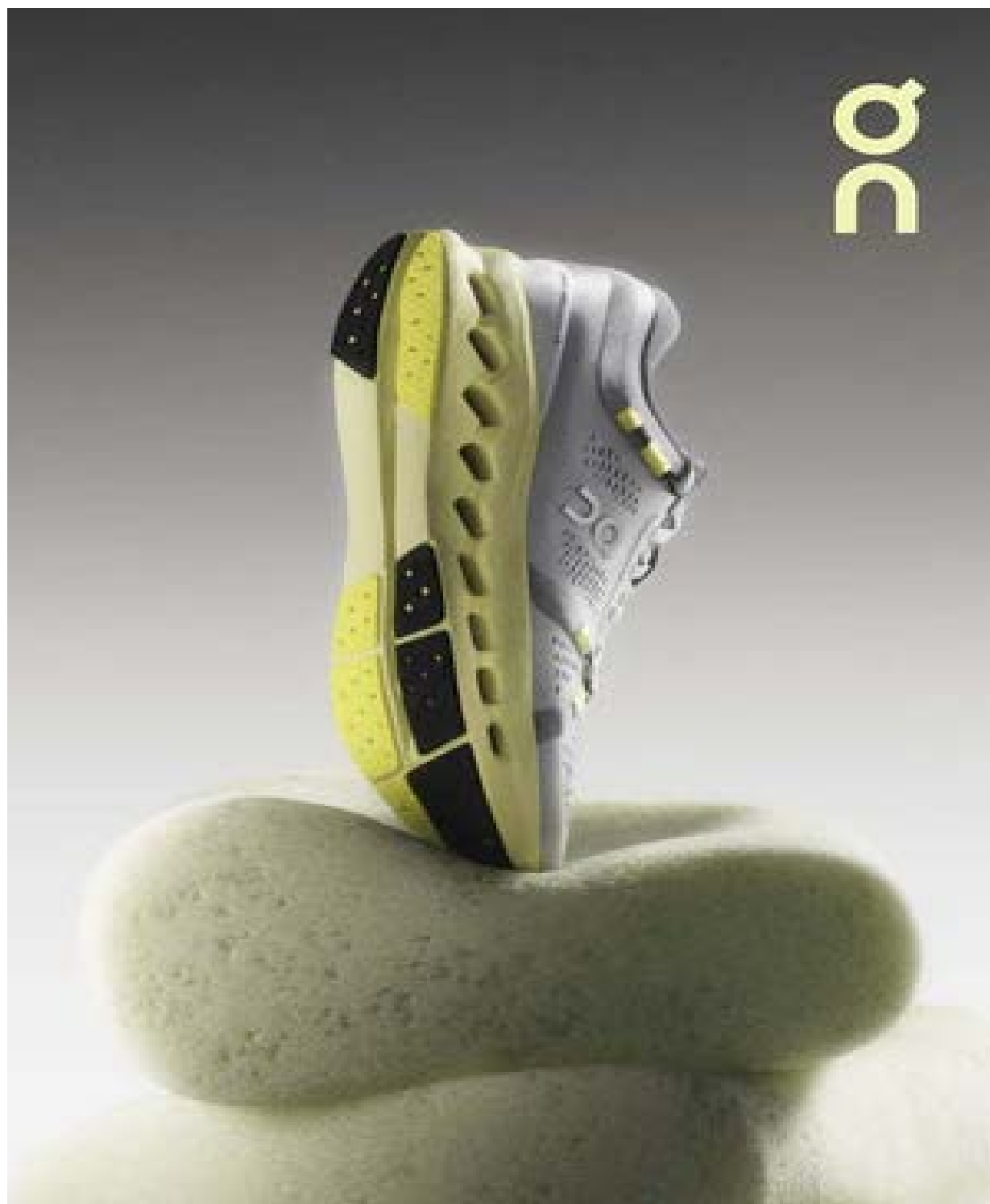


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Sunday Nov 16, 2025
Fort Desoto Park. St Pete Fl.



