

**5. Running Surface.** Crowned pavement, one direction on the track, soft or slanted embanked sand, stairs and trails all provide challenge and stress to the runner and their mechanics. Repetitive/similar workouts without variability in terrain can significantly increase your risk of an overuse injury at your "weakest link" (foot, ankle, shin, knee, hip, back). Change your routine throughout the week to provide multiple challenges and not just "over do" one routine. Of course, an even, semi-yielding surface, with mild, gradual changes in pitch, would be recommended as a starting point and base builder or when returning from an injury (ie, Palm Park, off the path, is probably the only area in SB to meet this criteria).

**6. Gradual Increase in Intensity.** Just like an infant, we must crawl before we walk, jog, run, sprint, and do long endurance activities. Progressive challenges are encouraged over weeks of training. Abrupt jumps in intensity, without an adequate base or experience in that type of workout (sprint, hill, sudden mileage workouts) often lead to injury. ("The more hurrieder I go, the more behinder I get.")

**How should I care for an overuse injury?**

When you get **Phase I** symptoms, first check the six items we listed above. Can you identify any of these problems or negligence in your training routine? Make adjustments accordingly and only one or two at a time so you can isolate the problem. Besides paying close attention to the suggested routine (warm-up/flexibility/moderate intensity/flexibility and cool down), finish your workout with an ice bag (20 minutes) or ice cup rub (3-5 minutes) to reduce initial irritation/pain, and promote blood flow to help rewarm the area. Over the counter medications of "ibuprofen and/or acetaminophen" taken in proper dosage on a regular basis as the bottle describes may also keep low-grade irritations at bay.

**Phase II** pain requires more frequent flexibility, ice treatments (2-5 times daily), and modified activities, such as pool running/bicycling to allow the body to heal from weight bearing stress. Persistent pain at this stage should be evaluated by your health care professional who is current in sport-related injuries/treatment. Without emphasizing one profession over the other,

treatments may consist of a regulated regime of therapy consisting of skills/intensity modification, massage, flexibility, strengthening, and/or corrective techniques of alignment, orthotics, or balancing exercises to correct the problem.

**Phase III** pain, even with the preceding preventative steps, may necessitate complete rest and other treatments such as injection or iontophoresis. Regardless, your return to activity should be closely monitored using your body's response to exercise (pain, spasm, and tightness) as a guide as you gradually increase intensity. There is a lot of psychology as well as monitoring your physiological response to irritation when dealing with overuse injuries. ("Don't do too much, too soon.")

I hope this has been an interesting overview. In future letters, I will discuss more specific injuries/topics in much less length to enhance your knowledge of sports medicine and tips for your own responsible athletic health care. The Midas commercial sums up the relationship of preventative exercise and regimes for athletes..you recall--"You can pay now---or pay a lot later..." Daily routines and being aware of your training conditions may prevent the bill from ever occurring!

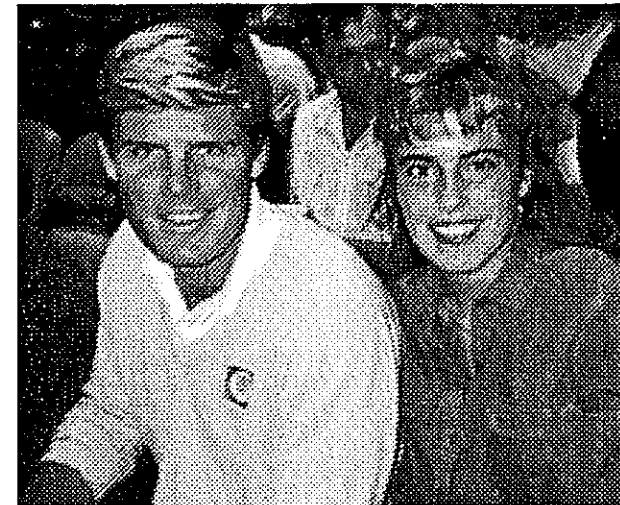
**RUNNER'S PROFILE** by Joe Howell

While Kelley Lovejoy and Bobby Powers are relatively new to the Santa Barbara area, they have quickly become active members of the running community. Both have joined the group of runners who convene every day at noon at the East Beach bathhouse, and both compete in all of our local races.

