

Newsletter

FITLOSOPHY

THE OFFICAL ONLINE

NEWSLETTER OF FLEET FEET TUCSON

September 2010

In This Issue:

Recovering from Plantar Fasciitis Requires a 24-Hour Solution
 Injury Prevention Clinic Sept. 20 at Fleet Feet
 Coming Soon
 Hearts for Diamonds 12k Run in Sabino Canyon Oct. 2
 Sabino Canyon Classic 4-Miler Race Sept. 25
 Rock and Roll Half Marathon Training Group
 Injury Prevention Clinic Sept. 20 at Fleet Feet

It's that time of year. With the heat letting up and lots of races to enter, we're logging more miles on the road. And, you know what that means: more aches, pains and potential injuries. That's why our next free clinic on Monday, September 20 at 6:15 p.m. is so timely.

Jim Swierz, PT, DPT, is bringing his extensive experience in working with athletes of all ability levels to Fleet Feet in this must-attend free in-store clinic. As both lead physical therapist at SportsPlus Physical Therapy and a life-long runner, Jim can relate to what we all have dealt with at one point or another. Jim's talk will focus on what he calls "The Rehab of Running," which includes a review of:

- Common running injuries (symptoms).
- Ways to prevent injuries, and self treat.
- When to seek help.
- What is out there to help you get better.

Sound like something you want to learn more about? Have questions you want answered? Then, RSVP today to jeanne@fleetfeettucson.com to reserve your spot for our free Injury Prevention Clinic.

Rock and Roll Half Marathon Training Group Coming Soon

Fleet Feet's next Pearl Izumi-sponsored Fall Distance Training Program is set to start Oct. 2. This group is designed to prepare runners for the PF Chang's Rock & Roll Half Marathon on January 16, 2011. Runners are encouraged to join even if you don't want to run that race. The Distance Training Program is \$100 and includes a detailed, daily training schedule developed by experienced, certified coaches, group training twice per week (Wednesday 6 pm & Saturday 6 am), team technical shirt and more.

For more information, please go to www.fleetfeettucson.com or contact Jeanne at jeanne@fleetfeettucson.com or 520-886-7800.

Sabino Canyon Classic 4-Miler Race Sept. 25

For the first time ever, we have a race that will follow Sabino Canyon's main road to the lower Bear Canyon road. From there, we run to the Seven Falls trailhead and then back to the visitor's center. With plenty of hills thrown in, this four miler promises to be interesting. Everyone Runs Productions and Friends of Sabino Canyon make this run possible. Please join us in supporting this new event and a very worthy cause. Entry fee is only \$30 if you sign-up by Sept. 15. You can either register at Active.com (<http://www.active.com/running/tucson-az/sabino-canyon-classic-2010>) or in person at Fleet Feet. For more information, please visit www.everyoneruns.net.

Hearts for Diamonds 12k Run in Sabino Canyon Oct. 2

Add another new race in Sabino Canyon to your fall calendar. The Hearts for Diamonds Canyon Run 12k will take you up to the top of beautiful Sabino Canyon and back following the main road. A recreational walk is also available for teams, families and walkers. Food, music and games will be available throughout the event.

Cost of the event is \$25 for the run and \$20 for the walk. You can register at Active.com using our Quick Link in this newsletter.

Recovering from Plantar Fasciitis Requires a 24-Hour Solution

Plantar Fasciitis is an inflammation of the fibrous tissue, known as plantar fascia, that runs along the bottom of your foot. Heel pain, usually at its worst in the morning when you first get out of bed, is a tell-tale sign that you might suffer from this condition.

There are many things that can be done to help assist in recovery from plantar fasciitis, including shoe changes,

training changes, icing, stretching, orthotics, and cortisone injections. All are helpful during the daytime, but for plantar fasciitis to be treated effectively, it must be addressed 24-hours a day. The fascia attempts to heal in an unstretched position at night. Unfortunately, it doesn't have an adequate opportunity for these micro-tears to heal with just a few hours off your feet. When the sufferer steps down on their foot in the morning, the healing that takes place is rapidly undone and that tearing is manifested as morning heel pain.

The Strassburg Sock is an easy to use, inexpensive device designed to keep tension on the tissue (plantar fascia) so it heals in a stretched position at night. In this way many users find a reduction of their morning pain, some have noticed a reduced recovery time and yet others have reduced the need for medications. The device consists of a tubular knit material that fits "over the calf" with 2 attached adjustable straps to maintain the foot in a neutral to slightly stretched position. When worn at night the device will apply a force which results in the reduction and/or elimination of the pain felt during those first steps in the morning.

To learn more, stop by Fleet Feet today and let our FIT professionals show you how the Strassburg Sock can get you moving again!

Quick Links...

[Fleet Feet on Facebook](#)

[Everyone Runs Events](#)

[Hearts for Diamonds 12K](#)

[Pearl Izumi](#)

Join our mailing list!

886-7800

web:

<http://www.fleetfeettucson.com>

email: pete@fleetfeettucson.com

phone: 520-