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RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY SEPTEMBER 13 TBA	LEADING EDGE TAKE HEART 10K/5	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY SEPTEMBER 13 TBA	ONE STEP CLOSER TO THE CURE CA 5K	WWW.RUNSIGNUP.COM	ST. PETE FL.	
SATURDAY SEPTEMBER 13 TBA	RUN DAYTONA 10K AND 5K 15K ON SUNDAY	WWW.RUNSIGNUP.COM	DAYTONA BEACH FL.	
SATURDAY SEPTEMBER 13 TBA	WILD BOAR NIGHT RUN 13.1 MILE RUN	ULTRASIGNUP ULTRASIGNUP.COM	DADE CITY FL.	
SATURDAY SEPTEMBER 13 8:00 AM	BEST DAM RACE LEFTOVER 5K	WWW.RUNSIGNUP.COM	THE MARINA SAFETY HARBOR FL.	
SATURDAY SEPTEMBER 20 TBA	PB & J 5K / 10K	RACE ROSTER WWW.RACEROSTER.COM	DOWNTOWN ST. PETE FL.	
SATURDAY SEPTEMBER 27 TBA	CHEVAL CARES 5K	813-269-0955	CHEVAL NORTH TAMPA FL.	
SATURDAY SEPTEMBER 27 TBA	DUNEDIN OKTOBERFEST 5K AND 10K	PAGE 37 XANADU RACING 727-226-7223	H.O.B. BREWING CO. DUNEDIN FL.	
SATURDAY SEPTEMBER 27 TBA	LAURIE'S LOVE LEGACY 5K	WWW.RUNSIGNUP.COM	ST. PETE FL.	
SATURDAY SEPTEMBER 27 TBA	OKTOBERFEST 5K/10K	WWW.ACTIVE.COM 727--CAN-RACE	HOB BREWING COMPANY DUNEDIN FL.	
SATURDAY SEPTEMBER 27 9:30 AM	ZERO PROSTATE CANCER RUN	DEBORAH POLLOCK deborah.pollock @zerocancer.org	AL LOPEZ FL. TAMPA FL.	
SATURDAY OCTOBER 4 TBA	BUBBLE RUN TAMPA BAY 5K	WWW.ACTIVE.COM	DADE CITY FL.	
SATURDAY OCTOBER 4 TBA	JOHN HOLMES TRAIL TUN 50K.16M.9 MILES	PAGE 39 WWW.TAMPARACES.COM	WITHLACOOCHEE FOREST BROOKSVILLE FL.	
SATURDAY OCTOBER 4 TBA	MAYOR'S RUN 5K	WWW.RUNSIGNUP.COM	HAINES CITY FL.	
SUNDAY OCTOBER 5 TBA	HOWL-O-WEEN 5K	WWW.RUNSIGNUP.COM	GADSEN PARK TAMPA FL.	
SATURDAY OCTOBER 11 TBA	HAUNTED 5K AND 10K	WWW.RUNSIGNUP.COM	TARPON SPRINGS FL.	
SATURDAY OCTOBER 11 TBA	IGNITING THE FLAME 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SATURDAY OCTOBER 11 8:00 AM	POLICE MEMORIAL RUN 5K AND 1 MILE	PAGE 27 813-276-3258	LYKES GASLIGHT PARK TAMPA FL.	
SATURDAY OCTOBER 18 TBA	A KITTEN PLACE BLACK CAT 5 5K	WWW.RUNSIGNUP.COM	VALRICO FL.	
SATURDAY OCTOBER 18 TBA	CAMO AND COBWEBS 5K	WWW.RUNSIGNUP.COM	PALM HARBOR FL.	
SATURDAY OCTOBER 18 TBA	CHOCOHOOLICS 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SATURDAY OCTOBER 18 TBA	HERNANDO HUSTLE 5K	WWW.RUNSIGNUP.COM	BROOKSVILLE FL.	
SATURDAY OCTOBER 18 TBA	PHSC FOUNDATION GLOW 5K	WWW.ACTIVE.COM	WESLEY CHAPEL FL.	
SATURDAY OCTOBER 18 TBA	TUNNEL TO TOWERS 5K	WWW.RUNSIGNUP.COM	STARKEY RANCH DISTRICT PK TRINITY FL.	
SATURDAY OCTOBER 18 8:30 AM	PATRIOT RUN 5K AND 1 MILE	WWW.RUNSIGNUP.COM	CARROLLWOOD DAY SCHOOL TAMPA FL.	
SATURDAY OCTOBER 25 TBA	FAMILY IN FLIGHT 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SATURDAY OCTOBER 25 TBA	GREAT WESTCHASE 10K / 5K AND 1 MILE	PAGE 30 WWW.RUNSIGNUP.COM	WESTCHASE TAMPA FL.	

