

TeamJet Hawaii Marathon Clinic 2009

Newsletter

"It isn't the mountains ahead to climb that wear you out; it's the pebble in your shoe."

Muhammad Ali

"If you go through a lot of hammers each month, I don't think it necessarily means you're a hard worker. It may just mean that you have a lot to learn about proper hammer maintenance."

--Jack Handey

This Weeks Goals:

As we start to increase the distance of the weekly workouts, try to keep in mind that we are building up strength and speed. This is where the hard work should be done, not on the Sunday long runs and/or races. I would like you to all treat the races as long runs. The race will be in December!!!

This Weeks Workouts:

Tuesday: Long hill repeats

Thursday: Long speed intervals

Sunday: Second Race, Barbers Point, 20km

<http://www.teamjethawaii.com/calendar.php>

OR

http://www.808racehawaii.com/RUNNERSHI_20k.html

On My Mind: Shoes and Basic Gear

Shoes

Wearing the right shoes for running or any other kind of specialized activity is very important, not only for comfort, but also cut down on the risk of injuries. The typical running shoe is designed for that specific activity, which is a straight-line activity (not lateral, like tennis or aerobics). Here are some points to keep in mind when picking out your shoes:

-Shop for shoes near the end of the day. As the day progresses your feet become more swollen, similar to the way they would be toward the end of a run or workout.

-Fit and comfort are the main criteria, and you should try on numerous pairs for comparison.

-We all have different feet. What works for one person may not work for another - it is your responsibility to find what is best for you.

If you have anything you would like to have discussed or addressed, please let me know, and I can write a bit about it, or bring it up at team practice (if it's a quick answer...). I am more than happy to answer any and all emails, so do not hesitate to ask!!!

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-Be sure and check the shoes over, making sure the heel seam is vertical and there are no stitching or gluing defects.

-When you try the shoes on, are sure and wear the same type of socks that you work out in, and lace both shoes properly. Most people have slight differences in their foot size and you want to be sure that both left and right fit comfortably.

-The correct shoes should feel comfortable in the store. You should not leave the store thinking that a marginal pair of shoes will break in - they may not.

-Don't limit yourself to your usual size. Different models and manufacturers vary in their fit. Make sure you have room in the toe box. If you push your heel against the back of the shoe, you should have at least a thumb width between your big toe and the front of the shoe. Be sure and make these checks whilst you are standing.

-If you use custom built orthotics, make sure the shoes have a removable insole, which most training shoes have.

-When you find a style of shoe that feels just right - you may want to consider buying two pairs. That way you can alternate shoes letting each pair dry out thoroughly before you use them again.

-Always keep a check on how your shoes are wearing. Once they start to show signs of deterioration, it is time to go through the whole process again.

Your foot type is generally determined by the height of your arch and whether your feet overpronate (roll inward) or supinate (roll outward) when you run or walk.

-To check your pronation, examine your old workout shoes. Set them on a flat surface with the heels facing you. Check to see which way the heels tilt. If they appear to slant inward toward the big toe, you overpronate, and if they tilt outward you underpronate. If the shoes are not worn out more on one side than another you probably have a neutral foot.

-To determine your arch type - wet the bottom of your bare feet and make a footprint on a hard surface. If the forefoot and heel areas are connected by only a thin curved line, you have high arches. If the footprint looks much like the shape of your foot, you have low arches or flat feet. A medium arch falls somewhere in between.

-A high arch tends to be inflexible and doesn't absorb shock well and can be injury prone. Higher arches usually underpronate or roll to the outside of the shoes. So to compensate for this a well-cushioned shoe that encourages the foot roll inward is recommended.

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-If you have a low arch - your feet are probably too flexible and tend to overpronate, needing a shoe with lots of support and built in motion control.

- It is also important to consider other foot problems. If you have weak ankles or a history of sprains, then you may need a high-topped shoe for more support. If you have bunions then make sure the shoe has a wide toe box.

-When all is said and done if your shoes are too small, too narrow or not appropriate for the activity - problems will be created over time.

Here is a quick guide to the main differences in athletic shoes:

1. Aerobic shoes - these should have ample cushioning under the ball of the foot (the point of impact for aerobics), and be fairly low to the ground to offer more stability and lateral support. They should have durable uppers - often soft leather- to protect the foot and ankle during side-to-side motion.
2. Basketball shoes - should lace up to the ankle for support during jumping. They should also be low to the ground with flat soles for lateral support and stability needed for quick stop and start movements. Leather uppers are always better.
3. Cross-trainer shoes - although they look a lot like running shoes, they have multiple treads to accommodate various activities. The toecap is less substantial than a basketball shoe, and they are less flexible than running shoes, with the heel not quite as high.
4. Running shoes - the emphasis is on cushioning and heel stability. They have the highest heel of any athletic shoe to protect against impact and reduce stress on the Achilles tendon. The sole should flex easily at the ball of the foot. They should have a rugged tread for traction and be fairly lightweight.
5. Tennis shoes - these should be low to the ground without much heel raise, give maximum stability for quick side-to-side movements. They are usually made out of leather for more lateral support. The sole under the forefoot needs to be flexible to accommodate quick forward and backward motion.

Clothes

Bill Rodgers ran his first marathon in a pair of denim jeans and I ran my first cross country race in jeans and a pearl buttoned long sleeved polyester western shirt. This goes to

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show that you can really workout in just about anything - but I believe that what you wear impacts the experience you will have.

In today's society there has been a tremendous advance in the technology of athletic apparel. Just about every activity you can think of from surfing to bowling is continually developing the apparel and accessories to maximize the comfort and performance of the activity. Apparel is currently in an era defined by 'micro fiber' technology. Fabrics can do everything from keeping us warm and dry from rain, wicking moisture away from skin, and preventing chafing from long endurance activities. Names like Coolmax®, Polartec®, Capalene®, Polypropylene®, Goretex® (these guys also designed my Achilles tendons!), Dryline®, and Dri Release® help us enjoy our activities in more comfort and with greater lasting value.

Questions to ask yourself:

1. Did I get to wet?
2. Was I too hot/cold?
3. Did I get chafed?
4. Did I get sunburn?
5. Was I comfortable with the way I looked?
6. Did my clothing fit the function of what I was doing, or did it hinder me in any way?

Conformability is key, got to feel good in what you wear; it's a long 26.2 miles to be cranky!!! I do not recommend long baggy "basketball" shorts and cotton blend T-shirts. They may be OK for the training runs now, but you will not be happy during the marathon... The biggest problem when running marathons is heat management and your clothing can really help you regulate this.

Also please put reflective clothing on or put reflective tape on your shoes, lights, blinkers, whatever, as it is getting dark faster and faster now!!!!

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