



## The Prez Sez

Injuries suck.

We've all had 'em. Or if you haven't, then you just haven't been running long enough. It's part of the sport.

Of course not all injuries are equal. I'm not saying we're all going to get stress fractures or shin splints, but if you run long enough, something is going to hurt in a bad way. (Yes, there is a "good" hurt to contrast with this "bad" hurt.)

There are many ways to minimize the risks of these injuries, though you can never make the risk nonexistent. Working on form may be the flavor of the week, but it is certainly important. Doing your core work is too. Playing with all those weird muscles that (people like Doc aside) can't name or even really pinpoint is often undervalued. Those drills that make you look ridiculous? Yeah, do those too. And of course the bread and butter: stretching and icing. Heck, if you're doing it right, you may spend two hours a day running but three doing what Nick Willis calls his "extra 5%". Blah.

But probably the hardest thing to do is rest. "The pain will go away by itself." "I can run through it." "I just slept on it weird, it's not running related at all!" And the worst bit is we all can give the advice to our injured friends. It's just hard to take the same advice ourselves.

I recently tweaked my calf. It's track season, which means getting on the track w/spikes and running *fast*. Gotta flirt with injury to get sharp. Sometimes it works out, sometimes you just step over the edge. I found that edge. Realized I hurt myself, took a week off.

But then there was a 10K that I had committed to. And I was fit. And it didn't hurt *that* bad. So yeah, of course I could race it. Why not? I was getting better so it'd all be good soon, right?



# The Empire Runner

Well, I finished (and set a PB). But it hurt. Heck, I couldn't cool down. That was about a month ago. And I'm still not completely pain/injury free. Why is that? Lots of reasons, but a key one: I didn't rest enough. I would have told a friend not to run, as friends did for me. Live and learn.

So keep up with all the little things. Ice. Do core. Work on drills and strides. But don't forget to rest. Sometimes the simplest thing is the most important - and most annoying. But if you don't rest and recover and take care of yourself, you'll never be able to

***Run Happy,***

-Alex