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RUNNING TAMPA BAY				
DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY OCTOBER 25 TBA	HOUSE OF BEER HALLOWEEN RUN 5K	PAGE 37 WWW.727CANRACE.COM	DUNEDIN FL.	
SATURDAY OCTOBER 25 8:30 AM	RED RIBBON RUN	863-802-0777	LAKE MIRROR LAKELAND FL.	
SUNDAY OCTOBER 26 TBA	5K RUN OR WALK FOR EDUCATION 5K	WWW.RUNSIGNUP.COM	MARINA PARK SAFETY HARBOR FL.	
SUNDAY OCTOBER 26 TBA	FLORIDA HALLOWEEN DISTANCE CLA 13.1, 10 K AND 5K	WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	
SUNDAY OCTOBER 26 TBA	SPOOKY SPRINT 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY NOVEMBER 1 TBA	LAKE TO LAKE 10K	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY NOVEMBER 1 7:30 AM	BOLT RUN 5M MILE AND 5K	TAMPA BAY LIGHTNING	DOWNTOWN TAMPA FL	
SUNDAY NOVEMBER 2 8:00 AM	BUDDY RUN 5K	PAGE 9 WWW.RUNSIGNUP.COM	LAKE PARK LUTZ FL.	
SUNDAY NOVEMBER 9 TBA	VETERAN'S DAY ALL AMERICAN 5K AND 10K	PAGE 37 XANADU RACING 727-226-7223	HALE CENTER DUNEDIN FL.	
THURSDAY NOVEMBER 27 TBA	BAYCARE WOBBLE TURKEY TROT 5K AND 1 MILE	PAGE 8 WWW.RUNSIGNUP.COM	TAMPA P:REMIUM OUTLETS LUTZ, FL.	
THURSDAY NOVEMBER 27 TBA	CLEARWATER TURKEY TROT 5K AND 1 MILER	PAGE 31 XANADU RACING 727-226-7223	CLEARWATER H.S. CLEARWATER FL.	
SATURDAY DECEMBER 20 TBA	DUNEDIN HOLIDAY RUNS	XANADU RACING 727-226-7223	H.O.B. BREWING CO. DUNEDIN FL.	
SUNDAY FEBRUARY 8 8:00 AM	ST PETE DISTANCE CLASSIC 26.2.13.1.10K.5K	PAGE 45 WWW.RACEROSTER.COM	DOWNTOWN ST.PETE FL.	

RUNNING SW FLORIDA				
DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY SEPTEMBER 14 TBA	ENVIRO 5K	WWW.RUNSIGNUP.COM	DAQURI DECK VENICE FL.	
SATURDAY SEPTEMBER 20 TBA	CENTERSTONE LIFE 5K AND 10K	RACE ROSTER WWW.RACEROSTER.COM	SARASOTA FL.	
SATURDAY OCTOBER 4 TBA	HAUNTED 5K.10K AND 13.1	WWW.RUNSIGNUP.COM	SHAMROCK PARK VENICE FL.	
SUNDAY OCTOBER 5 TBA	MOTHERS HELPING MOTHERS 5K AND 1 MILE	WWW.RUNSIGNUP.COM	NATHAN BENDERSON CIIR. SARASOTA FL.	
SATURDAY OCTOBER 11 TBA	FLAMINGO 5K RUN	WWW.RUNSIGNUP.COM	SIESTA KEY BEACH SARASOTA FL.	
SATURDAY OCTOBER 11 TBA	HOWL-O-WEEN 5K	WWW.RUNSIGNUP.COM	BRADENTON FL.	
SATURDAY OCTOBER 18 8:00 AM	TRICK OR TROT 5K TRAIL RUN	WWW.RUNSIGNUP.COM	ENGLEWOIOD FL.	
SATURDAY OCTOBER 25 TBA	AWAKEN OUTREACH 5K 5K AND 1 MILE	WWW.RUNSIGNUP.COM	AWAKEN CHURCH PORT CHARLOTTE FL	
SATURDAY OCTOBER 25 TBA	RUN THE POINT 5K	WWW.RUNSIGNUP.COM	PALMETTO FL.	
SATURDAY OCTOBER 25 8:00 AM	AWAKEN OUTREACH 5K	WWW.RUNSIGNUP.COM	PORT CHARLOTTE FL	
SUNDAY OCTOBER 26 TBA	BILL'S BEER RUN 5 MILE	WWW.RUNSIGNUP.COM	CASEY KEY NOKOMIS FL.	
SATURDAY NOVEMBER 1 TBA	PIE GOBBLER 5K,10K, HALF 5K,10K, 13.1 MILES	WWW.RUNSIGNUP.COM	VENICE FL.	
SATURDAY NOVEMBER 8 TBA	SAMI STRONG 5K GLOW RUN	WWW.RUNSIGNUP.COM	PORT CHARLOTTE FL	



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\$40 after
1 Mile – \$20 (open to all)
Buddy Dash – Free!
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Questions? Email BuddyRunDirector@gmail.com



