

WINGFOOT

JANUARY 2018

**DREAM
BIG**



**CHASING
THE DREAM**

YOUR
**2018 GOALS
CHECKLIST**

OLYMPIC HEROES
RETURN TO ATLANTA

WHEREVER YOU GO

NORTHSIDE IS THERE

EVERY STEP OF THE WAY



NORTHSIDE HOSPITAL

A Lifetime of Care



CONTENTS

FEATURES

- 12 2017: Looking Back at a Year of Running and Walking
- 14 Four Athletes Living Together and Chasing the Dream
- 18 Olympians Celebrate Cheney Track Re-Opening

COMMUNITY CONNECTION

- 2 A Word from the Director
- 4 Get Social
- 22 The Starting Line: All Metro Cross Country Banquet
- 24 I Am Atlanta Track Club: Kilometer Kids Coach Ken Almon
- 27 ATCetera: Ultimate Peach is Back!

RUNNER RESOURCES

- 6 Upcoming Events
- 7 What Should Your 2018 Goal Be?
- 8 2018 Event Goal Sheet
- 20 Ask a Dietitian
- 21 Running RX: Caffeine and Performance
- 26 Run Local: Westside Beltline
- 28 Coach's Corner: The Importance of Prehab



On the Cover: Matt Rice, Patrick Peterson and Brandon Hazouri run at Cochran Shoals along the Chattahoochee River (Photo by Growl)





A Word from the Director

Four years ago, the Board and staff at Atlanta Track Club, as part of their strategic planning efforts, revised the organization’s vision and mission statements. Competitive running was and will always be found in our DNA. We continue to support, encourage and spotlight standout runners, jumpers, and throwers at the youth, local, age-group, masters, and Olympic development level.

Our current vision, though, pushes us to dream bigger. Much bigger. The following text is on the wall in the Singleton Board Room at Atlanta Track Club’s offices – “Through running and walking, we will inspire and engage our community to enjoy a healthier lifestyle.”

As the Club finalizes the strategic plan that will guide us for the next 3-5 years, our commitment to community will only grow. Regardless of your neighborhood, relative speed, age, favorite discipline, race, gender or goals, the Club will push, challenge, promote and celebrate you and your journey toward better fitness. Person by person, family by family, we hope to do our part to transform Atlanta and its surroundings into one of the healthiest cities in America. In doing so, we will become Running City USA.

As write this, I can’t help but think of Atlanta Track Club founder Tim Singleton, who I never had the pleasure of meeting before he passed away in 2013. His dream led to the development and growth of the world’s largest 10k. I hope he would see the evolution of the Club and its community focus as an extension of his original big dream and proudly support the current vision we have for our members and all of Atlanta.

Rich Kenah

Executive Director

We asked our staff: What is your health and fitness goal for 2018?



Joey Epperson
Manager – Warehouse

“My health goal for 2018 is definitely a six pack! But in all seriousness, my goal will be to complete my first race at some point in 2018. I want to do a 5K, preferably an Atlanta Track Club race, and finish in 24 minutes or better.”



Warren Travers
Manager - Grassroots Marketing

“My biggest health and fitness goal for 2018 is to get back into running more frequently and eating fewer sweets. Running not only has its physical benefits but it also helps me relieve stress and get those creative juices flowing. My ultimate goal is to run my first half marathon in the fall of 2018.”

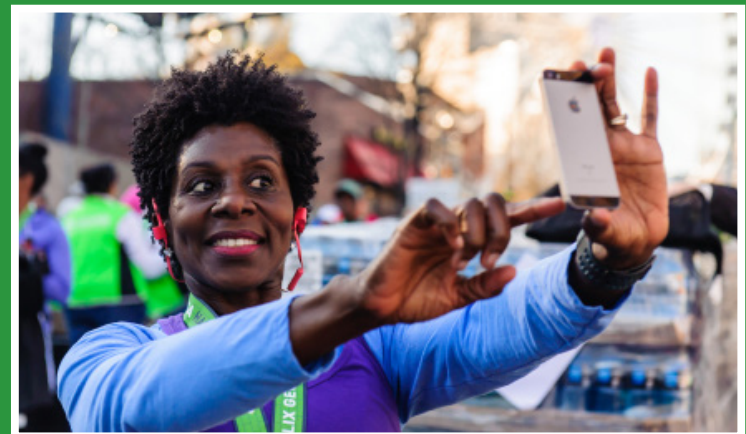
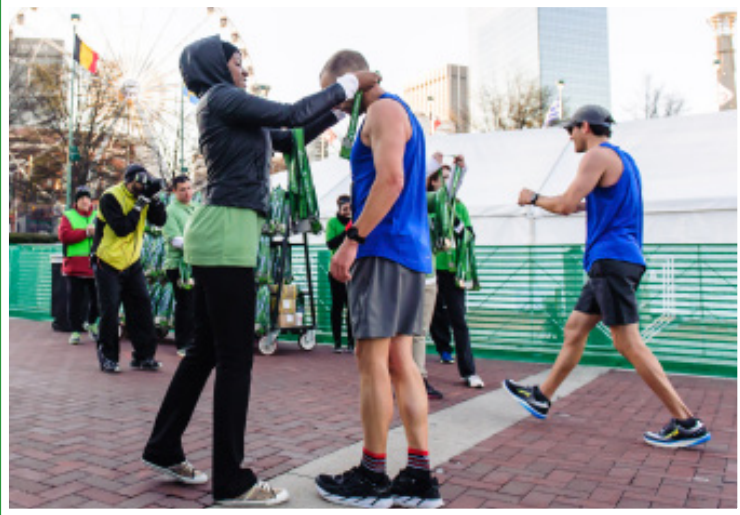


Marcus Budline
Manager – Events Marketing

“My biggest fitness goal for the year is to get back into a consistent training pattern and break 40 minutes for a 10K. I’m also trying to be more diligent about strengthening my injured shoulder and doing much, much more stretching.”

MAKE YOURSELF PROUD

MARCH 18, 2018



PUBLIX GEORGIA MARATHON, HALF MARATHON & 5K

Atlanta, Georgia

There's no feeling like that finish line feeling.
Experience it at Atlanta's only marathon
celebration this spring.



Register at atlantatrackclub.org

Get Social

This month we asked:
What is your biggest health and fitness goal for 2018?



Julie Marshall Wyngaert

In January of 2017 I began to take my health and weight loss seriously. I'm down 90 lbs. from my highest weight. Last month, I accomplished a personal goal by shaving seven minutes off my half marathon PR and more than a minute off my 5k PR. My goal for 2018 is to maintain my weight loss and break both of those PRs.



Mykal Hogue

My track coach told me I was running cross country even though I didn't want to. My teammates, coaches and my family helped me get 13th in the state 7A championships in my first season! My dad gave me all the tools to succeed and God put all the stones in place.



Rama Krishna Vavilala

I have realized the importance of year-round training and this is where Atlanta Track club membership and Grand Prix Series are extremely valuable. Next year, my goal is to have a sub-20 min 5K, sub-45 min AJC Peachtree Road Race and a sub-1:35:00 Thanksgiving Day Half Marathon.



Bernadette Zayas Lorenzo





The biggest fitness goals are: To be consistent in my marathon training, eat nutritious balanced foods, and get seven to eight hours of sleep so that I may complete the following in 2018: Publix Georgia Marathon, The Great Wall Marathon, The TCS New York City Marathon or The Air New Zealand Queenstown International Marathon.

Next Issue's Get Social Question:

Who is your running crush?

