



*Team POD
Reports*

I Can't Believe It Happened to Me A True Confession of a Running Husband

by Jim Chrome

In March of 2008, like so many other males age 55 with a growing waist line and increasing blood pressure, I realized that there had to be a change in my lifestyle. My solution was to hit the treadmill at Sandersville's Wellness Center each day at lunch. A common problem surfaced in a few months with Plantar Fasciitis and a trip to the doctor, meds, and no treadmill for a week. But I continued as summer began. Everyday I noticed a guy that would head outside and run. Why leave a perfectly nice cold building to go run in the heat? Each day I came and got on the treadmill in the cool and he ran in the heat outside. As summer moved into fall my waist grew smaller, and temperatures dropped and I was encouraged by this runner, Sam Martinez, to follow him outside and try it.

After a couple of days I quickly realized the treadmill was behind me and there was no going back. I went from 2.5 miles a day to 3 miles. In February I entered a race in Milledgeville, The Bobcat Ramble. I actually placed in my age group and got the race bug. I found that my pace was not increasing and that was when Sam "aka" Coach took some time and gave me a training schedule. I purchased Jack Daniels's book on running which Sam based his training on. Now, officially, I was a member of the POD team.

When summer of 2009 came I continued to somehow run outside 5 days a week at noon. After a month, I guess, you just get used to it. My distances increased as did my running times. Soon I was running 5 to 6 miles per day and, one day a week, a longer one. I had a flight physical in July and found I had great blood pressure and had lost 50+ pounds. I continued to run other races when my wife MaryAnn said she would run one with me. We ran the Old Capital Classic in Milledgeville in May and MaryAnn placed in her age group and she also caught the race



Jim and MaryAnn at Woodstock 5K

bug. We both went with other POD team members to Anniston, Al. in August to run the Woodstock 5K. It was a tough hilly course but we both enjoyed the run and the almost county fair atmosphere at the end.

I continued running outside everyday in the heat and MaryAnn now was the one running inside on the treadmill in the cool. Through the summer my 5K PR's went from 28+ minutes to 27+ minutes to 26+ minutes.

Maryann's went from 31 minutes to 28+ minutes and with the one exception of the Mercer Feed the Bears run she continued to get faster also. Hills, she says, are not her thing! The week before the Macon Labor Day Race we were scheduled for a vacation to the Grand Canyon. The Monday before Labor Day I got up at 6:30 AM to run 5 miles around Hartsfield Airport in Atlanta before we flew out. Tuesday morning I got up at 6:30 AM to run in Sedona, AZ. Wow! The hills. Wednesday morning I got up at 6:30 AM to run around the rim of the Grand Canyon. Wow! The hills and at 7,000 above sea level. During all of this MaryAnn slept in. Sunday we flew back to ATL and stayed over in Macon for the Labor Day race.

Once again up early to run, both of us were wired for the start. The gun went off (was it just me or was that a silent gun)? Off we went with MaryAnn as usual ahead of me, always wanting to be up front, until I passed her. After the first mile and the only real hill, I passed her. My pace was on for a PR. A half mile later she passed me. I guess she didn't realize **I'm the one** that had been training intensely for a year. Outside, in the heat, a couple of times in the rain, not to mention the cold last winter, driven off the road by cars, chased by ferocious animals, an avid reader of *Runners World* to get the latest tips, and finally, but not last, coached by Sam Martinez.

(Continued on page 3)

Running Club News *by Dave Oedel*

Just shy of two thousand folks (about 1,960) ran one of the three races on Labor Day in Macon this year – about 1,360 in the 5K, about 520 in the 10K, and the rest running the Fun Run. It was a record turnout from what we can tell after reviewing our somewhat incomplete club records – a whopping 13 percent increase over last year, which itself was a large percentage increase over the year before. In short, running is on the move in Macon, and our club is glad to support the movement.

One of the great things about this year's 5K race was to see the ages of the leaders. The top three guys were aged 17, 16 and 18 respectively, and the top two gals were both aged 14. In short, youngsters are at the head of the pack – and that bodes very well for the future of running in our community. You have to believe that these young stars are part of a real wave of running fitness among our young people. That's good not just for them, but for the entire community as it struggles to get the collective weight off and improve our society's wellness. Talk about one of the best kinds of preventive medicine: a regular running schedule!

