

**Paris Pacers**

# June Newsletter

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**June 1, 2017**

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## 7 Injury Hot Spots by Sarah Mitchell

If you're a seasoned runner or if you're new to running you have most likely encountered an injury. Runners are most likely to have a run in with one or more of these injuries.

- **Plantar Fasciitis:** This condition is characterized by pain in the bottom of the foot. It's caused by high/low arches, extreme pronation/supination and increasing mileage too quickly. Plantar Fasciitis is actually small tears or inflammation of tendons and ligaments that run from heel to toes. The good news is that you can continue to run through this condition.
- **Shin Splints:** These are small tears around muscles in the shin bone. They are caused by too much distance too soon, wrong shoes, old shoes, high arches and flat feet. You can relieve the pain of shin splints with ice, Ibuprofen and rest. Again, you can run through this injury.
- **Stress Fractures:** Stress fractures

are a result of cumulative stress on a bone. They are caused by overtraining. If you suspect you have a stress fracture, do NOT continue running. If the pain persists you should probably be seen by a doctor.

- **Illiotal Band Syndrome:** The IT band lies along the outside of the thigh from your hip to your knee. The band rubs on the femur causing irritation. Pain is caused from too much mileage, leg length discrepancies and weak hip abductor muscles. To alleviate the pain, a runner can do specific exercises, use a foam roller and rest. You can still run with IT Band Syndrome.
- **Runners Knee:** Runner's Knee is the irritation of cartilage under the knee cap. It's caused by poor biomechanics, over pronation, weak hips and glutes. It is recommended that you reduce your mileage and take rest days. You can still run with Runner's Knee.

- **Achilles Tendonitis:** The Achilles connects two major calf muscles. If it tightens and gets irritated, it can cause pain. It's caused by overtraining and weak calves. Pain can be relieved by ice and performing heel drops. Do NOT run through this condition.
- **Hamstring Issues:** Pain is caused by hamstrings being too short, too long or too weak. They can be alleviated by performing one legged deadlifts. You can run through hamstring issues.

As a runner, you must listen to your body. If pain is not subsiding, consider taking an extra rest day. If it continues, consider seeing a specialist. If you continue to run with pain you will compensate somewhere else in your body, creating the risk for yet another injury.

## Couch to 5K

- Begins 6/5 @ 5:30 at Twin Lakes West Lake
- Coaches available Monday & Thursday @ 5:30 p.m. and Saturday @ 8 am.
- Free for Pacer members, \$20 for non-members (also makes you a member of PP)
- Program will last 8 weeks

## Important dates

- June 2 Strawberry Festival Catlin, IL
- June 2 Light Your Way to Better Health Terre Haute, IN
- June 10th Lake Mingo Trail Run Danville, IL
- June 10th: Oakland Run for the Health of It Oakland, IL
- June 17 Half Moon Half Terre Haute, IN
- June 17 Newman Freedom Festival 5K; Marshall Mural 5K
- July 4 The Mile Terre Haute, IN