



MONTHLY NEWSLETTER

January

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Marathon 101

It's the beginning of the New Year you have decided this will be the year you do a Marathon.

Before you cross the finish line and start signing shoe contracts you might want to start with the basics.

1) Get the right shoes. (You'll need a left one to but that's beside the point) The best way to determine what the right shoe is for you is with a biomechanical evaluation. That means having someone look at the way you walk and run to determine what style of shoe would be best for you. In general there are three shapes of shoes curved, semi-curved, and straight. The general rule of thumb is the greater pronation that is present, (that is the more your arch moves to the floor as you walk) the straighter the shoe you will need.



2) If you are a non-walker and non-runner you need to give yourself up to a year to prepare for this race. There are many training plans you could use that will promise you'll be ready for a race in 16-32 wks, but if you want to enjoy the experience of training and completing a marathon you need to give your body the opportunity to prepare for the experience. Most of the pre-fabricated programs published are based on the premise you can complete a 6 mile run.

3) Get a physical and tell your Dr. what you're and in depth physical may be necessary depending on your family medical history, age and current fitness level.

4) Have a training plan set with a calendar there are many programs you can look up on the internet. Active.com, Runner's World Magazines web site are just 2 of many.

5) Take the time to talk to other whom have crossed the finish line at a marathon you will get insights and hopefully be motivated by the experience.

Take the first and most important steps in your quest to run a marathon. The items stated above are the first strides to the finish line.

Carolina SportsCare and Physical Therapy would like to offer the athletes of the Low Country a unique opportunity. We would like to assist you in your goal to complete your first marathon. We will evaluate your running mechanics and give you a specific shoe recommendation as well as stretches to help you run more comfortably and efficiently. All that's necessary is a copy of your marathon application and confirmation number for participation.

When calling just tell us that you are a runner in need of Gait Evaluation the rest will be up to us. Call the closest location to you for this unique opportunity.

Kevin Green is a Combined Decongestive Therapist, and Physical Therapist Asst. His athletic experiences include the completion of a Half-Iron-man Triathlon and 9 Marathons. He is only one of the team of professionals committed to you achieving athletic success.