Look for this question on our Facebook page, or send your answer and a photo to stories@atlantatrackclub.org. You could be featured in the next issue of *Wingfoot!*

Connect with Atlanta Track Club

-  [facebook.com/AtlantaTrackClub](https://www.facebook.com/AtlantaTrackClub)
-  [@ATLtrackclub](https://twitter.com/ATLtrackclub)
-  [atlantatrackclub](https://www.instagram.com/atlantatrackclub)
-  [atltrackclub](https://www.snapchat.com/add/atltrackclub)

◆◆ 2018 ◆◆

The Year Of The
HASHBROWN

W A F F L E
H O U S E®





UPCOMING EVENTS

1 JANUARY
MONDAY



RESOLUTION RUN

10 a.m., Piedmont Park

- 5K, One Mile & 50m Dash
- Grand Prix event
- Post-race healthy activities, snacks and food vendors
- Kick Off for In-Training for Publix Georgia Marathon & Half Marathon

7 JANUARY
SUNDAY



EXTRA YARD 5K

8:00 a.m., International Plaza, Atlanta

- 5K
- College Football Playoff Championship Game
- Registration includes two tickets to Playoff Central
- Live entertainment, activities with race sponsors, post-race awards ceremony

19 JANUARY
FRIDAY



ANNUAL SOCIAL

6:30-9:00 p.m., The Stave Room, Atlanta

- Attire: Suits and Singlets
- Dinner, drinks and dancing
- Live music from, The Free

27 JANUARY
SATURDAY



ATLANTA HAWKS FASTBR PRESENTED BY SHARECARE

8:00 a.m., Philips Arena

- 5K
- All participants receive a voucher for a ticket to a Hawks game, \$10 food voucher and free race parking
- First 1,000 registrants receive a Hawks scarf
- Meet Harry the Hawk, the Flight Crew and the Atlanta Hawks Cheerleaders



Register for all events online at atlantatrackclub.org.
Grand Prix registration opens one month prior to each event.



GET OUT OF THE GOALS RUT

“I resolve to be healthier this year.” We 100% support this goal, but uninspired resolutions like this often get forgotten. Luckily we have a short quiz to help you spice it up in 2018.

Question 1: In 2017, my free time was spent

- A. On the couch, at my desk, or on a bar stool.
- B. Running at race pace, strength training, or meal prepping.
- C. Figuring out this running thing. I finished my first 5K and 10K this year!
- D. Moving to Atlanta and sorting out all the Peachtree streets.

Question 2: The most challenging part about running and walking is:

- A. I'm intimidated to run or walk with others.
- B. Getting faster.
- C. I still get tired after five miles.
- D. Finding people to run or walk with.


Question 3: My motivation for entering a race is:

- A. I've never done a race.
- B. To set a PR.
- C. To challenge myself to try something new.
- D. To meet others with similar interests.

Question 4: After my runs, I typically:

- A. I don't run...yet. But I'd like to learn more!
- B. Stretch, strength train, and recover properly.
- C. Take a nap. I'm usually wiped out but happy!
- D. Get a beer with my run group.

Question 5: My ideal Saturday is spent

- A. 
- B. 
- C. 
- D. 



Mostly A's: Just get moving! Whether walking or running, stay accountable with an Atlanta Track Club individual, dual or family memberships, by joining our monthly group runs, or signing up for an event. In-Training for Peachtree is perfect for you!

Mostly B's: Vary your training. You're competitive but have plateaued. Incorporate speed work and long runs into your routine. Or try our In-Training programs, which are customizable to your experience level. Feed your competitiveness at the 11 Grand Prix Series events.

Mostly C's: Complete a longer event. You're a consistent runner ready for more. Luckily we've got the PNC Atlanta 10 Miler, Thanksgiving Day Half Marathon and Publix Georgia Marathon & Half Marathon. Or do it all through the Triple Peach Race Series presented by Mizuno. Remember to increase your mileage gradually to avoid injury and maximize enjoyment.

Mostly D's: Join the Atlanta running community. If you're new to the city or looking to make likeminded friends, become a member, join our free monthly group runs, or volunteer at an event. Visit our website to find group runs in your area throughout the week. Atlanta's running and walking community welcomes you with open arms!

No matter your resolution, we're here to support you. Learn how at atlantatrackclub.org.

2018 ATLANTA TRACK CLUB EVENT CALENDAR

Keep track of your upcoming races, goals and progress!

DATE	RACE	REGISTERED	GOAL	RESULT
JANUARY				
1	Resolution Run 5K & One Mile*			
7	Extra Yard 5K			
19	Atlanta Track Club Annual Social			
27	Atlanta Hawks Fastbreak 5K presented by Sharecare			
FEBRUARY				
10	Hearts & Soles 5K*			
17	Southside 12K*			
MARCH				
17	Be Healthy Georgia Festival#			
18	Publix Georgia Marathon, Half Marathon & 5K			
27	Kilometer Kids Fun Run#			
APRIL				
10	Kilometer Kids Fun Run#			
14	Northside Hospital Atlanta Women's 5K			
24	Kilometer Kids Fun Run#			
28	Singleton 4 Miler*			
MAY				
1, 8, 15, 22, 29	All Comer's Track & Field Meet* (May 8, 22 – Grand Prix events)			
TBA	Blue Cross and Blue Shield of Georgia Peachtree Junior			
JUNE				
2	Braves Country 5K presented by Mizuno			
5, 12	All Comer's Track & Field Meet			
JULY				
4	AJC Peachtree Road Race	**		
14	Decatur DeKalb 4 Miler*			
AUGUST				
4	680 the Fan Tailgate 5K*			
18	Atlanta's Finest 5K, One Mile & 50m Dash*			
SEPTEMBER				
12	Kilometer Kids Fun Run#			
22	Wingfoot XC Classic*			
TBD	Mercedes-Benz Stadium 5K/Walk Like MADD			
OCTOBER				
10	Kilometer Kids Fun Run#			
21	PNC Atlanta 10 Miler & 5K*			
24	Kilometer Kids Fun Run#			
NOVEMBER				
7	Kilometer Kids Fun Run#			
22	Thanksgiving Day Half Marathon, 5K, Blue Cross and Blue Shield of Georgia One Mile & 50m Dash			
DECEMBER				
1	Grand Prix Finale & Volunteer Awards Banquet			

Free for members. (All Comers Track & Field Meets are free for all participants.)

*Part of the Grand Prix Race Series for Atlanta Track Club members

**Member registration for the AJC Peachtree Road Race is open March 1-14. Lottery opens March 15-22.

#Part of Kilometer Kids Youth Running Series free for children 14 and under.



SUITS & SINGLETs

ANNUAL SOCIAL | *BENEFITTING KILOMETER KIDS*



FRIDAY, JANUARY 19 - 6:30 P.M. - THE STAVE ROOM AT AMERICAN SPIRIT WORKS

Dinner. Drinks. Dancing. | Live music from the band The Free.

Come dressed in your finest combination of track gear and business attire. Your dancing shoes are a must.



Registration now open at
atlantatrackclub.org

GUARANTEE YOUR ENTRY

Renew your Atlanta Track Club membership by February 1 to guarantee your 2018 AJC Peachtree Road Race entry



Renew at atlantatrackclub.org/membership



✓ MARK YOUR CALENDARS

It may only be January, but we are always thinking about the AJC Peachtree Road Race. If you are planning on joining the fun on July 4, 2018, here are some key dates you'll want to put on your calendar.

