



# HELPFUL HINTS TO RUN YOUR BEST RACE AT THE COWTOWN!

## **SHOES!**

- ⇒ Wear shoes that are made for running! Non-running shoes don't support your feet as well.
- ⇒ Make sure there's plenty of ROOM for the toes!
- ⇒ Try to wear your running shoes several times BEFORE race day!

## **CLOTHING!**

- ⇒ HOT Race: Light clothing (moisture wicking fabric), avoid closed hats (visors are good)
- ⇒ COLD Race: Wear LAYERS, long sleeve and pants (moisture wicking fabric), gloves, ear covers, hats

## **TRAIN FOR SUCCESS!**

- ⇒ Follow your TRAINING LOG! Being prepared by training in advance helps you run your best!

## **HYDRATE!**

- ⇒ Studies now show - being "thirsty" means you are already a little dehydrated.
- ⇒ Race UNDER 1 hour (5K & 10K): Drink mostly water unless it's very hot outside.
- ⇒ Race OVER 1 hour (10K & over) or very hot weather: Drink water & replenish electrolytes lost when sweating with an electrolyte replacement drink (coconut water, low-sugar sports drink, etc.).

## **NUTRITION!**

- ⇒ Eat a balanced healthy breakfast on race morning, but nothing too heavy within 30 minutes of the start of the race.
- ⇒ PICKLES are your friend! Eat these dynamic green wonders a couple of days prior to the race and for recovery - they are packed with essential nutrients both for loading and recovery needs. You'll notice they taste better the hotter and sweatier you get (pickle juice also)!

## **DURING the RACE!**

- ⇒ Run with caution! Sometimes the course gets crowded — you should always be aware of your surroundings — this includes other runners, potholes, cracks & debris!

## **LISTEN to YOUR BODY!**

- ⇒ If you get dizzy, nauseated, short of breath, develop a headache, or have a sharp pain - SLOW DOWN OR STOP AND REST!
- ⇒ Look for one of our aid or medical stations all along the course & ask for help - SAFETY FIRST!

.....and oh yeah, HAVE FUN!!

**BEFORE YOU RUN, FIRST START WITH A BRISK WALK, JOG, RIDE, OR JUMPING JACKS.**

**AFTER YOU RUN, THE FOLLOWING EXERCISES ARE GREAT TO STRETCH OUT!**



### 1. Legs and calves

To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the ground in front of you, leaving the other leg straight behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the ground and your toes pointed straight ahead. Hold an easy stretch for 30 seconds. Do not bounce. Stretch other leg.

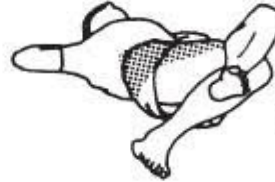
### 6. Back and groin

This is a very easy stretch which you can do lying on your back. This stretch is beneficial because it stretches a body area which is generally hard to relax. Relax, with knees bent and soles of your feet together. This comfortable position will stretch your groin. Hold for 30 seconds. Let the pull of gravity do the stretching.



### 7. Back and hips

From the bent knee position, interlace your fingers behind your head and lift the left leg over the right leg. From here, use your left leg to pull your right leg toward the floor until you feel a good stretch along the side of your hip and lower back. Stretch and relax. Keep the upper back, shoulders, and elbows flat on the floor. Hold for 30 seconds. Repeat stretch for other side.



### 2. Best lower body stretch

With your feet shoulder width apart and pointed out to about a 15° angle, heels on the ground, bend your knees and squat down. If you have trouble staying in this position hold onto something for support. This is a great stretch for your ankles, Achilles tendons, groin, lower back and hips. Hold stretch for 30 seconds. Be careful if you have knee problems. If pain is present, discontinue stretch.



### 8. Lower back and hamstrings

Sit with your right leg straight. Bend your left leg, cross your left foot over and rest it to the outside of your upper left thigh, just above the knee. During the stretch use the elbow to keep the leg stationary with controlled pressure to the inside. Now, with your left hand resting behind you, slowly turn your head to look over your left shoulder, and at the same time rotate your upper body toward your left hand and arm. This should give you a stretch in your lower back and side of hip. Hold for 15 seconds. Do both sides. Don't hold your breath; breathe easily.



### 3. Legs, feet and ankles

Rotate your ankle clockwise and counter-clockwise through a complete range of motion with slight resistance provided by your hand. Rotary motion of the ankle helps to gently stretch tight ligaments. Repeat 10-20 times in each direction. Do both ankles.

### 4. Lower leg

Slowly pull your toes back toward your shin until you can go no further, then stop and hold the foot dorsiflexed. Next, slowly bend at the thigh joints until you feel a stretch in the back of the lower leg. Hold this stretch for approximately 10-15 seconds as you keep the foot dorsiflexed. This is an excellent stretch for the rear of the lower leg.



### 9. Legs and hips

To stretch the quad and knee, hold the top of your right foot with your left hand and gently pull your heel toward your buttocks. The knee bends at a natural angle when you hold your foot with the opposite hand. This is good to use in knee rehabilitation and with problem knees. Hold for 30 seconds, each leg.



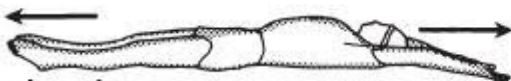
### 10. Arms and shoulders

The last stretch is a simple one for your triceps and tops of your shoulders. With arms overhead, hold the elbow of one arm with the hand of the other arm. Gently pull the elbow behind the head, creating a stretch. Do it slowly. Hold for 15 seconds. Do not use drastic force to limber up. Stretch both sides. This is a good way to begin loosening up your arms and shoulders. You can do this stretch while walking.



### 5. Total body relaxer

Straighten out your arms and legs. Point your fingers and toes as you stretch as far as you can. Stretch and then relax. This is a good stretch for the entire body. Hold for 5 seconds.



<http://myfitnessstime.com>

**For More Information about The Cowtown go to:**

**WWW.COWTOWNMARATHON.ORG**