

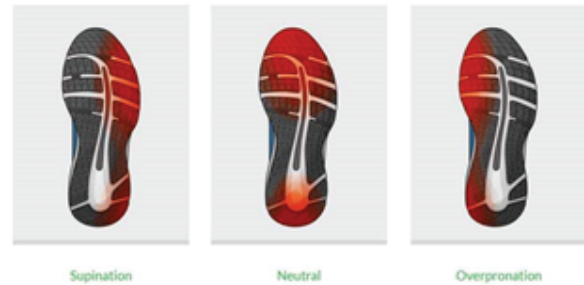
-TRAINING TIPS-

SHOES

Running shoes are an important part of your training. There are a few factors to consider when looking for the right running shoes like support and cushion level. There is not one brand that will be better than the other, most brands will have a range including different levels of support and cushioning. Finding the right shoe for you can be overwhelming so visiting a run specialty store in your area can help you narrow down your options. There, they will evaluate your foot, analyze your gait and recommend shoes that will work for you.

When looking for shoes you want to consider what your foot is doing. Over pronation is the flattening of the arches and inward rolling of the ankle when you take a step. Excessive pronation can lead to common injuries like Achilles tendinitis, shin splints, plantar fasciitis, etc. For this type of foot, you will want a stability shoe that will help reduce the amount of pronation and keep the foot in a more neutral position.

Neutral and supination can go with neutral shoes as you don't need to prevent any over pronation

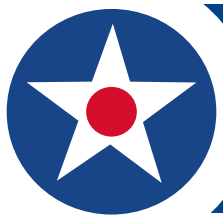


An example of a stability shoe would be the New Balance 860.



An example of a neutral shoe would be the New Balance 880.

Having more than one type of running shoe can be beneficial as well. Wearing a cushioned shoe for long or slower runs and a firmer, more responsive shoe for shorter or speed workouts can work your muscles and tendons in different ways preventing overuse injuries.



—TRAINING TIPS—

CLOTHING & SOCKS

The clothing you run in is very important, no matter the weather you want to wear clothing that keeps you comfortable and dry. You want to look for gear that wicks moisture away and dries fast. There are many brands that offer these types of materials: New Balance, Brooks, Smart Wool, Mizuno, On Running and Asics. On cold weather runs these fabrics will keep you dry and warm and on hot weather runs, they will wick moisture and help prevent chafing.

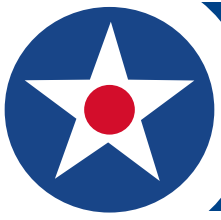
Some gear will also include venting to keep you cool, especially on those hotter runs. Running outside also comes with sun exposure. If you want to protect against UV rays, there are hats and clothes that come with UPF (ultraviolet protective factor).

When deciding on what to wear, it's best to account for your body heating up during your run, so you don't want to over or under dress in certain weather conditions. The typical rule of thumb is to dress for about 10-20 degrees warmer than it actually is. On race day, being prepared is very important. You don't want to be running in clothing for the first time. It is best to test out your clothing and make sure it's comfortable and doesn't cause chafing.



Even with the perfect running shoe, the wrong sock can make your run uncomfortable. There are many options to choose from when it comes to socks. Typically, you want to avoid wearing a cotton sock because rather than wicking moisture away they absorb it and that can cause friction. Having good socks will prevent blisters from unnecessary rubbing and riding down from a poor fit. Look for socks that are made from a synthetic blend or wool.

There are a few factors that go into a sock like thickness, compression, material and length. These will depend on your personal preference and what feels most comfortable on your foot. Every brand offers a wide variety of these combinations. Some great sock brands to check out are; Feetures, Balega, Smart Wool, Swiftwick and Darn Tough.



-TRAINING TIPS-

SUPPLEMENTS & NUTRITION

Running can take a lot out of your body so refueling during a run can ensure you perform at your best. At the Air Force Marathon, Clif gels are provided at 2 of our hydration stations, so you can refuel on race day. Additionally, we also provide lemon-lime Gatorade. You don't want to wait until race day to test out gels or chews for the first time, it is best to test out different types to see what you like and what works well for you. If you prefer chewing, Clif Bloks and Sport Beans are a good option. If you prefer drinking, GU, Huma and Nuun are good options. How much to eat is determined by the intensity and length of your run and you want to refuel after the first hour and every 45-60 minutes after that. For runs under 1 hour, you typically don't need to consume anything, as your pre-run meal will be enough to last.



AIR FORCE MARATHON

Taking place in early fall, the Air Force Marathon has been on the warmer side in previous years. You'll want to have some training runs during the same time of day to acclimate to the heat and humidity that the Midwest brings in the summer. This will help you plan accordingly for your hydration and nutrition plan. Wearing warm weather clothing will be ideal for this race and if you have to shed clothing, you'll want to make sure it's something you don't mind losing because we donate any clothing that is left behind. Checking the weather beforehand is important as well, you never know in Ohio.

The course overall is pretty flat, however, it does have its few hills. Adding a few hills or hill circuits into your training can be beneficial for the ones that you do encounter. Lastly, have fun and good luck! We can't wait to see you the third weekend of September at the Air Force Marathon!

AIR FORCE
MARATHON