RUNNING ORLANDO				
DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY SEPTEMBER 13 TBA	BROOKLYN ROSE STRONG 5K	WWW.RUNSIGNUP.COM	SAINT CLOUD FL.	
SATURDAY SEPTEMBER 13 TBA	RUN DAYTONA WEEKEND 15K 10K /5K	WWW.RUNSIGNUP.COM	DAYTONA BEACH FL.	
SATURDAY SEPTEMBER 13 7:30 AM	ADVENTHEALTH LADY TRACK SHACK 5K	EMMI 407-896-1160	WINTER PARK FL.	
SUNDAY SEPTEMBER 14 TBA	SUNDAY RUN AT THE SALTY 3 MILES	EMMI 407-896-1160	ORLANDO FL.	
SATURDAY SEPTEMBER 20 TBA	BE HEALTHY 5K	WWW.RUNSIGNUP.COM	SANFORD FL.	
SATURDAY SEPTEMBER 20 TBA	MILES TO GO 5K	WWW.RUNSIGNUP.COM	ORLANDO FL.	
SATURDAY SEPTEMBER 27 7:30 AM	BATTLE OF THE BANDS 5K	EMMI 407-896-1160	CASSELBERRY FFL.	
THURSDAY OCTOBER 2 TBA	SEA WORLD HOWL-O-SPRINT 5K	WWW.RUNSIGNUP.COM	ORLANDO FL.	
SUNDAY OCTOBER 12 TBA	SPACEMAN 5K	WWW.RUNSIGNUP.COM	COCOA FL.	
SUNDAY OCTOBER 12 7:30 AM	U CAN FINISH 5 MILER & 2 MILE 5K AND 2 MILE	EMMI 407-896-1160	ORLANDO FL.	
SUNDAY NOVEMBER 2 TBA	RUN COCOA BEACH HALF MARATHON AND 5K	PAGE 38 WWW.RUNCOCOABEACH.COM	COCOA BEACH FL.	
THURSDAY NOVEMBER 27 8:00 AM	SENIOR FIRST TURKEY TROT 5K	EMMI 407-896-1160	ORLANDO FL.	
SATURDAY DECEMBER 6 7:15 AM	PUC ORELANDO HALF MARATHON	EMMI 407-896-1160	ORLANDO FL.	
SATURDAY DECEMBER 13 7:15 AM	GREG WARMOTH REINDEER RUN 3 MILE	EMMI 407-896-1160	ORLANDO FL.	
SUNDAY FEBRUARY 8 TBA	THE FLORIDA MARATHON	PAGE 44 WWW.FLORIDAMARATHON.CO	MELBOURNE FL.	



2025 Event Calendar

All road races will be chip-timed!



Times and dates are subject to change. Visit our social media or runsignup.com for up-to-date information.

JAN. 1 & 19	FEB. 8	MARCH 8	APRIL 12	MAY 2	JUNE 7
 Frank Shorter Mile When: Jan. 1 Where: Westside Park Distance: 1 mile (timed) Price: Free for FTC members \$25 for non-club members FTC Marathon When: Jan. 19 Where: Haulmore Trail Distance: 26.2 & 13.1 Price: \$100 for club members \$150 for non-club members	 Micanopy 5 & 10 miler When: Feb. 8 Where: Micanopy Distance: 5 and 10 miles Price: Free for club members \$20 for non-club members	 Archer 5k & 10k When: March 8 Where: Archer Distance: 5k & 10k Price: Free for club members \$20 for non-club members	 Tobacco Road 5k & Brunch When: April 12 Where: Squirrel Ridge park Distance: 5k with brunch Price: Free for club members \$20 for non-club members	 FTC Summer Track Meet When: May 2 Where: Ford Cone Park Distance: Multiple Price: Free for club members \$20 for non-club members	 FTC Trail Run When: June 7 Where: San Felasco North Distance: 4 miles Price: Free for club members \$20 for non-club members
JULY 4	AUGUST 9	SEPT. 13	OCTOBER 11	NOV. 9	DEC. 13
 Jack Gamble Melon Run When: July 4 Where: Westside Park Distance: 3 miles Price: Discount for club members \$20 for non-club members	 FTC Social When: August 9 Where: TBD Distance: No race, this is a family-friendly event to socialize with the running community.	 Short and Long Trail Run When: Sept. 13 Where: San Felasco North Distance: 4 & 8 miles Price: Free for club members \$20 for non-club members	 Tom Walker PREVIEW When: Oct. 11 Where: Haulmore Trail Head Distance: 5k and 10k Price: Free for club members \$20 for non-club members	 Tom Walker Half Marathon When: Nov. 9 Where: Haulmore Trail Head Distance: Half and 5k Price: Discount for club members \$20 for non-club members	 Jingle Bell Jog and Social When: Dec. 13 Where: TBD Distance: 5k Price: Free for club members \$20 for non-club members