As I don't need to tell you, this year was a tough one economically, and not all of our past sponsors were able to return this year. We hope to see the missing ones next year (assuming conditions improve). Meanwhile, we're deeply grateful for those sponsors who came through even in these tough times, most prominently including our lead sponsor GEICO and two new major-level sponsors, Chick-fil-A and the Telegraph. Their sponsorships together with the sponsorships of organizations like Taylor Services Restrooms, YKK, O'Neal Brown & Clark law firm, Dent Tricks, and MRI Center of Central Georgia and others helped make this race come off well despite the downturn. We were pleased to have fine-quality technical shirts again this year, improved food and drink at the finish, and fun frames and pictures (pix courtesy of PeachSports.com) for the winners.

The race had some glitches, of course, that the race committee will try to avoid next year, including too-few and too-slow buses; not enough bananas or ice; and a bunch of other criticisms/suggestions that you can check out on our website. Still, overall, the race was better than last year, and we'll try to make it still better next year.

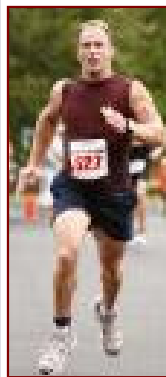
I'm sure that the entire Middle Georgia running community joins me in thanking our sponsors and volunteers. We're having a MTRC potluck social at which we'll honor the volunteers (and sample the food and drink shared by attending Tracksters) on October 24th at 6:00 p.m. at the Oedel home, 740 Waverly Pt., Macon, GA 31210. All Track Club members are welcome. And may I make a special shout out to our top volunteers, Sam Martinez, Monika Bubacz, Amy Tarpley and Kerry Oedel. They each put in long hours to make it all come together. Bravo to them, and to each and every volunteer and sponsor. Thank you all.

LET'S WELCOME OUR NEW MEMBERS!

Ken Jasnau is a 78-year- *by Deborah Botkin* young runner who has been running for about 25 years. He enjoys running 5K races in the Georgia Run and See GA Grand Prix Series. He especially likes the 5K races that help others such as Camp Little Shot and Butterfly Dreams Dash. Ken has passed his love for running down to his children and grandchildren. This year his daughter and granddaughter will be participating in the NYC marathon. Ken is looking forward to moving up to the 80 and up age group ... seems there is still a lot of competition in the 75-79 age bracket in the Labor Day Road Race.



James West started running at last year's Labor Day Road Race. Since then he has been motivated to accomplish several incredible goals. James participated in the Rock and Roll Duathlon and didn't finish as well as he'd like. As a result, he became motivated to push hard. Jim came in first in his age group at the Georgia Veterans Duathlon. (Great job!). Next on his plate is the 2010 Goofy Challenge. The Goofy Challenge is where runners participate in both the half marathon and then a marathon the following day in the Disney Theme Parks. Keep up the Training Jim!



Raquel Dufrene started distance running when she moved to Arkansas. As with places everywhere, she was embraced by the running community. Some of her accomplishments include finishing St. Jude's in 2005, Chicago in 2006 and Boston 2008. Her next big goal is to complete a half iron man. She has her sights set on the triathlon in either Albany or Orlando in 2010. Good luck Raquel!



Adventure Jam at West Point

Kerry Oedel, Leslie Spiegel, and I spent a weather-perfect September 12th morning running, biking and canoeing with 42 other three-person teams in the 4th annual Adventure Jam at West Point Dam. Required to stay within 100 feet of our teammates, we completed a 3-4 mile trail run, a 2 mile canoe paddle on the Chattahoochee River, and a 13 mile mountain bike ride, with an obstacle course and two “mystery events” thrown in to add to the fun.