FEBRUARY 1, 2018

Deadline to renew your Atlanta Track Club membership

If your membership is not active by this date and all your family members are not added to your account, you are not guaranteed entry into the AJC Peachtree Road Race. Haven't renewed yet? Go to atlantatrackclub.org to get signed up.

FEBRUARY 9, 2018

Deadline for submission in AJC Peachtree Road Race T-Shirt Contest

Want a shot at designing the shirt worn by 60,000 proud finishers? Submit your art to Atlanta Track Club by this date.





MARCH 1-14, 2018

Registration opens for Atlanta Track Club members

Atlanta Track Club members are guaranteed entry in the world's largest 10K. Make sure you sign up by 11:59 p.m. on March 14 or you'll have to take your chances in the lottery.

MARCH 15-22, 2018

AJC Peachtree Road Race Lottery

Forget to sign up earlier or didn't renew your membership on time? The lottery is open for one week!

MARCH 25, 2018

Find out if you're in the race!

Confirmations for those who signed up for the lottery come out by this day. Did you get in? Sign up for In-Training for Peachtree to run your best 10K. Left out? Grab a Kilometer Kids Charity Entry. Your entry fee helps Atlanta Track Club offer free youth running programs to kids across the state of Georgia.

MARCH 26, 2018

Take your T-Shirt Pick!

Head over to ajc.com/peachtree to vote on your favorite T-shirt design. Voting ends at 11:59 p.m.

APRIL 21, 2018

In-Training for Peachtree Begins: Run your best 10K with Atlanta Track Club.

This 12 week program will help you prepare for the Peachtree whether it's your first time or you 30th time running. You can sign up online at atlantatrackclub.org.

MAY 2018

The Peachtree for the little ones!

Kids 14 and under can run, throw and jump at the Blue Cross and Blue Shield of Georgia Peachtree Junior. Join us in Piedmont Park for a full morning of fun activities.



JULY 2-3, 2018

Peachtree Health & Fitness Expo

Pick up your race number, get official race gear, shop dozens of vendors, sign up for your next race and more! There is something for the whole family at this two-day event at the Georgia World Congress Center

JULY 4, 2018

Race day!

Make sure to plan your trip to the start line and be prepared to celebrate your finish with 60,000 of your closest friends in Piedmont Park!

OUR FAVORITE MEMORIES OF 2017

As we kick off another year of running and walking in Atlanta, we look back at some of our favorite moments from 2017. We can't wait to see the memories we make in 2018!



Hearts & Soles 5K



All Comers Track & Field Meets



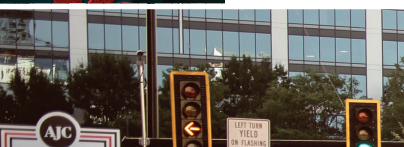
PNC Atlanta 10 Miler & 5K



Atlanta's Finest 5K



Atlanta Women's 5K



AJC PEACHTREE ROAD RACE



Resolution Run



Mercedes Benz Stadium 5K/Walk Like MADD



Atlanta Hawks Fastbreak 5K



Wingfoot XC Classic



Publix Georgia Marathon & Half Marathon

GEORGIA MARATHON & HALF MARATHON



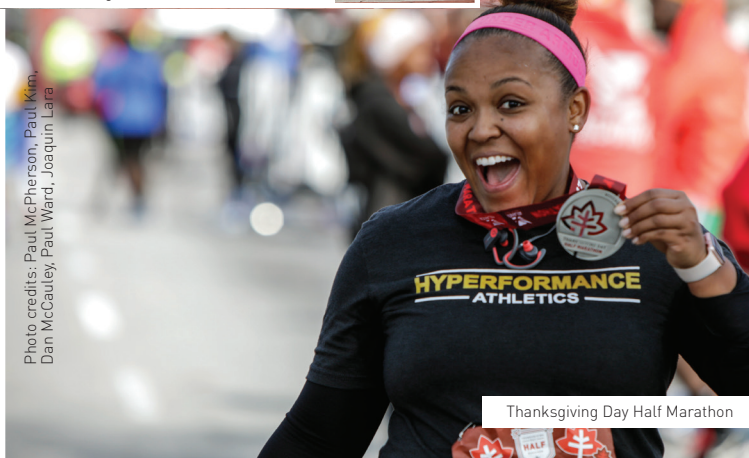
Publix Georgia Marathon & Half Marathon



Publix Georgia Marathon & Half Marathon



Braves Country 5K presented by Mizuno



Thanksgiving Day Half Marathon



Thanksgiving Day Half Marathon

Photo credits: Paul McPherson, Paul Kim, Dan McCauley, Paul Ward, Joaquin Lara

LIVING TOGETHER & CHASING THE DREAM

By Jay Holder



Photo credit: Growl

The minute you walk into the small, two-bedroom apartment just steps from the Chattahoochee River, it's obvious who lives there. There's a distinct, but not overpowering smell of sweat. A foam roller is propped against the wall. The cabinets in the kitchen are filled with Clif Bars, peanut butter and electrolyte tablets. There are more shoes than most local shoe stores keep in their inventory scattered throughout the rooms. This apartment belongs to runners. And not just runners who run before work and then win their age group in a local 5K. These are serious runners; professional runners.

The men who live in this 1,000 square foot home which is best classified as something between a dorm and a post-collegiate bachelor pad, were stars of their college track teams. All four were Division I standouts who reached the top level of NCAA competition. But while they were good, really good, they weren't the athletes at whom shoe companies and training programs threw six-figure contracts. And when there are no scholarship dollars to support their pursuit, most track and field athletes hang up their spikes and begin life outside the oval.

Brandon Hazouri, Edward Kemboi, Pat Peterson and Matt Rice weren't ready to make that move. All four are taking a physical and financial gamble to continue their careers because all four share the belief that their most competitive days are still in front of them. And now all four (and one dog), share an apartment as they chase their dreams training with Atlanta Track Club's Olympic Development Team. They eat together. They run together. They relax together. They understand the importance of a good night's sleep – lights out by 9:30 p.m. -- and a mid-day nap almost every day. One of them lives in a closet. They make a modest living from sponsorship dollars. A post-long run trip to Waffle House counts as a splurge. This is the glamorous life of a professional runner.

"Most people, after they get out of college they'll go and get a job with their degree," says Peterson, who has a degree in computer science and liberal studies. "There aren't many who decide they aren't done yet. I still think I can get better and I haven't quite hit what I want. You make the decision your last year of school whether you want this to be it or to give it a shot professionally. At a certain point, your body can only handle so much. I can get a job once I'm done. Why not push it off for a few years?"

"It's definitely not for everybody," says Amy Begley, who coaches the group along with her husband Andrew. "We have a lot of men and women on our team that are putting a lot of things on hold to see if they can make it to the next level." The Begleys, themselves college standouts at the University of Arkansas, understand the sacrifice their athletes are making now. Andrew competed in the 2000 Olympic Trials before injuries ended his career. After that, he moved around the country as Amy worked to reach the highest levels of track and field, eventually making the U.S. Olympic team in the 10,000m and competing in the 2008 Games in Beijing.

The journey

Combined, the athletes behind the door of the shared apartment could be the country's best 4x800m team all

living under one roof. Their combined personal bests in the 800m add up to 7:10.40, more than two and a half seconds faster than the current indoor world record of 7:13.11. All specialized in middle distance in college and continue to focus on the 800m, 1500m, and mile.

