

# JST IN

Oct II 2017

Distance running fortnightly

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# IN THE WORLD OF MARATHONS

01



- Kenya's Lawrence Cherono set a course record of 2:05:09 at the IAAF Gold Label road race on Sunday.
- He was the surprise winner of the TCS Amsterdam Marathon, taking more than a minute off his PB.
- Nobert Kigen finished 2<sup>nd</sup> in 2:05:13 and Abraham Kiptum 3<sup>rd</sup> in 2:05:26.

- Over 22,000 runners took to the streets for Birmingham International Marathon this Sunday.
- It is the city's 1<sup>st</sup> marathon in more than 30 years.
- Chris Ashford finished 1<sup>st</sup> in 2:33:46 in the men's category.
- Sophie Kelly finished 1<sup>st</sup> in 2:52:58 in the women's category.

02



- OCTOBER 16, 2017: Harriette Thompson, oldest woman to finish a Marathon, dies at 94.
- The concert pianist and late-in-life runner also set a half-marathon record in June.
- The 2-time cancer survivor raised more than \$115,000 for cancer research through running marathons.

03



- Retired Marine Rob Jones who lost both his legs in Afghanistan ran 31 Marathons.
- The 32-year-old ran 31 marathons in 31 days, in 31 cities to raise money for wounded veterans.
- In the past, Jones has cycled across the U.S. raising more than \$120,000 for veterans' charities.

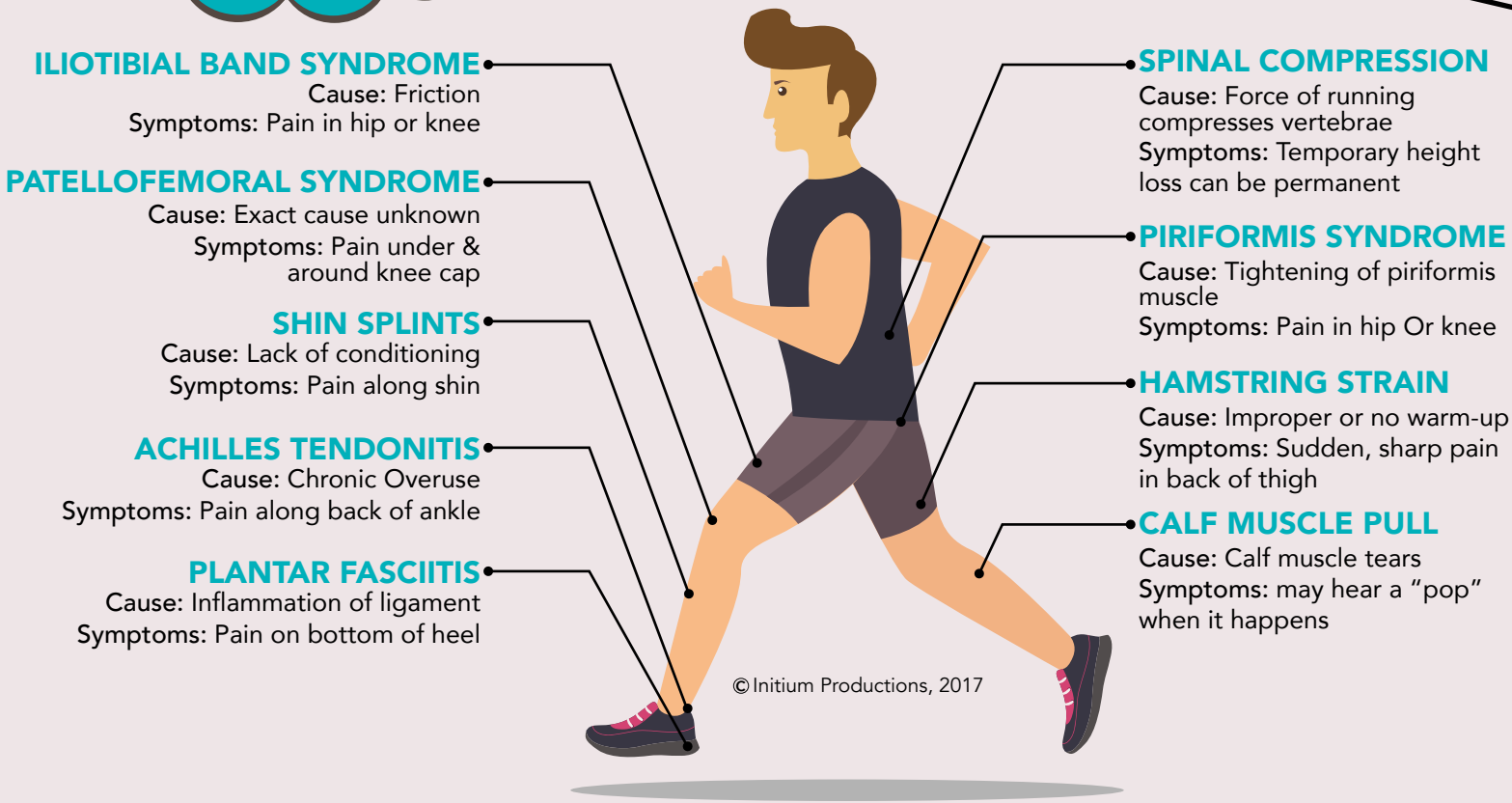
04



# RUNNING FORM



# RUNNING INJURIES



# HOW TO CHOOSE RUNNING SHOES



## ROAD RUNNING SHOES

- For pavement & surface with slight irregularities
- Cushions & stabilises feet

## TRAIL RUNNING SHOES

- For off-road routes with outsoles for solid traction
- Offer stability, support & underfoot protection

## KNOW YOUR SHOES

## KNOW YOUR FEET



### ANKLES

- Pronation affects the sideways motion of your foot
- **ROLL IN:** Trail running shoes
- **ROLL OUT:** Road running shoes

### ARCHES

- The height of your arch can affect the direction ankles rolls
- **HIGH:** Ankles under pronate
- **FLAT:** Ankles over pronate

## GOOD TO KNOW



## TIPS OF TRYING RUNNING SHOES

- A thumbnail's space in the toe box allow the room for normal swelling & running downhill
- Try on the shoes at the end of the day, when your feet are at their largest
- Use orthotics? Bring them trying running shoes
- Get improved cushioning & stability with custom insoles like superfeet & spenco

## KNOW YOUR ENVIRONMENTS



### RUNNING SURFACE

- Like tyres, outsoles are designed to accommodate certain surfaces

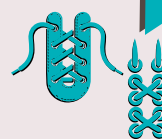
#### ROADS

- Choose shoes that are light, flexible & cushion the feet

#### TRAILS

- Choose shoes that offers stability & traction with sturdy outsoles

## KNOW YOUR LACES



### HAMMER TOES

- Lift up toes to help keep toes from curling down

### HEEL SLIPPING

- Lock heel into place to reduce blisters

### HEEL SLIPPING

- Remove pressure points on sensitive nerves

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