Unlike in most adventure races, the run and bike followed a marked course, with no navigation required. A map with checkpoints was provided for the canoe leg, but the navigation was simple. After having some difficulty ascending a wet ramp in the obstacle course during last year’s Adventure Jam, we discussed a better team strategy for that same ramp, only to learn that each of us had to complete the obstacle course independently this year. Fortunately, by the time we arrived at the obstacle course during the race, the dreaded wet ramp had been removed, and the remaining crawl under/crawl over/balance obstacles were fairly simple. For the first mystery event, we had to answer a handful of trivia questions and display a piece of equipment from a list for each question missed. Between the three of us, we were able to correctly answer all but one question. How many acres is West Point Lake anyway? For the second mystery event we had to split up and complete separate tasks. Kerry bravely chose to swim, Leslie naively chose more biking, and I got thrown into the metaphorical briar patch of Br’er Rabbit: I had to navigate to find a point on a map. Leslie got the worst end of this deal, crashing several times and breaking her rear brakes. Although a team of three women had caught us just before we reached the second mystery event, we were able to finish that event ahead of them. Sure that they were right on our (w)heels, we biked hard the remaining miles to the finish line, drawing on reserves of courage (no rear brakes!) and endurance (cramps!) to finish in 3 hours and 24 minutes, first in the female division and 24th overall.



Kerry, Andi, and Leslie - still running?

The Adventure Jam is a nice introduction to adventure racing, and a great way to spend a fun day with friends.

4th Annual Jay’s Hope 5K / 1M Fun Run and Fall Festival



The Jay’s Hope Foundation *by Leslie Spiegel*

would like to thank our local running community and Macon Tracks Running Club for your support. Thanks to last year’s sponsors and participants, the foundation exceeded our

fundraising goals and raised over 20,000 dollars for our pediatric oncology patients and their families. This year the Jay’s Hope Foundation has opened the doors to the brand new Cox Communications walk-in bone marrow registry center, which is the only walk-in donor clinic in Georgia. There have been over 3,500 registrants added to the national registry in the past 3 years thanks to the efforts of the Jay’s Hope Foundation. This is the largest number of registrants from any organization in the state of Georgia. The Foundation has also recently opened a new play therapy center located in the Jay’s Hope offices across from the Ronald McDonald house. Here children and families are provided opportunities to learn more about their diagnosis and receive support throughout their journey. Support from our community has allowed Jay’s Hope to continue to provide services and support to over 350 families throughout middle Georgia that are fighting pediatric cancer. To learn more about the Jay’s Hope Foundation visit www.jayshope.org.

We are excited to celebrate this year’s 4th annual Jay’s Hope 5K, 1-mile Fun Run, and Fall Festival to be held on Saturday, October 31st at the beautiful Amerson Water Works Park. Please join us for a morning of running through the scenic park with trails and roads along the Ocmulgee River. This year’s festival will directly follow the run. There will be inflatables, carnival games, concessions, and a costume contest. It will be a fun family event for all to enjoy. We hope to see you there as we celebrate hope for our pediatric oncology families.

(Continued from page 1 - ‘Confession of a Running Husband’)

The closer we got to the park I realized I was not reeling in MaryAnn. I was still on pace for my PR. She apparently had something in her breakfast that I missed at the Holiday Inn Express that morning. I thought about having her tested for doping. Finally we got to the last turn and the unthinkable was going to happen. She’s going to beat me! She had taken on my new found hobby and not only beat me at it, but left me in her dust. I could hear the roadrunner Beep Beep! Her PR was 24:46 and mine was 25:29. She beat me by nearly one minute! Well, after 35 years of marriage there still is a little competition in the girl. For me, I am looking for a 5K course with hills to turn the tables. Then again, she might do it again. Beep Beep.

*Team POD
Reports*

The Emotional, Spiritual, and Physical Side of Being Part of Team POD

by Amy Tarpley

When Sam,
aka Run

Coach (RC) said one of his goals in 2009 was to coach people to run faster and smarter, I immediately sent him an email asking where I could sign up. I knew I needed some help as my most recent 5K was dubbed “the day I threw in the towel” running a 32:14 on a familiar flat course. At the time I wasn’t sure what I was signing up for, and honestly (I can say this now), I really thought I’d probably quit within the first month. But RC, being the organized athlete he is, immediately set up a time for an initial meeting. Maybe he knew if we waited too long, I’d back out?