Peterson, 25, was a standout at Sacred Heart University and Iowa State University, running a personal best 1:46.52 in the 800m leg of the distance medley relay. In 2016 he was a finalist in the 800m at the U.S. Indoor Track & Field Championships.

After he graduated in 2015, Peterson moved to California to train with the Big Bear Track Club, which features athletes like Boris Berian, the 2016 World Indoor Track & Field Champion in the 800m and Brenda Martinez, the 2013 World Championship silver medalist in the 800m. But despite being surrounded by stars, Peterson says it wasn't the right fit and in January of 2016 he moved to Atlanta to join the Begleys. He was all in and had his mind set on success.

"The most fun part of running is winning a race," Peterson says. "I don't love running every day. I don't get up saying 'I can't wait to run 15 miles.' There are days I don't want to do it, but I know that if I want to do well in a race I have to do all of the training my coach tells me whether I want to or not.

I can get a job once I'm done. Why not push it off for a few years?

Running is not fun every day, but running fast is always fun."

After Peterson got settled in Atlanta, he recruited his former college teammate and best friend, Edward Kemboi. The 23-year-old Kenyan has run 1:44.77 and was the 2015 NCAA Indoor and Outdoor 800m champion. In his four years at Iowa State, he won six Big 12 titles. Right after college, he moved to Portland to train and competed for the New York Empire in the inaugural season of the Track Town Summer Series. On his first trip to his future home last summer, he put on an Atlanta Track Club singlet and won the Atlanta's Finest 5K.

At press time, Kemboi, who has a degree in agronomy (no need to look it up. It basically means he is a biochemist) is back in Kenya preparing to move to Atlanta permanently where he will share a room with his old college pal.

Hazouri, 24, was a multiple time Southern Conference champion at Samford University in Birmingham before graduating in 2017 with a sports administration degree. He's run 1:47.28, but plans to run much faster.

"I know there's more in the tank," he says.

Hazouri is the one who lives in the walk-in closet; a confined space he shares with Giffy, his Lab/Blue Heeler mix. He calls it the size of a "glorified prison cell," but he picked this "room" so

he could have some privacy as he attempts to shave less than one second off his personal best of 4:00.65 in the mile.

After graduation, Hazouri tried training on his own, an experiment that only lasted six weeks. He quickly found he needed a support group, an enclave of like-minded runners. So, he headed east to Atlanta.

“One of the biggest positives is just being able to put yourself around other people who get it,” Hazouri says. “It’s taxing having to constantly explain to people what you’re doing. Most people don’t really understand professional running.”

The sole owner of a single, private room in the apartment is Matt Rice, a 2017 graduate of the University of Louisiana-Lafayette. He’s run 1:51.83 in the 800m and holds the school’s third fastest 1500m time ever (3:47.91). Upon graduation, he connected with the Begleys who invited him to Atlanta.

“It reminds me a lot of my freshman year of college,” Rice says of the living experience. Outside of doing some volunteer work at local schools, Rice has put his career as a biology teacher on hold while he chases his dream of making a U.S. Championship.

None of the four have the time or focus for full-time work. Peterson coaches Atlanta Track Club’s Youth Cross Country team while Hazouri does some private coaching and works for an online running store. Kemboi’s visa says he has one job: Running.

“Kemboi could have chosen a number of different squads,” Peterson says. “I’m not upset that he picked my team.”

The Routine

Other than Hazouri, none of the athletes would describe themselves as “morning people,” but all the well-known quotes about waking up early are applicable to these athletes striving for world-class status.

As such, office hours for a professional track and field runner begin at 7 a.m. There’s a breakfast of carbs, protein and healthy fats (peanut butter toast is a favorite), followed by a prescribed dynamic stretching routine from the Begleys. Then, it’s time to work out. On Tuesdays and Fridays, the group piles in the car and travels to the Active Oval at Piedmont Park, Cheney Track, or the Georgia Tech track for intervals. Every other day, including Sunday long runs, they make the one mile trip to Cochran Shoals to run along the soft-surfaced trails of the Chattahoochee River. There’s a reason they picked this apartment.

For the rest of the day, it’s like “college without going to class,” according to Hazouri. They fill the daytime hours with side jobs and hobbies, staying off their feet as much as possible. Everything they do is done with their next race in mind even if that means doing nothing at all. Hazouri hangs out with Griffy and plays video games with Rice. Peterson works on training plans. Kemboi likes watching wrestling and, for some added cross-training, practices dancing to Kenyan music in the living room.



Edward Kemboi winning the Atlanta's Finest 5K in August of 2017



Hazouri with Giffy in his closet bedroom



Brandon Lasater, left, is a key member of the 4x800m record attempt



Edward Kemboi, Brandon Hazouri and Brandon Lasater workout in Piedmont Park



Patrick Peterson coaches Atlanta Track Club's Youth Cross Country Team



Peterson, Rice and Hazouri enjoy a post-run breakfast at Waffle House

On Monday nights, they head to Moe's for \$5.99 burritos, chips and a drink. Thursday nights are trivia night at Harry's Pizza just down the street. Every other night, they rotate who gets to use the small kitchen to cook their dinner. There aren't community meals in the apartment. It's every man for himself.

At 9:30 p.m., an alarm on Peterson's phone reminds him it's time for bed. But, he says he usually beats the alarm to the punch and is sound asleep at 12,000 feet above sea level in his custom altitude tent well before the appointed time. There is some conflict amongst all this camaraderie. There's an ongoing argument between Rice and Hazouri over Rice's pre-bedtime shower. Hazouri's closet bedroom is attached to the bathroom and the shower turns Hazouri's small space into a steam room. That's as rowdy as it gets. While most neighbors would cringe at the thought of living next door to four twenty-something men just out of college, living next to four athletes means the lights are out and all is quiet well before 10 p.m.

The Goal

That 4x800m indoor world record statistic wasn't included in this article randomly. Atlanta Track Club's team knows it well. When you add former Georgia Tech standout Brandon Lasater and his personal best of 1:47.1 to the mix, it lowers the group's cumulative time to 7:05.67. That's getting close to the 4x800m outdoor world record of 7:02.43 set by a Kenyan team in 2006.

Breaking the record is not just the team's dream, it's also the dream of Atlanta Track Club Executive Director Rich Kenah, who was on a relay team that set the record in 2000. He was watching in Boston 14 years later when a team from the New Jersey-New York Track Club took the record away. Coincidentally, both records were set on the same track at Roxbury Community College and both teams were coached by legendary track and field coach Frank "Gags" Gagliano.

Now Kenah's new team has publicly challenged his old coach's new stable of athletes at NJNY to chase the record again. "The guys are having fun with it and engaging in some good-natured trash talk on Twitter, but at the same time we are taking this very seriously," says Andrew Begley. The details of the attempt haven't been set yet, but the plan is to go for it during the 2018 indoor season.

The athletes have their own goals too. Hazouri, Rice and Peterson are all aiming to make the U.S. Championships in indoor and outdoor track in 2018. Kemboi is working toward a spot on the Kenyan national team. All are part of Atlanta Track Club's goal to put athletes in the 2020 Olympic Games in Tokyo.

Everyone in the group is practical. They know it will take a lot of hard work and more than a little bit of luck. They know it's a long shot. But they also know it's their only shot.

"This is what I love," Hazouri says. "I won't have a chance to do this when I'm 30." I've got a chance to do this right now."

Additional reporting by Haisten Willis

Photo credits: Paul Ward, Rob Mullett, Growl

THE TRACK IS BACK!