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RUNNING NORTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY SEPTEMBER 13 TBA	DREAM COME TRUE 5K	1ST PLACE SPORTS 9043-731-3676	UNIVERSITY OF NORTH FLA JAX. FL.	
SATURDAY SEPTEMBER 20 TBA	CONQUEEEEEEROR 5K	WWW.RUNSIGNUP.COM	JACKSONVILLE FL.	
SATURDAY SEPTEMBER 20 TBA	VESTCOR 5K BRIDGE RUN	1ST PLACE SPORTS 9043-731-3676	DOWNTOWN JACKSONVILLE FL.	
SATURDAY SEPTEMBER 20 8:00 AM	WOMEN'S DISTANCE FESTIVAL 5K	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
SATURDAY SEPTEMBER 27 TBA	PENSACOLA SEAFOOD 5K	WWW.RUNSIGNUP.COM	PENSACOLA FL.	
SATURDAY SEPTEMBER 27 TBA	VYSTAR EMERALD TRAIL RUN 5K AND 10K	1ST PLACE SPORTS 9043-731-3676	JACKSONVILLE FL.	
SATURDAY SEPTEMBER 27 7:30 AM	FICA 5K	WWW.RUNSIGNUP.COM	GAINESVILLE FL.	
SATURDAY OCTOBER 4 TBA	ATHLETES UNDER THE LIGHTS 5K	WWW.RUNSIGNUP.COM	ORLANDO FL.	
SUNDAY OCTOBER 5 TBA	PONTE VEDRA 10 MILER	1ST PLACE SPORTS 9043-731-3676	POINTE VEDRA FL.	
SUNDAY OCTOBER 5 TBA	WHISTLING DEATH 5K AND 10K	1ST PLACE SPORTS 9043-731-3676	GREEN COVE FL.	
SATURDAY OCTOBER 11 TBA	DONNA 5K AT TPC SAWGRASS	1ST PLACE SPORTS 9043-731-3676	JACKSONVILLE FL.	
SATURDAY OCTOBER 11 7:15 AM	GWTC PINE RUN 20K AT TALL TIMBERS TRAIL RUN	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
SATURDAY OCTOBER 11 8:00 AM	TOM WALKER 10K/5K	WWW.RUNSIGNUP.COM	GAINESVILLE FL.	
SUNDAY OCTOBER 12 7:00 AM	PENSACOLA HALF MARATHON 13.1 AND 5K	WWW.RUNSIGNUP.COM	PENSACOLA FL.	
SUNDAY OCTOBER 26 TBA	EVERGREEN PUMPKIN RUN 10 MILER AND 5K	1ST PLACE SPORTS 9043-731-3676	JACKSONVILLE FL.	
SATURDAY NOVEMBER 1 8:00 AM	PIE GOBBLER 5K, 10K AND HALF	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
SATURDAY NOVEMBER 8 8:00 AM	CHUZE FITNESS MANDARIN RUN 5K AND 10K	1ST PLACE SPORTS 9043-731-3676	MANDARIN FL.	
SATURDAY DECEMBER 13 TBA	JACKSONVILLE MARATHON 26.2, 13.1 5K	PAGE 25 1ST PLACE SPORTS 9043-731-3676	JACKSONVILLE FL.	

RUNNING SOUTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY SEPTEMBER 13 TBA	CELEBRATION 5K AND 10K RUNS	WWW.RUNSIGNUP.COM	FORT LAUDERDALE FL.	
SATURDAY SEPTEMBER 13 TBA	GILDA'S RACE FOR HOPE 5K	WWW.RUNSIGNUP.COM	DAVIE FL.	
SUNDAY SEPTEMBER 14 TBA	KENNEDY KIDS FOUNDATION 5K	WWW.RUNSIGNUP.COM	MIAMI SHORES FL.	
SUNDAY SEPTEMBER 21 8:00 AM	CHASE A COP 5K FUNRAISER	WWW.RUNSIGNUP.COM	MIAMI FL.	
SUNDAY SEPTEMBER 28 TBA	DEVIL DOG 5K AND 10K	WWW.RUNSIGNUP.COM	BOCA RATON FL.	
SUNDAY OCTOBER 5 6:00 AM	NAPLES ROCKTOBERFEST HALF MARATHON AND 5K	PAGE 36 WWW.RUNSIGNUP.COM	N. COLLIER REGIONAL PARK NAPLES FL.	
SATURDAY OCTOBER 18 TBA	HOLLYWOOD BEACH HALF MARATHON FL.	WWW.RUNSIGNUP.COM	HOLLYWOOD BEACH FL.	
SATURDAY OCTOBER 18 6:00 AM	HOLLYWOOD BEACH HALF MARATHON AND 5K	PAGE 34 WWW.RUNSIGNUP.COM	HOLLYWOOD BEACH PARK HOLLYWOOD FL.	
SATURDAY OCTOBER 25 6:30 AM	HALLOWEEN HALF MARATHON 13.1 AND 4 MILER	WWW.ACTIVE.COM	MIAMI BEACH FL.	





Summer Running Tips by the **running** center tampa bay

Summer is a great time to be healthy & active but we all know running in the Florida summer heat & humidity can be difficult. Remember the warmer the weather, the harder your body has to work to keep you cool. Your heart rate will be higher and breathing more difficult. Since your body is directing blood to the skin to cool you off through sweating there is less blood available to transport oxygen to your muscles.