We met for the initial coaching session where I was inundated with unfamiliar terms like VDOT charts, phase training, negative splits, the 5 types of run paces (apparently there is no such thing as “fast” and “slow”), POD (pain of discipline) versus POR (pain of regret), and the biggest kicker of them all: Jack Daniels is actually a coach, not a bottle of whiskey! I was extremely intimidated but I had already convinced myself that somehow I’d weasel my way out of following through with all of this, so why get so worked up about it, right?

Then the schedule: Phase 1 – Foundation and Injury Prevention – which would be four weeks, 30 minutes a day at an “easy” pace. With as many injuries as I’ve had over the last 4 years, I was quite happy to think that I might actually run for a month without getting hurt! Then moving into Phase 2 – Early Quality - where I’d actually have to start showing up at the track on Tuesdays. Repetitions and strides would be on the agenda, but again I had convinced myself I’d quit long before I had to start enduring that sort of pain. Phase 3 – Transition Quality ... RC actually wrote on my notes: “most stressful. Focus on mental and physical toughness. ”Wow, was I glad I wouldn’t make it that far! Who wants to be stressed out?? and “mental toughness??” Was this running or therapy? Finally I’d move into (or so RC thought) Phase 4 – Final Quality – race simulations, building on strength, and developing race strategies. I begin to feel bad that he had put all of this time into building a training plan around a goal I knew I wasn’t going to meet.

I spent 4 weeks running “easy” ... taking my time. I began to see my average HR decrease, and my average pace decline with it. I was excited with the progress, but I was getting bored with running the same thing every day. And then something remarkable

happened: I actually found myself looking

forward to Phase 2. I entered Phase 2 and got to run my first race: Al Toll Memorial 5K. I was instructed to run it as a practice for negative splits...not to worry about PRs and race strategy. The only strategy was to run negative and prove to myself that I could actually do it.

That morning, I did all the things that I never would have done before a race. I ate two hours before race start, I got there early and ran a couple of miles as a warm-up, I did four 30-second strides. I had actually showed up prepared. I was shocked at how easy and natural it had all come. As RC and I ran together for the warm-up he instructed me to do three things as part of my strategy for every race I ran from here on out.

1. Pray for my fellow runners.
2. Encourage someone along the course.
3. Pick 4 people at the end and pass them with conviction.

I had never prayed before, during, or after a race. It just wasn’t something I had ever thought about. Encouraging people, well that part would be easy. And picking four people ... well, who knew using the “negative split” strategy would leave so much room in the tank to pass not just four people, but two more to boot!

I followed all the instructions, ran negative and in the process shaved over a minute off of my 5K PR. And I felt like I wasn’t even trying! I still remember seeing that clock as I rounded the corner. I hadn’t even paid attention to my overall time, as I was solely focused on those negative splits. I was shocked and amazed to see that I had actually accomplished the goal AND I ran a personal best in the process.

It was at that point that I became hooked on Team POD.

Since that race, I’ve had some ups: PRing over and over and over again, and some downs: I ran another race right after Al Toll and threw negative splits, and my ability to even manage a respectable pace in that last mile, out the window. I’ve learned that tempo runs are a necessary evil in the sport of running, and that RC has a strong affection for karate movies: being nicknamed Grasshopper because I am patiently waiting on being able to take the pebble from Master Po’s (RC) hand, and that if Danielson was a runner he’d be “running on a treadmill” instead of “waxing a

fence”.

But more importantly, I've learned that this running thing, for me, is hugely emotional. I spent years beating myself up for not being gifted to be faster, when in reality I just needed to be shown the path, the path that I now can easily run on for miles and miles. I have a new found sense of confidence that I really can do this running thing.

It's been a spiritual journey, as now I find myself praying in the middle of a seven mile easy run for no other reason than just because I can. I find myself reciting Philippians 4:13 over and over again from mile 2 to mile 3 during a race "I Can Do All Things Through Christ Who Strengthens Me" and I have not finished one race this year that I didn't pray for all my fellow runners first.