By Jay Holder

For the first time in 21 years, Olympic Gold Medalists stepped onto Cheney Track in Phoenix Park in Atlanta's Summerhill neighborhood. 1996 champions Dan O'Brien (Gold Medal, Decathlon), Gail Devers (Gold Medal, 100m, 4x100m) as well as 2004 Gold Medalist Dwight Phillips (Long Jump), and 13-time World Record Holder Renaldo Nehemiah (hurdles), joined Atlanta Track Club, Atlanta City Parks Department and Atlanta Public Schools for the track's grand re-opening ceremony on October 23.

Thanks to Atlanta Track Club members and partners, the former home of the warm-up facilities at the 1996 games now has a state-of-the-art, all-weather Rekortan surface. An agreement between the Club and Atlanta Public Schools ensures the track will remain free and open to the public around the clock.

October's ceremony featured inspirational talks from the Olympic guests. The legendary athletes and APS Superintendent Dr. Meria Carstarphen then led members of Atlanta Track Club's Kilometer Kids program on a ceremonial first lap.

Donations are still being accepted to fund the project. Go to atlantatrackclub.org or text "KKCC" to 444-999 to make a contribution.



Gail Devers clears a hurdle at Cheney Track



A runner with Kilometer Kids breaks the tape at the end of the first lap on the new track



A Kilometer Kid tests out the jump pit



Dan O'Brien signs autographs at the Cheney Track Re-Opening on October 23



APS Superintendent Dr. Meria Carstarphen speaks at the Grand Re-Opening Ceremony



Signs show the track's progress with the finished product in the background



START BUILDING HEALTHY HABITS FOR YOUR CHILD NOW



 ATLANTA
TRACK CLUB
**KILOMETER
KIDS**

**YOUTH
RUNNING
SERIES**

- 20 events to keep kids moving all year long, 19 of which are FREE
- Events include one mile runs and 50m dashes
- Open to kids 14 and under
- Unique tokens earned at each event
- Series culminates at Blue Cross Blue Shield of Georgia Peachtree Junior (paid event)

Learn more at atlantatrackclub.org



IT'S NEVER TOO EARLY TO START HEALTHY HABITS



3K, 1/2K & 50m Dash
Kid-friendly decathlon
Post-race festival
May 19
Piedmont Park

Register at
atlantatrackclub.org

 ATLANTA
TRACK CLUB



BOUNCING BACK FROM THE HOLIDAYS

By Alissa Palladino

What a holiday season! I'm stuffed! I'm also five pounds heavier. What diet changes can I make to get back on track?

Start by eating more veggies! High in fiber and water, veggies are naturally low in calories and packed with nutrients. So it's a great way to add volume (and nutrient density) to your meal while keeping calories in check. Aim to fill half your plate with a variety of non-starchy veggies and/or salad at lunch and dinner. For snacks, pair raw veggies with hummus or a Greek-yogurt based dip. This is a small but impactful change that will benefit both your health and your waistline.

Realistically, I'm not going to be keeping any resolution that calls for an all-kale diet in 2018. What are some achievable things I can resolve to do with my diet in 2018?

There is no one-size-fits all approach to healthy eating, but here are a few simple guidelines to get you started:

- **Power up with Protein:** Include protein with all your meals and snacks to feel satisfied, stay energized and keep your metabolism revved. Good sources include eggs, chicken, turkey, fish, seafood, Greek yogurt, cottage cheese, lean beef and pork. Incorporate plant-based sources such as tofu, beans, lentils, and nuts for more nutritional diversity and less saturated fat.
- **Focus on Fiber:** Fiber-rich fruits and veggies are naturally filling, low in calories and packed with antioxidants and nutrients. Aim for at least two servings of fresh fruit and 3-5 servings of veggies per day.
- **Sip Smart:** Beverages are a major (sneaky) source of empty calories in our diets, which can contribute to weight gain. Limit sugar-sweetened beverages – that includes soft drinks, sweet tea, juices and sports drinks (outside of long runs!) If plain water feels boring, try flavored sparkling versions or add pieces of fresh fruit for a hint of flavor without added sugar.

I always start strong with my resolution, but by March, I've completely dropped it. Do you have any tips and tricks to make the resolution last all year?

It's natural for motivation to wane. Here are some helpful strategies to keep you on track:

- **Keep a food journal:** When you're trying to establish new healthy habits, self-monitoring brings awareness to your patterns, adds accountability and can help you make better choices. If you're tech-savvy, try an app like My Fitness Pal. An old school journal allows you to record meal timing, rate your hunger and fullness, and make note of your emotions.

- **Tap into your motivation:** On days when you want to throw in the towel, it's helpful to remember the "why" behind the changes you're making. Whether you want to set a positive example for your kids, or take your running to the next level by honing in on your nutrition, identify your why and let it drive you.
- **Make it visual:** Write down your goals on an index card and put it somewhere where it can serve as a daily reminder, such as on your fridge or mirror, or in your wallet. Get a wall calendar and give yourself a sticker each day you engage in the healthy habit you're working on. Seeing the stickers is a visual reminder of how far you've come and can lend perspective when you have an off day, preventing a *slip up* from becoming a *give up*.

It's January, and I'm a hot chocolate junkie. Do you know any healthier options for my favorite sweet drink?

We all crave warm comforting beverages during the cold, dark winter months and luckily there are a number of great options. Coffee and tea are both good sources of antioxidants and totally "dietitian approved." Just be mindful of what you add. Instead of creamer, use dairy or soy milk for a hit of protein and calcium, key nutrients for muscle and bone health. Steamed milk can make a boring beverage feel indulgent, so treat yourself to that latte or misto as a post-run or mid-afternoon treat. Cut down on sugary syrups by sprinkling cinnamon, nutmeg, or cocoa powder for flavor. And remember, raw sugar, agave, and honey may sound like healthier alternatives, but they all act just like sugar once they hit your bloodstream, so keep your serving size to about a teaspoon.

Alissa is a Registered Dietitian and certified personal trainer born and raised in NYC. She is a graduate of Yale University and New York University. An avid runner with a number of half and full marathons under her belt, Alissa believes the best form of exercise is the one you enjoy and the best nutrition plan is one that fits into your lifestyle.

For more individualized support with your weight loss and nutrition goals, Alissa is available for consultations at Good Measure Meals. Email her at nutrition@goodmeasuremeals.com to learn about services and rates.

CAFFEINE AND PERFORMANCE

By Dr. Haroon A. Mian



I am a huge coffee lover and drink it every morning. What does caffeine do during a run? Does it help or harm your performance?

If it's a boost to your performance you're looking for, I'd like to promote the original energy drink — water. Even a little dehydration can leave you feeling tired and lethargic. That said, I do believe it is helpful to get a little coffee boost before your run. If you're looking for maximum performance from coffee, limit your intake to only before a competition to really feel the pronounced effects. In studies, caffeine has been shown to improve alertness, concentration and energy. Caffeine is also a good performance enhancer for endurance events as it uses your fat as fuel. Studies have found that regularly consuming moderate amounts of caffeine may protect the cardiovascular system. Regular exercise certainly does.

How long after my morning cup of coffee should I wait before I run?

Caffeine, especially an espresso in the morning, will act as a mild diuretic and a smooth-muscle relaxant, sometimes better than a laxative. Coffee's energizing effects start to peak about an hour after ingestion and can last from three to six hours. I would recommend you wait about an hour after you drink coffee to go on your run. This can also ensure you won't need to be running to the nearest restroom.

When it comes to coffee versus tea, is one better or worse before a race?