Here are a few tips to help keep you running all summer long:

- Run in the morning or evenings when the temperatures are coolest
- Find places to run in the shade to help avoid the direct sun
- Stay hydrated
- Consider loops where you can put out a bottle or recruit company on a bike to carry it for you
- Listen to your body, take rests, & adjust your pace - *an easy paced run in March can feel like an all-out effort in July*
- Wear a hat to help keep the sun off your head
- Soaking it in cold water before starting can really help keep you cooler a little longer
- Wear sunscreen - *your dermatologist will love you*
- Use anti friction balm - *keep that painful chafing at bay*
- Slip into a nice recovery sandal post run to get out of those soggy shoes and air out those feet!

Summer Shoe Tips

- After a sweaty run, pull out the shoe liner & stuff newspaper in your shoes, then place them at the foot of the refrigerator
- This will help pull the moisture out of the shoe and help keep them fresh!*
- If your shoe needs a little extra help consider a stink free shoe spray :)
- Heat & humidity can make the foam in running shoes softer - *so be sure to store them in a cool dry place*

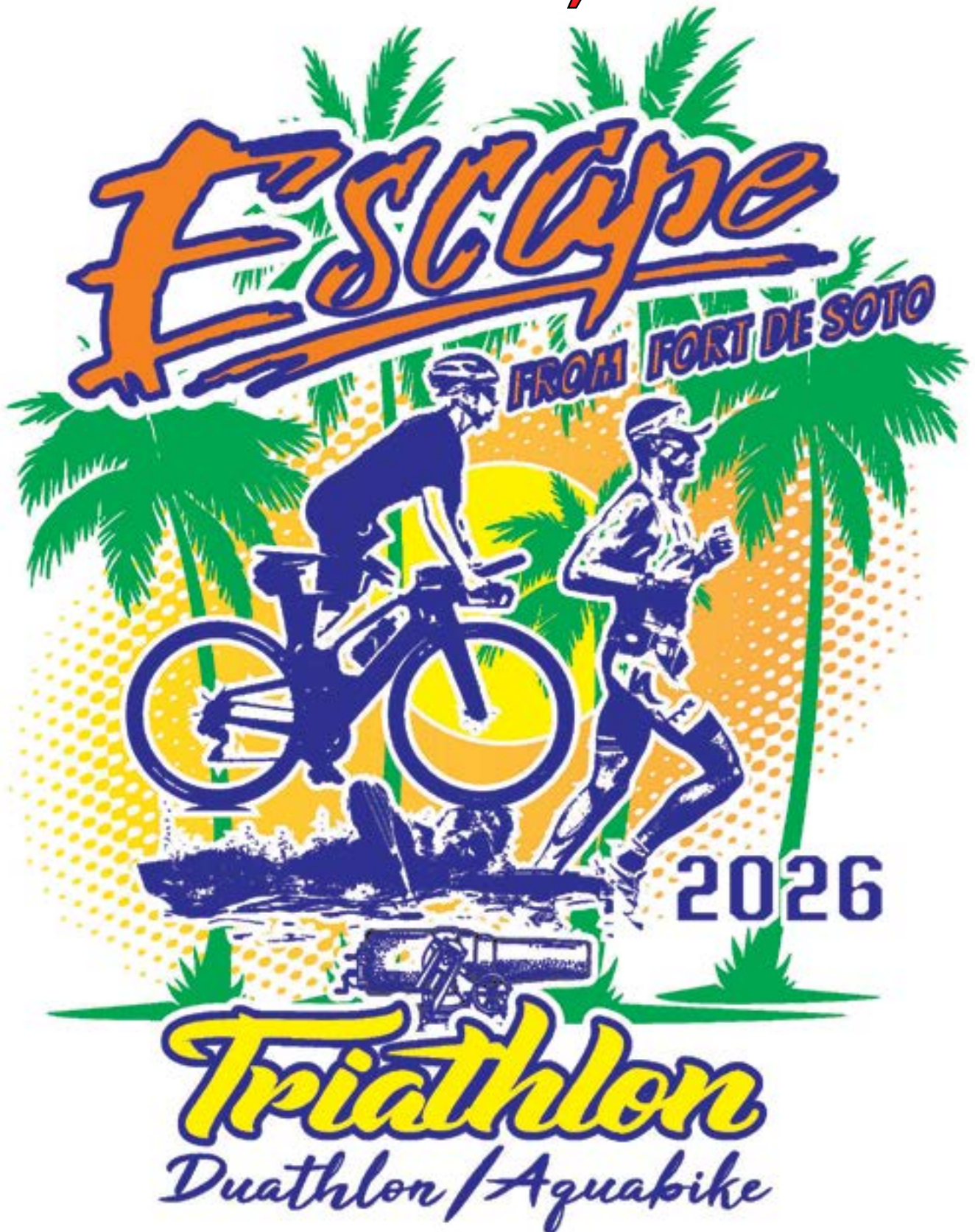
A summer favorite is to finish a run at the gulf, a lake, a spring, or your neighbors pool ;) & jump in for a refreshing finish!

