



# NCC Race Preparations

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## History of the Ottawa Marathon

Ottawa has been holding an annual marathon since May of 1975, making it one of Ottawa's oldest major marathons. Only 146 runners competed in 1975. Last year, thousands of people competed in multiple events over the four days it was held.

The original race was a single marathon, but today there are multiple events, including 5 and 2K family run/walks and inline skating events. These days, the Ottawa Race Weekend raises money for multiple charities, most notably cancer research.



## Hill Training

In hill training, you are doing exactly that — running uphill! But why do it?

With this type of training, you are using your body weight as a resistance. This means that your leg muscles will have to work harder in order to complete the work-out. Additionally, hill training helps develop co-ordination and endurance, and helps condition you mentally for your next race.

Any type of hill can be used, although the incline should not be too steep. The surface should be

stable and comfortable to run on; a grass or light dirt road is better than concrete. You can also use the treadmill at the gym — simply set it with an appropriate incline. Please remember to increase and decrease the incline slowly. (i.e. —Grade 1 to 2 then 3-4-5, decreasing to 4-3-2-1. Do not keep the same incline for the entire workout!) But no matter what surface you choose to run on, please make sure you wear proper, supportive footwear.

### Hill Training Advice:

- Start Slowly
- If you're a new runner, don't hill train until you've built up some leg strength.
- Always warm up first (at least 10 minutes!)
- Vary your hills to get the most pre-race experience
- Never hill train when you are injured

Have further questions?  
Ask a member of our health care team!



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## How Back to Health Can Help!

**Massage Therapy:** When a person performs any athletic activity, they are actually causing damage on a cellular level to their bodies due to the physical forces involved and the buildup of toxic chemicals within soft tissues. Massage therapy (both pre and post activity) is an effective means of improving systemic circulation, allowing the body to rid itself of harmful substances, thus improving recovery. It is also effective in maintaining tissue integrity by keeping muscle tissues healthy, functioning optimally and reducing the risk of injury.

**Active Release Technique (A.R.T.):** When tissues become injured, the body attempts to repair the injury. Unfortunately, the healing process has a ten-

dency to create adhesions, which effectively causes tissues to 'stick' to one another, thus impeding the proper smooth function of both the affected and surrounding tissues (which increases the further risk of injury). A.R.T. works by eliminating the adhesions, allowing the tissues to function properly.

**Orthotics:** Running requires a repetitive force impact of up to three times your body weight. As you run, the impact of that force is transmitted from your heel, to the arch of your foot, up your leg and into your spine. Orthotics and proper footwear not only prevent such types of running injuries but they can also help to correct already existing ones. By improving the movement and support of

the foot you then can reduce the amount of stress that is being placed on other muscles and structures of the leg.

**Chiropractic:** Healthy joints are essential for everyone, including athletes. More importantly, however, is the relationship between muscles and joints. You may think muscle pain is only due to muscle problems, but in fact, it may be the joints that are at fault. Chiropractic care can assess your joints to make sure they are functioning optimally. There are 26 bones in the foot and they can all be adjusted. The knee has different joints and the hip is a ball and socket joint.

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## Tips for after the race

After you have completed your race, continue to walk around and let the muscles cool down slowly. If you sit down right away you risk cramping and reduce the circulation of metabolites.

If the opportunity is there, have a post-race massage. You should also consider booking one in advance for the day after as well. Massage can help lessen the effects of strenuous physical activity, mainly by enhancing blood flow to the muscles, removing toxins and delivering oxygen and nutrients to the area. It is also a good way to incorporate stretching into your regime and can help to reduce delayed onset muscle soreness. Each time large amounts of stress are put on the muscles, small tears can occur in the fibers. Massage helps to repair these tears and other injuries more quickly and completely.

**STRETCH!** You are no doubt familiar with feeling "tight" after a good workout and this event will be no exception to the rule. Stretch out the large muscle groups and anything that you notice feeling especially tight. Breathe into the stretch, hold it for a good 30 secs, come out of it for about 10 then take it a bit further the next time. Repeat 2 to 3 times.

Go for a swim. Swimming helps keep the metabolites moving without putting strain on your joints and muscles. You can also massage deep cold into your legs to help with post-race soreness.

Enjoy an Epsom salt bath. What better way to relax and at the same time have the effects of the salt draw out metabolites that can cause pain and stiffness?

If any muscles feel particularly sore then applying ice to it will help reduce swell-

ing and pain. Apply an ice pack wrapped in a towel to the area for about 15 minutes. It will ache, burn a bit but then become numb. This is the effect that you want. Once numb remove it and re-apply 20 minutes later.

Be aware of what your body is telling you. Rest, stretch and give your body that time to fully recover before pushing it again. If you don't, you become that much more susceptible to injury and repetitive strain, both of which can leave you out of the training loop and off the race schedule.



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## Where do I sign up?

If you're interested in running the marathon, you can sign up online. The race's official website is <http://www.ncm.ca>

You can also register by visiting any Running Room in Ottawa. The Running Room also holds multiple clinics that help with the training process.

Not interested in competing this year, but still want to help out? There are

many different volunteer opportunities available. You can email [volunteer@ncm.ca](mailto:volunteer@ncm.ca) for further details.