Caffeine, whether in coffee or black tea can improve performance. The difference is whether you're looking for more or less caffeine. While most herbal teas will be caffeine free, black tea has 14 to 70 milligrams of caffeine in an eight-

ounce cup compared to 95 to 200 mg in the same size cup of coffee. However, dark roast coffee has less caffeine than a light roast. Cold brew coffee tends to have less caffeine, too. Research shows that about three to six mg of caffeine per two pounds of body weight is all you need to see benefits. For a 150-pound person, that's about 12 ounces of strong coffee. Higher doses don't do more to improve performance and you can run the risk of developing negative side effects like dizziness, anxiety and heart palpitations.

Some gels have caffeine in them. What is the benefit to consuming caffeine during a race or training run?

Some runners use caffeine-laced gels, blocks and beans for a mid-run pick me up. Because there are many levels of caffeine in these products, check the label. If you're not consuming caffeine on a regular basis, start with a small dose, like 25 mg, and see how you respond.

Dr. Haroon Mian is a board-certified family medicine physician at Perimeter North Family Medicine. For more information, visit pnfm.com or call 770-395-1130. northsidehospitalcardiovascularcare.com.

Looking for Answers?

If you have a question for the doctors at Northside Hospital, email stories@atlantatrackclub.org. We could answer your question in an upcoming issue of *Wingfoot*.



NORTHSIDE HOSPITAL



THE STARTING LINE

ATLANTA TRACK CLUB NAMES 2017'S TOP HIGH SCHOOL RUNNERS, 1ST, 2ND AND 3RD ALL METRO CROSS COUNTRY TEAMS

Athletes & Coaches Honored at Ceremony Hosted by Olympian Carrie Tollefson

By ????



Makena Gates



All Metro XC Group



Sam Bowers

ATLANTA – Decemer 5, 2017 – **Makena Gates**, a freshman at Creekview High School, and **Sam Bowers**, a senior at Milton High School received top honors at the 54th Annual All Metro Cross Country Banquet hosted by Atlanta Track Club Tuesday night. Gates, the 6A State Champion, won the Ray Buckley Award for Girls Runner of the Year while Bowers, who placed 35th at the recent Nike Cross Country Nationals Meet, won the Jeff Benton Award for Boys Runner of the Year.

“I just went out there, had fun and tried to do my best,” said 6A State Champion Gates. “Next year, I just want to improve and try to not get injured. I want to contine to get better.”

“Being honored tonight was incredible,” said Bowers. “I’m really looking forward to being pushed to the next level of competition next year.” He will run for the University of Georgia in 2018.

Gates and Bowers were also part of the All Metro Cross Country 1st team, all of whom receive a \$500 scholarship from the Atlanta Track Club Foundation. In all, 42 Atlanta-area cross country runners were honored at the banquet with 1st, 2nd and 3rd team designations being decided by votes from the public and metro-area coaches.

“I look back fondly on my high school cross country days,” said Carrie Tollefson, the evening’s guest host who competed in the 1500 in the 2004 Olympic Games and is now one of the most prominent track & field and road running broadcasters in the United States. “It was an amazing and fulfilling experiece for me to see how running has positively impacted the lives of these young athletes and hear how it will continue to be a part of their futures.”

Nine coaches were honored for coaching state championship teams with **Jimmy Sorrells** of Flowery Brand High School receiving the Paul Koshewa Coaches Dedication Award for girls coaches and **Jack Coleman** of Marietta High School winning the Jerry Frasier Coaches Dedication Award for boys coaches. **Emily Enriquez (Borsare) (McIntosh’07)**, **Robert Medcalf (Parkview ’82)** and **Amy Eubanks (Westminster, Coach)** were inducted into the Georgia Track & Field and Cross Country Coaches Association Hall of Fame.

Together, the All Metro honorees represented 10 counties and 28 schools. The All Metro Cross Country Banquet is Atlanta Track Club’s oldest event, occuring every year since the Club’s founding in 1964.

Below are the honorees. Bios can be found at Atlanta Track Club’s website and ga.milesplit.com

INDIVIDUAL AWARD WINNERS

Ray Buckley Award – Girls Runner of Year
Makena Gates Creekview High School

Jeff Benton Award – Boys Runner of the Year
Sam Bowers Milton High School

Paul Koshewa Coaches Dedication Award (Girls)
Jimmy Sorrells Flowery Branch High School

Jerry Frasier Coaches Dedication Award (Boys)
Jack Coleman Marietta High School

Photo credit: Paul McPherson

Name	School	County	Class
------	--------	--------	-------

ALL METRO GIRLS' 1ST TEAM

Makena Gates	Creekview High School	Cherokee	2021
Mary Kathryn Knott	Peachtree Ridge High School	Gwinnett	2018
Mary Kellison Thorne	Landmark Christian School	Fulton	2018
Elizabeth Rice	Kennesaw Mountain High School	Cobb	2018
Kathleen Maley	Marist School	Dekalb	2019
Megan Uszynski	McIntosh High School	Fayette	2020
Naima Turbes	Westminster School	Fulton	2018

All Metro Boys' 1st Team

Sam Bowers	Milton High School	Fulton	2018
Nicholas Yanek	Milton High School	Fulton	2018
Nick Nyman	Starrs Mill High School	Fayette	2019
Kyle Harkabus	East Cowetta High School	Coweta	2020
Adrian Hernandez	Allatoona High School	Cobb	2018
Chase Condra	Peachtree Ridge High School	Gwinnett	2019
Tyler Fox	Lambert High School	Forsyth	2018

All Metro Girls' 2nd Team

Anna Burnett	Woodstock High School	Cherokee	2019
Kaylee Dupont	South Forsyth High School	Forsyth	2018
Skylar English	Dacula High School	Gwinnett	2018
Erin Fegans	Landmark Christian School	Fulton	2020
Ellie Hall	Marietta High School	Cobb	2019
Nyah Hernandez	Creekview High School	Cherokee	2020
Josie Wirtz	Marist School	Dekalb	2018

All Metro Boys' 2nd Team

Robert Chappell	Alpharetta High School	Fulton	2018
James Cragin	Archer High School	Gwinnett	2018
Jack Filan	Cambridge High School	Fulton	2019
Calan Gizelbach	Forsyth Central High School	Forsyth	2019
Knox Pittman	Marist School	Dekalb	2018
William O'Reilly	Marist School	Dekalb	2018
Zach Jaeger	McIntosh High School	Fayette	2019

ALL METRO GIRLS' 3RD TEAM

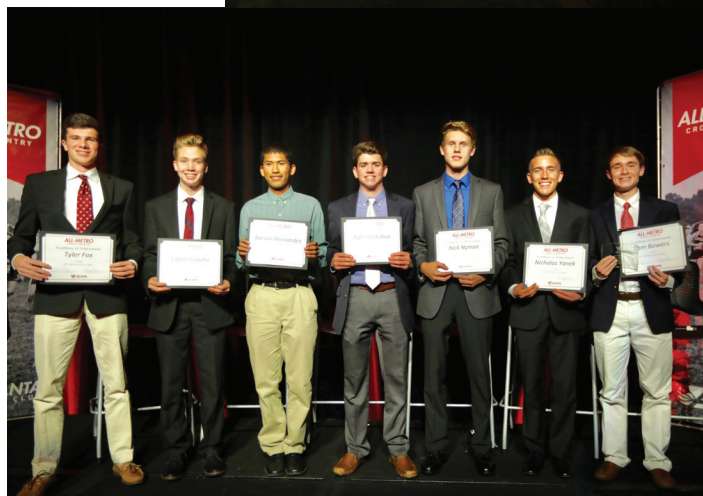
Jackie Addy	Holy Innocents' Episcopal School	Fulton	2019
Brenda Ayuk	Alexander High School	Douglas	2018
Sarah Foreman	Landmark Christian School	Fulton	2018
Reagan Mahoney	Atlanta International School	Fulton	2020
Haley Rose	Decatur High School	Dekalb	2020
Morgan Vaden	St. Pius X	Dekalb	2020
Sophia West	Paideia	Dekalb	2018