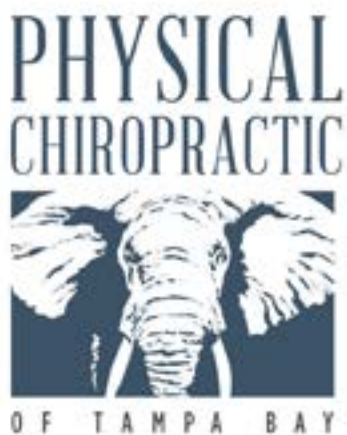
Happy summer running from all of us at The Running Center

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APRIL 11, 2026





Why Static Stretching Before Running Can Lead to Muscle Strains



Dr. Tommy Rhee

Runners are often told to stretch before a run, but **static stretching**—holding a stretch for an extended period—can actually increase the risk of **muscle and tendon strains**. The key reason lies in the **muscle spindle**, a sensory receptor in muscles that detects changes in length and prevents overstretching.

The Role of the Muscle Spindle

Muscle spindles act like built-in stretch sensors, triggering a reflex contraction when a muscle is stretched too quickly or too far. This protective mechanism, known as the **stretch reflex**, prevents excessive elongation and potential injury. However, when a runner performs static stretching before running, they may temporarily desensitize the muscle spindle's protective response. This reduces the muscle's ability to contract efficiently, increasing the risk of overstretching.

Why Static Stretching Can Lead to Strains

When you stretch and hold a position for too long, the muscle spindle adapts, allowing the muscle to elongate beyond its natural pre-activation range. If you then transition into running—a high-impact, dynamic movement—the overstretched muscles and tendons **lack the necessary stiffness and responsiveness**, making them more prone to strains and microtears.

A Better Approach: Dynamic Warm-Ups

Instead of static stretching, runners should focus on **dynamic warm-ups** like leg swings, high knees, and lunges. These movements **gradually increase muscle length while keeping the spindle active**, preparing the body for the demands of running. By respecting the muscle spindle's role, runners can avoid unnecessary strains and enhance **performance, efficiency, and injury prevention**. Save static stretching for post-run recovery, when muscles are warm and more pliable.





When can I ...RUN?

Christopher Arrigo, PT, DPT, ATC

So, Chirs, when can I start running again? This is the question every runner asks following an injury. There is no simple answer to this question because every runner and each injury are different. However, there are 4 key steps in the return to running process: 1. Subjective and objective measures, 2. Run tolerance, 3. A progressive gradual return to running, and 4. Monitoring your response to activity.

1. Subjective and Objective Measures. In other words, how you feel and what you can do to test your readiness to return to running. The goal is for the following activities to be pain free but having a pain level of 2 out of 10 (0 is no pain and 10 is you have to be in the emergency room) or less can be acceptable as long as it does not increase during any activity and is gone by the following day.

- a. Perform usual daily activities
- b. Walk 20-30 minutes
- c. Perform 10 single leg squats
- d. Jog in place for 1 minute
- e. Perform 10 consecutive Jump squats
- f. Hop in place on the involved leg for 30 seconds

Once all of these can be performed it's time to move on to run tolerance.

2. Run Tolerance forms the basis of a training program. Your run tolerance

is a distance you can run with minimal to no pain (Remember minimal pain is on more than 2/10 on the scale previously described and does not increase). Assuming the “readiness to run” tests are comfortable, then you are ready to try a short EASY run of 5 minutes. If this is tolerated well, you can gradually run up to 1 mile. Stop if any symptoms develop.

3. Plan a progressive and gradual return to running.

Almost everyone has heard of the 10% rule – increasing your run 10% every week. The problem is this “rule” has not been scientifically proven to be effective, and it tries creates a one size fits all training rule. It turns out to be too little for low milage runners and too aggressive for high milage runners.

Instead consider increasing your weekly volume by a larger amount, say 20–30%. Maintain that mileage for three weeks then decrease your volume for a week of easy running before increasing again. This gives your body time to adapt to the new stresses you are placing on it.

Plan recovery time into your schedule and consider recovery weeks with less volume as mentioned above. A general rule of thumb is one easy day a week, one easier week every month, and finally one really easy month each year.

easier, and one month per year really easy.

Only change one variable at a time. So while you are returning to your pre-injury milage, do not increase pace.

After any hard session Include a longer recovery during your return.

Allow yourself some grace and flexibility if you need to stay at any given volume for a longer amount of time to get completely comfortable, it is perfectly fine. Listen to your body and give yourself a break.

