three days (no running) and ice daily. If your shins don't improve with rest, see a physical therapist.

Iliotibial (IT) Band Syndrome

What is it? Sharp pain on the outside of the knee caused by inflammation of the IT band, a piece of fascia that connects the hip to the front of the tibia.

Prevent it Keep the muscles that surround the IT band--the quads, hamstrings, and glutes--flexible. Better yet, get a foam roller--a foam cylinder that's great for massaging the muscles. Lie on your side with the roller under your knee; support yourself with your arms and roll up and down from the knee to the hip (below). A little pain means you're doing it right.

Treat it Ice the area and cross-train a few days.