ALL METRO BOYS' 3RD TEAM

Lee Keil	Lambert High School	Forsyth	2018
Domonic Macias	Union Grove High School	Henry	2020
Griffin McCauley	Paideia	Dekalb	2018
Jordan Perez	St. Pius X	Dekalb	2018
Will Wallace	Westminster Schools	Fulton	2019
Koi Williams	Alexander High School	Douglas	2018
Mekhi Williams	Alexander High School	Douglas	2018



Girls All Metro 1st Team



Boys All Metro 1st Team



Coach Eric Heintz of Marist and Coach Ryan McClay of St. Pius X



The Stage Room in Midtown Atlanta

KILOMETER KIDS COACH KEN ALMON

A longtime runner, coach, and Atlanta Track Club member, Ken Almon leads the Club's largest Kilometer Kids program at Baldwin Elementary School. After first starting a Kilometer Kids group at Norcross Elementary, Almon brought the program to Baldwin when the school opened in 2016. Baldwin was one of the schools selected for this season's Arthur M. Blank Family Foundation grant, which provided brand new Mizuno running shoes to 250 Kilometer Kids participants.

What's your running background? How did you first get into coaching?

I started running in college, then when I started teaching I did the AJC Peachtree Road Race, New York City Marathon, then upped it and did my first full marathon in '98. That's when I started studying running and got hooked. I qualified for Boston, and just gradually began to run more and more.

For 29 years I taught 5th grade, but as soon as I started teaching P.E., that's when I started my running club. I knew I was going to have a club, so when I saw Kilometer Kids I said, "Hey, let's check it out." Once that happened, I started my group [at Norcross]. We did 3 years there, and then [Baldwin Elementary] was built.

We started late last fall with [Baldwin], then did Be Healthy Georgia, where we won the [Arby's Foundation and Healthy Kids Georgia] \$1500 prize. So that was our nice little beginning and then once the kids started hearing about it everyone wanted to join.

What do the participants get from Kilometer Kids?

The whole idea of camaraderie and seeing fitness as a fun activity and way of life, and just emulating what I do. I'm their main role model for fitness so they see me running, they see me active, and they see all the medals I've gained through running because I display those prominently on my door.

We started doing races here as well, so we have a Blue Devil fall and



spring run. 12 separate races, from my kindergarten girls and boys all the way up through each grade level. We had about 130 kids here so they get to compete and enjoy themselves. They get a medal for finishing and the top three in each level get a trophy so they get that competitive aspect of it as well.

What do you think is the most important piece of the program?

I think just giving the kids an opportunity to move. We get a good run at the beginning and then play flag football, play with the PE equipment, enjoy the atmosphere and being outside and not on those devices.

I love the idea of promoting fitness through running, but not just running. I always want my older kids visible so the younger ones learn it's not just something they do for a small season, it's something that helps you develop a lifestyle.

How are the new running shoes going to help the kids?

Oh it's going to be great. I've seen it all – kids running in everything from boots to slippers. People don't even realize that there are specific shoes that are for the sport of running, not just gym shoes or tennis shoes. So that's going to be humongous. And it's going to be great for the promotion of the running club, because when you walk down the hall with those shoes on everyone's going to know, "Hey that's a running club kid!" So that just promotes it and it's just beautiful to see.

EXPERIENCE THE LARGEST WOMEN'S 5K IN THE SOUTHEAST



April 14 - Atlanta

All participants receive short-sleeve women's cut Mizuno shirt, finisher's medal and a flower at the finish line. Register at atlantatrackclub.org



RACE TO THE RIM WITH HARRY THE HAWK



**FAST
BREAK
5K**

PRESENTED BY
[sharecare](http://sharecare.com)

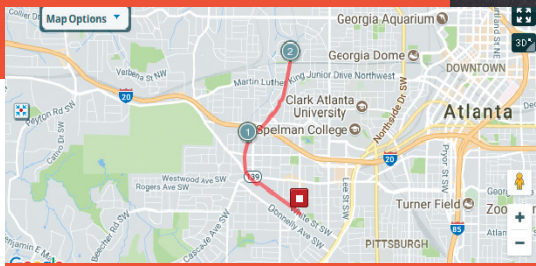
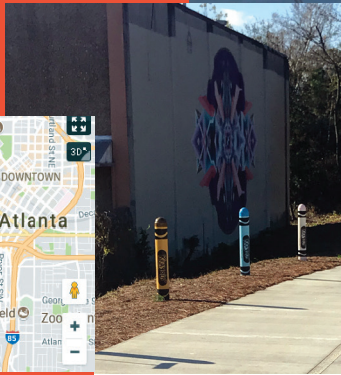


Registration includes FREE race day parking, a long-sleeve Mizuno shirt, a \$25 voucher to use towards a ticket to a Hawks game and a \$10 food voucher. The first 1000 registrants receive an Atlanta Hawks winter scarf!

January 27 - Philips Arena | Register at atlantatrackclub.org

WESTSIDE BELTLINE

By Meaghan Leon



Map My Run
Connect with Atlanta Track Club on Map My Run to find this and other routes in the metro Atlanta area.

Are you tired of dodging cyclists, walkers, strollers, and dogs while trying to run on the Eastside Beltline? If you are looking to get away from the crowds, check out the brand new section of the Westside Beltline that opened last fall! With a few rolling hills, this multi-purpose trail is a beautifully landscaped addition to Atlanta's local running scene. And with fractions of the Eastside Beltline's masses, it's a great route to enjoy your run with space to spare!

Course Highlights:

- Run by colorful murals and artistic sculptures
- Feel safe running in the early morning or evening on the lighted path with security cameras
- Post-run food and drink options at Lean Draft House and Monday Night Brewing Garage
- Beautiful tree-lined trail, free of cars and stop lights

Course Notes:

- 4.1-mile out-and-back
- A few rolling hills but mainly flat
- 14 foot wide paved multi-use trail

Directions:

- Start run at Rose Circle Park at the intersection of White Street and Lawton Street

- Head northwest down White Street
- For the first half mile, the Beltline trail is an extra wide divided sidewalk paralleling White Street
- Turn left at the crosswalk at Gordon-White Park. It will be shortly after you pass Lean Draft House on the right
- Cross over White Street and follow the row of steel posts painted to resemble giant crayons
- Follow the tree lined path until you reach the end of the Beltline Trail at Lena Street
- Turn around and run back
- Link to Map: <http://www.mapmyrun.com/routes/view/1865053493>

Add Distance By:

When you get back to Rose Circle Park, turn right on Lawton Street and you can pick up another short segment of Beltline Trail on the left hand side of the street at the corner of Lawton and Donnelly Ave. Turn around when you reach Allene Ave. This extra section will add about two miles to your workout.

Parking:

- Free street parking is available at Rose Circle Park

ULTIMATE PEACH IS BACK!

