



2010 MCM and 10K Runner Info Packet

When do we start? Do I have to train with the group? What IS neuroblastoma anyway? More than likely these questions, concerns or thoughts will not be covered within this document, but the purpose contained here is to get you on your way to a successful season through a structured training program whether this be your first experience or your tenth. Rest assured throughout the season you will be receiving tips and nuggets about running, nutrition, and other related topics that will help you along the way. All of those additional questions will be answered and more in your updates, but for now let's just start with some simple training information and dates.

INJURY PREVENTION

There is a great article in Runners World (online edition) talking about the 10 laws of injury prevention. Please take time to read the article and get into the habit of stretching properly so that come race day it will be second nature and all you have to focus on is that finish line! Click link below to read the article:

<http://www.runnersworld.com/article/0,7120,s6-241-285--13413-1-1X2X3X4X5-6,00.html>

10 laws of Injury Prevention for your quick reference:

1. Know your limits
2. Listen to your body
3. Consider your stride
4. Use strength training to balance your body
5. RICE works (Not the food!! Rest/Ice/Compression/Elevation)
6. Run on a level surface
7. Do not race or do speedwork too often!
8. Stretch the back of your legs
9. Cross-training provides active rest/recover
10. Get shoes that fit!

STRETCHING

Why is stretching important? Because flexibility is crucial to injury prevention. Tight muscles cannot go through their full range of motion. Lack of flexibility is one of the biggest causes of most training injuries including Achilles Tendinitis, Plantar Fasciitis and Shin Splints.

Know when to stretch and how. There is a lot of good reference material available that can help you make the most of your stretching. A major component to good form is proper stretching. It helps with your recovery time and overall health more than you can even imagine.

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NUTRITION

During the course of training, we will learn about proper hydration, intake of the right amounts of carbs, protein, fats, and calories. We will talk about the importance of eating before you run and how quickly you must replace those stores after running. You will learn about fueling yourself during longer runs and staying hydrated during hot, summer training. The most fun will be trying things like energy cubes, gels, beans, bars and other 'foody' items designed to keep you fueled along the way.

CLOTHING & SHOES

Not all running shoes are created equal and cotton is NOT your friend. These are the two most important tips in running apparel and foot gear. Get acquainted with wicking material not just in your shorts and tops but your socks as well. Learn about what shoes you like to run in versus the ones that cause problems. Get to know your true shoe size taking into account the pounding a foot takes during the course of a race.

General rule of thumb for shoes. They need to be at least a size larger than you normally wear because your feet take a beating over 26.2 miles and in the heat of summer they tend to swell.

Wicking material in your clothing and socks is an **absolute must** and cotton is an **absolute no-no!**

Pick out a type of hydration gear early on. You will need it as the temps increase! Most common are the fuel belts that have little holders for your bottles and pouches for fueling or the camelbacks that you sling on your back just like a camel and away you go.

"OTHER" STUFF

Body Glide, 'the stick', kinesio tape and sunblock just to name a few, but don't worry we will talk about them as these items become more pertinent.

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TERMS, DEFINITIONS AND FREQUENTLY ASKED QUESTIONS

The following terms and definitions will be found on your training schedule:

Goal Pace

Your expected race day pace.

Easy

30 seconds to a minute slower than goal pace.

Tempo

45-60 seconds faster than goal pace.

Recovery Run

Always important after a day of exertion; recovery runs help your body rest and repair before your next workout. They should be done at a very easy pace and reduced time limit.

Hills

Done at 15-30 seconds faster than goal pace. Hill repeats increase strength and speed. These are done on a hill that takes between 45-90 seconds to climb. Do a small warm-up of at least one mile and then do repeats increasing the intensity with reps. This should be approximately 30 min of your workout.

Intervals

Helps increase overall speed and set personal records. Interval training basically consists of pre-set distances ran at a race pace for the purpose of increasing the output of your legs, lungs, and body. For example, take a warm-up lap around track or predetermined distance of ¼ mile (400m), rotate between 200m and 400m intervals at full intensity with recovery lap in between of 400m.

X-train

This supplements your running program. X-train helps build your overall muscles groups, improve cardiovascular fitness, reduces injury and keeps you from getting bored. Some of the more popular options are swimming, elliptical, cycling, spinning, water running, rowing, yoga or stationary exercises like strength training. These are also essential to your overall fitness levels.

PR or Personal Record

First-timers will set personal records (PR) when you cross the finish line because it is the first event you have ever raced. For others, you might be trying to set a new personal record. No matter what your goal is we will help you the best we can to achieve it.

Fundraising Goal/Minimum

This is the overall goal you are setting for funds raised during this event. It can be as high as you want, aim for the stars, because no matter what every little dime counts towards helping these children in a time of great need. The fundraising minimum is the amount of money you agree to raise in exchange for the opportunity to race with Team Curing Hand and bring awareness to this cause. You must acknowledge this during registration as an agreed upon factor for being a participant in this event.

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RUNNERS RESOURCES

There will inevitably be questions you have at some point during this journey pertaining to your training. Maybe you will want to expand your stretching routine or your interval training. No matter what your need, you can find answers at any of these helpful websites below:

www.marinemarathon.com
www.runningtools.com
www.runnersworld.com
www.coolrunning.com
www.runnersrescue.com
www.sportsinjuryclinic.net
www.completerunning.com

RUNNING STORES

Northern Virginia Area:

Potomac River Running
Pacers
The Running Store

Charlottesville Area:

To be updated soon

Other locations:

Look up your local running store online for directions and hours.

IMPORTANT DATES TO REMEMBER

June 5, 2010 – Marathon training schedule officially begins

August 1, 2010 – Recommitment forms due for ALL participants

August 14, 2010 – 10K training schedule begins

October 23, 2010 – Fundraising deadline (can continue to raise money through 12/31/10)

October 30, 2010 – Packet pickup and Team Pasta Dinner

October 31, 2010 – RACE DAY!