Bobby's indomitable spirit and enthusiasm for joining any group running any distance at any time is undoubtedly the product of his colorful past. Informed sources claim that his past includes a college football career cut short by injury, a tryout as a kicker for the Green Bay Packers, and a successful career as a male model (including the coveted title of "The Spam National Spokesman").

Kelley was a high school track phenom in the small Oregon town of Oakland. She went on to become a quarter miler and high jumper at the University of Oregon at Eugene. After

graduation, Kelley moved to San Diego where she worked in the hotel industry. She and Bobby moved to Santa Barbara in 1990 and started their insurance business, Champion Marketing.



**Basic Information:**

**Name:** Bobby Powers

**Age:** 37

**Employment:** Owner of insurance brokerage

**Other Sports/Interests:** Enjoy swimming 1/2 mile buoys at Leadbetter and East Beach. Also love football on TV and beer.

**Running Highlights:**

**Favorite Distance & PR at same:** 1/2 marathon - 83 minutes.

**Best Race and Why:** Catalina Marathon - It is scenic and it tests your tolerance for pain.

**Worst Race and Why:** "Are You Tough Enough" 62 miles long, hot, hilly and brutal.

**Average Weekly Mileage** (last 12 months): 42 miles

**Favorite Local Race:** Law Day 15K (flat)

**Goals (Realistic) for 1993:** Break 3 hours marathon. Break 82 minutes 1/2 marathon. Average 6 miles day/52 weeks/all year.

**Goals (Wildly Optimistic) for 2000:** Break 2:50 marathon. Break 80 minutes 1/2 marathon. Run and swim everyday for the next seven years.

**Additional Information:**

**Why I Run:** I run for enjoyment and weight control.

**My Runner Hero & Why:** Bobby Beathard, General Manager of San Diego Chargers. Has won two superbowl rings and has a personal best of 2:45 at age 49/marathon.

**Personal Training Tips:** If you think you can, you can. If you think you will, you will. If you think you won't, you won't. If you think you can't, you can't.

**I Love (Hate) runners who...:** Who don't complain and just do it.

**Suggestions for local races:** Keep it simple.

**Suggestions for SBAA:** To keep up the good work. Thank you for supporting running.

**My views on...**

**Running:** The best form of aerobic activity.

**East Beach Runners:** Great guys

**Santa Barbara:** Paradise

**Life:** Don't give up.

**Getting Old:** Forget it.

**Basic Information:**

**Name:** Kelley Lovejoy

**Age:** 25

**Employment:** Champion Marketing - medical, life, disability insurance broker.

**Other Sports/Interests:** Swimming, biking, camping, hanging out at the ocean, at the beach, follow football and basketball and listening to 690 Sports Talk.

**Running Highlights:**

**Favorite Distance & PR at same:** 1/2 Marathon - 1:43:06

**Best Race and Why:** 1993 LaJolla 1/2 Marathon - PR by 7 minutes for 1/2 marathon

**Worst Race and Why:** Catalina Marathon, 1992 - stormy seas, got sick on way over to island, camped out in pouring rain night before - they changed the course the night before to an out and back on a paved road.

**Average Weekly Mileage** (last 12 months): 40

**Favorite Local Race:** New Years Resolution/Law Day

**Goals (Realistic) for 1993:** Participate in Portland Marathon. Build sales force of 5-10 agents. Have too much fun.

**Goals (Wildly Optimistic) before Year 2000:** Run the Boston Marathon. Run Grandma's Marathon (my favorite course) in Duluth, MN in a sub 3:20.

**Additional Information:**

**Why I Run:** Addiction! So I can have my nightly serving of ice cream in milk and still stay in good shape.