By Natalie Demarko

Dedicated, committed, passionate and brave. Those words describe the small and daring group of individuals that decide to take on Atlanta's four most iconic races. They'll have to tackle 55.5 miles of race course in less than 12 months culminating in the celebration of the Ultimate Peach. These runners finished the AJC Peachtree Road Race, the PNC Atlanta 10 Miler, the Thanksgiving Day Half Marathon, and they will run the Publix Georgia Marathon in March.

The challenge was introduced for the first time last year, and only 350 people (out of the 125,000 yearly participants of Atlanta Track Club races) rose to the occasion. Habib Ashogbon was the first Ultimate Peach finisher in the world when he crossed the finish line of the Publix Georgia Marathon last March. He describes the challenge as encompassing a runner's lifespan and covering all seasons and festivities of the city of Atlanta. "It was crazy crossing the finish line in one whole piece," says Dim Ashogbon. "It was one of the biggest things I've done in my entire running career. Finishing under three hours was my second personal record for a marathon, which I felt was a statement of my growth as a runner."

Thanks to his special personalized bib, he had access to a post-race party complete with sports massage, breakfast and sparkling grape juice. Besides this exclusive pre and post-race VIP area, Ultimate Peach finishers received VIP number pickup and gear check and a commemorative gift.

Last year's Ultimate Peach finishers proudly wear their custom engraved wooden watch to remind themselves of their impressive accomplishment every time they look down to check the time. The words "Ultimate Peach Finisher March 19, 2017" are engraved on the back. What will this year's gift be? Stay tuned. The 2018 Ultimate Peach commemorative item will be revealed on Atlanta Track Club's social media channels in the beginning of the year.

"Going for the Ultimate Peach after crushing your Triple Peach [Race Series presented by Mizuno] is amazing," says 2017 Ultimate Peach finisher Casey Nicodemus. "It



will change your life, surprise you of what you're able to accomplish and remain dedicated to, and if you train for it, can make you fall in love with the diverse and challenging running environment of Atlanta."

Eligible participants did not have to be entered in the Triple Peach Race Series presented by Mizuno. They only needed to complete all three included races without dropping down to the 5K at the PNC Atlanta 10 Miler or Thanksgiving Day Half Marathon.

New this year, all runners must declare eligibility by January 15. Registration for the Publix Georgia Marathon is separate and must be completed by January 15, 2018 to be eligible for the Ultimate Peach. There is no cost associated with Ultimate Peach, but the deadline must be met in order to be included. No new applicants will be accepted after the deadline. Declare your eligibility today at atlantatrackclub.org

"The reason I decided to do it?" says Ashogbon. "The fun of running with the Atlanta community and the chance to accomplish something great."



PREHAB

By Amy Begley



As you make your 2018 resolutions, don't just resolve to run more. Resolve to run smarter. Our goals are usually based on mileage and time. But if we don't set a goal of avoiding injury, we will never see those numbers.

To make this resolution, you have to reflect on your running. What aches and pains kept you from reaching your goals? Was it tight hamstrings, calves, IT band problems or a plantar fascia injury?

Add a pre-hab routine into your training plan to address the issues that have kept you on the sidelines in the past. Prehab is any exercise that continues to strengthen the muscles necessary to run or walk efficiently. It sounds a lot like rehab, but there's a big difference. Re-hab is only done after an injury and usually stopped once you are back to your regular routine. Pre-hab is your insurance policy and maintains the foundation to keep you moving. Even when you feel 100% healthy, you'll want to stick to the pre-hab exercises

To start, you will want to find a physical therapist or personal trainer to help you identify any imbalances. If that is not an option, first start with a daily stretching routine to keep the muscles stretched out. Then target the areas that have been an issue. The most common areas are shins, calves, feet, knees and hamstrings.

Here are a few examples of prehab exercises for various common injuries:

Shins (tibialis anterior muscle) – Toe raises at your desk while sitting on the couch or walking on your heels.

Calves (gastrocnemius and soleus muscle) – Double leg calf raises with feet straight, toes turned out, and toes turned in. Do them until you feel a burn and then do five more. Once it gets easy, do them on a stair or curb starting with your heels below the ledge. You can also try one-legged calf raises to add difficulty. The other really important thing to remember with the calf is that there are two muscles and both need to be stretched. To stretch the gastrocnemius the back leg needs to be straight. To stretch the soleus the back leg needs to be bent.

Feet – To keep them stretched out, roll the bottom of your foot with a golf ball or foot therapy ball in the morning and night. Toe scrunches, towel scrunches, picking up marbles, pebbles or pencils will also strengthen the feet.

Knees – The typical exercises can range from straight leg raise (laying down or sitting in a chair), box step ups, wall slides, wall squats with a yoga ball, leg press, hamstring curl with machine or on a yoga ball, squats and single leg squats. The most important thing is proper form with slow and controlled motion. Never let the knee cave in while doing exercises.

Hamstrings – The most important thing is to keep them stretched out before and after your exercise. Runners and walkers tend to have weaker hamstrings than quads. The most common exercise is hamstring curls on machine or yoga ball starting with two legs and working up to single leg varieties. Other exercises include laying down hamstring bridges, supine planks, lunges and deadlifts.

All of these exercises should be done after you are warmed up. It is best to start slow with proper form and low reps. Once you have mastered the form and know that the exercise is not adding pain you can include more reps and add advanced versions. If you are unsure of an exercise, there are many videos online to show you proper form. If pain persists more than 4 – 5 days, it is always advised to see a professional to make sure there is not something more serious that needs medical treatment.

Good luck with your goals in the New Year, I hope you find a pre-hab routine that works for you and keeps you healthy.



Runner Problem #57

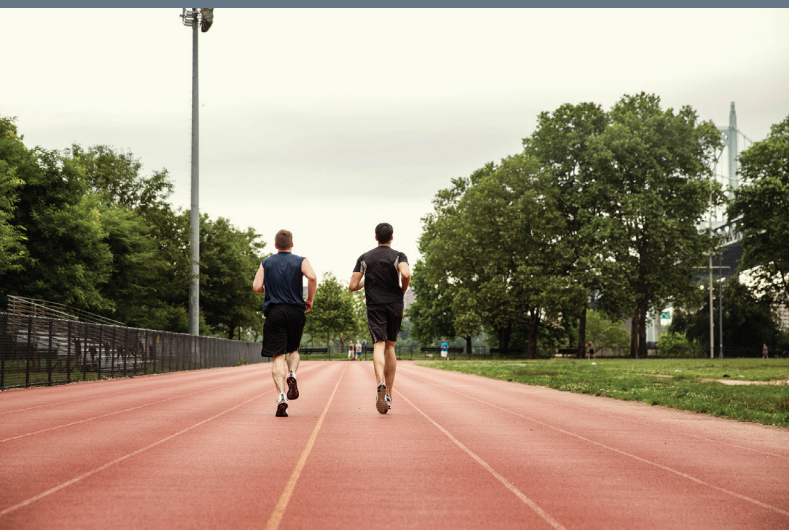
MIZUNO CLOUDWAVE TECHNOLOGY
CAN'T GET RID OF STOPLIGHTS
...BUT IT CAN GIVE YOU A SOFTER,
SMOOTHER RIDE.



Introducing the **WAVE INSPIRE 14** featuring Cloudwave Technology.
A soft, smooth, and responsive ride balancing the elements of
lightweight, flexibility, support and cushioning.

KNOW

practice and
hard work will
pay off.



Because the path to excellence starts here. PNC - proud to be the Official Bank of Atlanta Track Club.