And finally the physical part: I've officially run for 9 months injury free! I've shaved 9 minutes off of my time "the day I threw in the towel" and 3 minutes off of my 5K PR. I've learned to run smarter, longer, and faster. I've learned to embrace track work and tempo runs and race strategies, VDOT charts (never leave home without it), and the importance of not writing a check with my legs that my heart can't cash.

And all of this, every bit of it, I could not have done without RC showing me the way ... being patient when I wanted to give up ... encouraging me when a race didn't go exactly as planned ... just making sense of it, and making it all seem so simple. For all my PR's in the past, and all that are yet to come I thank you RC! I know I couldn't have done it without you!

P.S. I also want to thank Robin, Brenley, and Bethany for allowing RC to spend time with all of us to make us smarter and faster runners! Thanks guys!

Team POD Reports **TEAM POD and Me**

by Bo Drinkard

It is hard to believe that it has been almost 4 months since I joined Team POD. I joined the team because I wanted to try and take my running (and I am using the term loosely) to another level. I ran my first half marathon in January utilizing the Galloway method, but had become somewhat stagnant with my efforts throughout the spring. I heard of Team POD through Tim Cook and he shared the successes he has enjoyed. I met with Sam and we discussed several items and laid forth a plan. Not wanting to give the RC (Running Coach) a big head, but this guy knows his stuff!

Now, unlike many of the Team POD Members, my goal race was not the Labor Day Road Race, but instead a run with the big rat: The Disney World Marathon on January 10, 2010. My plan has been a little different and I must confess, I was slower to embrace all of the Team POD Methods until recently. RC has a subtle way of getting one to move in the right direction with gentle kicks in the right area of the human anatomy. I am not complaining because all of mine have been well deserved! But RC has a desire to help all of us be the best we can be! And that is the joy of being associated with Team POD. While some may compete against others, overall we all want to see each other succeed and reach our maximum potential.

One of my running goals for 2009 was to have a sub 30 minute 5K. I accomplished that at the Labor Day Road Race this year with RC's help.

But the big goal for me is Disney. With Sam's advice, friendship, planning and, when needed, kick in the posterior, I am making significant progress towards that goal. My average weekly mileage for the past month has been in the 25+ range. Now, for some this doesn't seem like a lot, but for me it is a tremendous increase. There have been months when I did not have 25 miles! I will top out at over 100 miles for the month of September, a first like that for me. Sam has helped me find the correct training plan and I am attempting to follow it to the "T". If you told me 4 months ago that I would be RUNNING 10-12 miles at a time, I would have laughed at you. I have a 12-mile run on the calendar for Thursday of this week! THANKS RC for the confidence and the plan to reach this level.

Understanding all that the Jack Daniels training method incorporates has been similar to learning a new language. VDOT, VO2 Max, Intervals, Race Pace, Marathon Pace, ... the list goes on and on. RC has been an excellent translator as I learn the new lingo. More than likely, I will always be a mid- to back-of-the-pack runner. But I enjoy it and I enjoy pushing myself to new levels and reaching goals I have previously dreamed about. I owe a tremendous debt to RC and Team POD!



Whether you're a new member or have been a member for years, we want to hear from you!

Please submit profiles, stories, race recaps, or other running-related articles to macontracks@cox.net

Iliotibial Band Friction Syndrome and Posterior Tibialis Tendonitis: A Pain Duet

by Brian Ross, **Piedmont**
MPT, ATC, **SPORTS MEDICINE**
CSCS **Complex** 

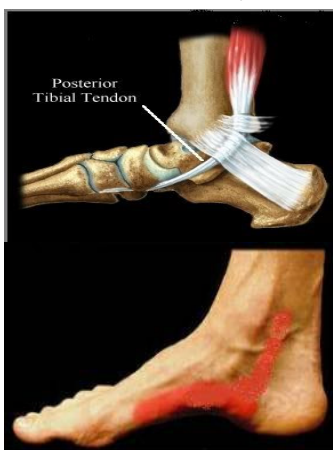


This month I am writing about two conditions that can often relate to each other: **Iliotibial Band Friction Syndrome (ITBFS)** and **Posterior Tibialis Tendonitis (PTT)**.

