

TFAC Run Clinic - 5/21/20 5:00 pm

Opening Remarks

Welcome and thank you!

Julia Bachelder

What to Expect for Run Clinic

Julie Marchese

- How many first timers? How many survivors?
- Welcome to one of the most life changing events you will ever participate in! So excited to have you here. If you need anything just ask – we are here for you!
- A little about my story...
- Purpose of the Run Clinic is to familiarize you the run portion of the virtual Tri for a Cure – Tips & Safety.
- What is a Virtual Triathlon? Choose your event – do it your own time, your own place your own pace!
- Choose – Triathlon - swim (1/3 mile), Bike (15 miles), Run (3 miles) Duathlon run (1 mile), bike (15 miles), run (1 mile). Or event either as a relay. Modifying distances is fine, make them longer, shorter or whatever your goal is just make a goal and hit it!

1. WHAT TO WEAR & TRAIN IN:

- Performance top
- Performance shorts
- Running shoes

2. OTHER GEAR YOU MIGHT LIKE:

- Hat or visor
- Sunglasses
- Bright clothing

RACE MONTH – August 1 – August 30th

RUN:

- Run can be on local roads, on a trail, on the treadmill. Of course, the run portion can be run, walked, jogged, slogged, or crawled to complete.
- Make sure you have adequate safety precautions while you are completing this portion of the event.
 - Run with a friend and follow all CDC social distancing rules.
 - If you are running on the road, please run on the left hand side of the road facing traffic and be on the look-out for on-coming cars. Wear brightly colored clothing, don't run at peak traffic times and run during the daylight.
- Run distance is a 5K which is 3.1 miles.
 - Either pre-plan a route on your local roads or trails in advance so you know the distance and the route in advance. There are lots of way to do this. Try Map My Run or Strava!

- When you are running outside have some kind of instrument to measure your run. GPS unit like Garmin.
 - If you are using a treadmill, the equipment should let you know when you have reached your goal! Remember – any length of run is fine – just make your own personal goal and achieve it on your race day.
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GETTING READY TO RUN

Tips from sheJAMs Run Coach:

Maura Malia

- Tell people a little about yourself as a person and as a run coach. Why you choose to do the Tri for a Cure?
- **CLOTHING TIPS:**
 - Brightly colored clothing – not cotton – dry fit
 - Good pair of running shoes – really should go to a sneaker professional. Lamey Wellehan & Fleet Feet are great around here.
 - Night running – items that blink or neon.
 - Hat to keep sun off your face.
 - Sunglasses to keep sun out of your eyes.
- **WARMING UP** – Dynamic Stretching – why Dynamic VS Static
 - Demo some dynamic stretches
 - <https://www.youtube.com/watch?v=pZYmiEnDFX8>
- **Running Technique**
 - Run/Walk Program (how to transition from walk to run). Couch to 5K
 - Run Program (how to safely increase mileage). Run Programs on Line
- **Running Tips**
- **Cool Down** – Static Stretching
 - Demo some static stretches
- **Safety**
 - Run against traffic
 - Roads are not closed – obey all traffic signals – use sidewalks if possible
 - Wear brightly colored clothing
 - NO IPODS – be aware of your surroundings
- **Running Rules of the Road Sources**
 - <https://www.runnersworld.com/training/a20797952/how-to-protect-yourself-from-cars/>
 - <https://www.verywellfit.com/which-side-of-the-road-should-i-run-on-2911817>

Tri for a Cure FAQs: <https://triforacure.org/faqs>