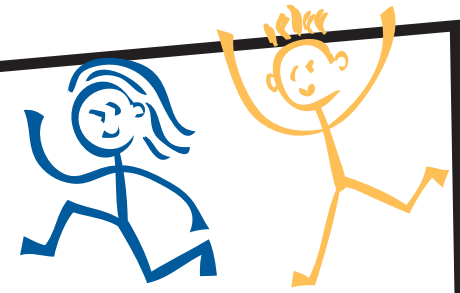


TRAIN TO ROCK



TIPS FROM STEVE SCOTT - AMERICA'S GREATEST MILER

- ⦿ Only do what you can do. If you need to walk, walk. If you can only go a half mile instead of a mile, go the half. In time, you will eventually be able to go the distance!
- ⦿ Do some light stretching after your run or walk. If you are not presently active, you will have some soreness after the workouts, stretching will help to lessen the discomfort. Stretch the hamstrings, calves, and quadriceps.
- ⦿ Pace is the most important factor in running a mile, if you go out too hard, your end time will be much slower. If you run even splits for your laps, in workouts and in the race, you will have a much better chance of achieving your goal.
- ⦿ Do the training with a friend, it will go much faster and if someone is counting on you, the motivation is greater to show up.
- ⦿ Wear shoes that are specifically made for running or walking. Any other type of shoe can cause injury or soreness.
- ⦿ Try to do your workout when the temperature is cool, early morning or late afternoon.
- ⦿ Keep a training log. Write down your workouts, you may want to keep the training going after the event is over.

TIPS FROM THE PHOENIX CHILDREN'S HOSPITAL

Safety

Always let an adult know where you are going and when you'll be back. Be aware of your surroundings. Use landmarks to help you remember your course. Run or walk only where you feel safe. Be visible. Wear brightly colored clothes.

Hydration

Clean and fill your water bottle and bring it with you. Drink water throughout the day, especially during and after you are physically active. Drink before you think you are thirsty. Drink at least 1/2 cup of water every 15-20 minutes when you are active. (That's two big gulps of water!)

Nutrition

Eat a healthy breakfast every day to give you energy. Eat five colorful fruits or vegetables each day. Fruits and vegetables make healthy snacks. Limit candies, cookies, soda or chips as a treat, to once or twice a week. Eat portions that are as big as the palm of your hand.

Stretching

Stretch as often as you exercise, before and after your workout. Stretch s-l-o-w-l-y and gently. Hold your stretch for 15-20 seconds. No bouncing. Suggested stretches below:

Upper Body Stretches

Hold arms above your head. Hold your hands together and slowly move your arms to one side. Hold 15-20 seconds. Gently move arms and hands to the other side. Repeat.

Lower Body Stretches

The Hips: Stand up, take a half-step back with the right foot. Bend your left knee and shift your weight back to your right hip. Hold for 15-30 seconds.

The Calves: Stand an arm's-length from the wall/post. Lean into wall/post, bracing yourself with your arms. Place one leg forward with knee bent, this leg will have no weight put on it. Keep other leg back with knee straight and heel down. Keeping back straight, move hips toward wall until you feel a stretch. Hold 30 seconds. Repeat the stretch with other leg. Hold for 15-20 seconds. Repeat.

The Quads: Stand erect, holding onto a wall for support. Bend your knee behind you so that you can grasp your foot. Stand up straight and push your knee gently back as far as you can, the hand just keeps the foot in place. (For some, it is more comfortable to use the hand from the opposite side). Hold for 15-30 seconds, then switch.