Together, these two conditions form what is known as a “**pain duet**.” As a reminder, there can be numerous causes for injuries in runners; therefore it is important to see your medical professional to help determine the source of the problem, especially if you are experiencing pain.

Knee pain that is generally felt on the outside (lateral) aspect of the knee or lower thigh can often indicate **Iliotibial Band Friction Syndrome**. The *Iliotibial (IT) Band* is a tough group of fibers that run along the outside of the thigh. It begins at the hip and extends to the outer side of the lower leg (tibia) just below the knee joint. ITBFS is caused by inflammation of this band. The IT band acts primarily as a stabilizer during running and may become irritated from overuse. The pain associated with ITBFS is often more intense when descending stairs, or getting up from a seated position. Runners may be predisposed to ITBFS by overuse, training errors, or faulty biomechanics. Sudden changes in surface (i.e., soft to hard, flat to uneven or decline), speed, distance, shoes, and frequency can break down the body faster than it can heal, causing injury. The biomechanical abnormalities that may lead to IT band problems include: excessive pronation of the foot, leg length discrepancy, lateral pelvic tilt, and “bowed” legs. Also, muscle tightness or lack of flexibility in the gluteal or quadriceps muscles may exacerbate IT band injuries.

Posterior Tibialis Tendonitis is an inflammation of the posterior tibial tendon and its sheath. The *posterior tibial tendon* runs behind the inside bump on the ankle (the *medial malleolus*), across the instep, and into the bottom of the foot. The tendon is important in supporting the arch of the foot and helps turn the foot inward (inversion) and downward (plantarflexion) during walking and running. PTT usually develops as a result of overuse. Activities such as jumping, running, walking or even prolonged standing can cause undue stress on the Posterior Tibialis Tendon. This in turn leads to the development of microscopic tears in the tibialis posterior tendon resulting in inflammation and pain. Poor flexibility of the calf muscles and of the Achilles tendon, overpronation (feet rolled in), inappropriate footwear,



and increasing age are some of the other factors that can cause posterior tibialis tendonitis. The symptoms of tendonitis of the Posterior Tibial Tendon include pain in the instep area of the foot and swelling along the course of the tendon. Injury to this tendon can result in loss of function, primarily affecting push off from the ground with walking and running.

A “**Pain Duet**.” Running related injuries to the **posterior tibialis muscle** and its tendon will often involve repetitive or excessive eversion (overpronation) and dorsiflexion of the ankle. If you study the biomechanics, you will probably realize that these are the very same motions that can place the **IT Band** along the lateral, upper side of the leg under increased stress. In fact, individuals with PTT often simultaneously suffer from **ITBFS**, in which the outside of the knee becomes inflamed, forming a pain duet with the tibialis posterior. The muscles and tendons in the leg operate as a kinetic chain, and stressful motions in the ankle (i.e. excessive eversion and dorsiflexion) can produce ripples of stress that pass upward through the leg, inducing damage to the posterior tibialis tendon and its penthouse relative, the IT Band. Of course, the scenario can unfold in reverse as well.

That is, a weak or injured IT Band can lead to excessive inward movement of the thigh when the foot is on the ground and thus extra pronation at the ankle, which might very well inflame the posterior tibialis and its tendon. Therefore, posterior tibialis problems are often, but not always, linked with IT Band problems in the same leg.

Diagnosis of either condition is done through history and examination by a medical professional, usually an orthopedic doctor, certified athletic trainer, or physical therapist. Your doctor may choose to take x-rays in order to confirm no bony problems around either of the joints. An MRI may be ordered if a more serious injury is suspected to the soft tissues.

Treatments of these conditions are as follows:

- 1. Rest.** When you first experience pain with either condition, you should rest the injury and allow for the acute inflammation to subside. This may take a day or two, or longer depending on the severity of the pain/soreness. Reducing mileage and being alert to the signs of over training can help you identify potential risk factors in your personal training style. During this rest period, you may be able to perform some other forms of

cardiovascular exercise such as stationary bike or an elliptical trainer. This rest, along with a low-impact cross-training activity can lead to a faster recovery.

2. Ice vs. Heat. If the either condition is in the acute stages (first 2-3 days) and is inflamed or painful, use ice packs over the affected area for 15 to 20 minutes every 3 to 4 hours for 2 to 3 days or until pain subsides. ***Be careful about applying ice to the lateral aspect of the knee for too long (>10 min) because there is a nerve in this area that goes to the lower leg that may be affected.*** In the chronic stages (after 3-4 days) you can use a heating pad to help with soreness and tightness in the muscles.

3. Rehabilitation. A physical therapist (PT) or certified athletic trainer (ATC) can use modalities such electrical stimulation to help decrease pain, or ultrasound to decrease inflammation, stimulate blood flow, and heal tissues. Since the problems may occur due to muscle imbalance (some muscles are too tight and some muscles are too loose or weak), a PT or ATC can develop a stretching and strengthening program for your hip/thigh, knee, and/or lower leg/ankle muscles. Exercises will help stretch and strengthen the muscles and tissues around the injured area and help to provide stability to the joints. For ITBFS, strengthening muscles of the hip, especially the external hip rotators, and thigh may also help reduce the risk of IT Band injuries. Some recommended exercises to help with the prevention and recovery of ITBFS include: one-legged squat, bridging, side steps with theraband resistance, side lying leg raises, and lunges. Stretching of the hip and thigh muscles (i.e. IT Band, hamstrings, quads, etc) will also assist in prevention and recovery of ITBFS. For PTT, strengthening of the lower leg/ankle muscles, as well as the intrinsic muscles of the foot will help in the prevention or recovery from injury. Exercises may include: resisted theraband ankle exercises, cuff weight ankle exercises, toe/heel raises, and toe crunches or marble pick-ups with toes. Stretching of the calf (gastroc/soleus) muscles will also help with recovery. For strength exercises, perform 3 sets of 10 repetitions. Stretches should be held for 10-15 seconds and perform 5-10 reps for each. Try to stretch several times throughout the day, not just one time a day for 40 minutes.

4. Proper Footwear or Orthotics. Be sure to choose footwear that provides good arch support. Custom made orthotics may also be beneficial. Good arch support will take some of the stress off the tendon during walking and running.

5. Foam Roller or Massage/Myofascial Release. Direct treatment on trigger points and loosen restrictions along the iliotibial band. You can see a sports massage therapist or perform self-massage. Target the areas over the lateral femoral condyle and greater trochanter. Using a foam roller to release the tissues may be painful,

but many athletes have excellent success with this technique. Rolling a tennis ball around the ach of your foot is a good way to self-massage the posterior tibialis tendon. Below are some exercises and treatment techniques that can be used in the prevention and recovery for both ITBFS and PTT. Please refer to the Macon Tracks discussion forum (Ask the Sports Injury Expert) at www.macontracks.org for more information on running related injuries and examples of recovery exercises and techniques. God Bless!

Calf Stretch



Tennis Ball Massage



Massage w/ "The Stick"



2009 Macon Tracks Piedmont Sports Medicine Series Races:

Gordon's Fall Line Festival 5K - Oct. 3rd

Take Back the Night 5K & 10.5K - Oct. 10th

Jay's Hope 5K - Oct. 31st

Peacemakers 5K - Nov. 7th

Will Robinson Memorial 5K - Nov. 21st

Bartram Forest Marathon & 50K - Nov. 28th

Reindeer Run 5K - Dec. 5th

2010 Series:

Museum of Aviation 5K, HM & M - Jan. 16th

Karen Clements and Tom Weitzel

are currently in the lead for the Race Series,
with eighteen races completed

MTRC Fall Social

Come join us for an evening of fun, friendship,
food, and, did I mention, food?
We are dedicating this fall social to all the many
Macon Labor Day Road Race volunteers
All members and potential members, as well as
kids and other family members are welcome
The party will be on Saturday, October 24th at
6:00 pm at the home of the Oedels
located at 740 Waverly Pt., Macon, GA.
Please bring a dish to share and your alcoholic
beverage of choice if so desired.

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Don't you love those running teams at Macon Labor Day Road Race?!
Photos can be downloaded from PeachSports.com