4. To monitor your response to a returning to running program keep 4 things in mind: 1. Pain during exercise should be no more than 3 out of 10. 2. You should not experience any sharp pain that increases and causes you to limp 3. Symptoms should settle back to baseline within 24 hours. 4. Your symptoms should improve as the weeks progress.

As always, if you are in need of a more detailed, individualized return to running program, contact me at (813)250-1208 or www.advancedrehab.us .



BI-TRIATHLONS

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY SEPTEMBER 14 TBA	COOL SOMMER TRIATHLONS	CFT SOMMER SPORTS 352 394-1320	CLERMONT FL.	OLYMPIC. SPRINT SUPER SPRINT DUATHLON
SATURDAY SEPTEMBER 20 TBA	TARPON SPRINGS TRIATHLON	PAGE 47 WWW.RUNSIGNUP.COM	FRED HOWARD PARK TARPON SPRINGS FL. OLYMPIC AQUABIKE	SPRINT / OLYMPIC T DUATHLON / OLYMPI
SUNDAY SEPTEMBER 28 TBA	CAPTIVA ISLAND TRIATHLON	PAGE 26 WWW.RUNSIGNUP.COM	CAPTIVA ISLAND FL.	SPRINT TRI AND SUPOER SPRIN
SATURDAY OCTOBER 4 TBA	BIG RED CHAIR SPRINT TRIATHLON AND 5K	WWW.RACEROSTER.COM	ST CLOUD FL.	400 YD POOL 12 BIKE BIKE 5K RUN
SUNDAY OCTOBER 12 TBA	PONTE VEDRA TRIATHLON	WWW.RUNSIGNUP.COM	POINTE VEDRA FL.	OLYMPIC TRI SPRINT TRI DUATHLON
SUNDAY OCTOBER 12 TBA	SPACE COAST TRIATHLON	PAGE 52 WWW.RUNSIGNUP.COM	COCOA	SPRINT TRIATHLON SPRINT DUATHLON
SUNDAY OCTOBER 19 TBA	BILL BONE TRIATHLON	561-832-9434	LAKE WORTH FL.	SPRINT TRI SPRINT DUATHLON SPRINT AQUA BIKE
SUNDAY OCTOBER 19 TBA	GREAT FLORIDIAN TRIATHLON	CFT SOMMER SPORTS 352 394-1320	CLERMONT FL.	SWIM .25 MILES BIKE 8.2 MILES RUN 2 X3
SATURDAY NOVEMBER 1 TBA	GAME ON ! FLORIDA LAGOON TRIATHLON	PAGE 24 WWW.RUNSIGNUP.COM	SAN ANTONIO FL.	SPRINT OYLMPI RELAYS
SUNDAY NOVEMBER 2 TBA	RIVERFRONT TRI @ COCOA	WWW.RUNSIGNUP.COM	COCOA FL.	OLYMPIC. SPRINT DUATHLON. RELAYS
SUNDAY NOVEMBER 9 TBA	MIAMIMAN TRIATHLON	INTEGRITY MULTISPORT	MIAMI FL.	INTERNATIONAL TRI/ SPRINT TRI/DU OPEN WATER SWIM
SUNDAY NOVEMBER 16 8:00 AM	LAGOON TRIATHLON	PAGE 24 WWW.RUNSIGNUP.COM	MIRADA LAGOON SAN ANTONIO FL.	INTERNATIONAL SPRINT DUATHLON
SUNDAY NOVEMBER 16 8:00 AM	LAST CHANCE TRIATHLON	PAGE 40 WWW.RUNSIGNUP.COM	FORT DESOTO ST. PETE FL.	SWIM 1/3 MILE BIKE 10 MILES RUN 3.1 MILES
SUNDAY FEBRUARY 15 TBA	CHILLY WILLY DUATHLON	PAGE 53 WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	SPRINT SUPER SPRINT DUATHLON
SATURDAY APRIL 11 TBA	ESCAPE FROM FORT DESOTO TRI	PAGE 14 WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	SWIM 1/4 MILE RUN 3.1 MILE BIKE 10 MILES



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As athletes, it is important to recognize the distinct characteristics that differentiate open water swimming from pool swimming. The perpetual comparisons many swimmers make can detract from their performance and enjoyment, regardless of the body of water.

Every open water swim presents its own unique challenges. Factors such as the ocean, river, or lake introduce various elements including weather conditions, currents, tidal changes, depth, buoyancy, and chopiness. In contrast, swimming in a pool offers a more controlled environment. While not all pools are identical, varying in length and interval times, be it a 50-meter pool or a 25-yard pool, they generally provide a consistent setting for training and competition.

It is essential to refrain from comparing open water swim times with pool times. You could, however, accurately evaluate your pool performance if you consistently swim in the same facility and assess your open water times under comparable conditions. Keep in mind that water is approximately 800 times denser than air, which significantly influences swim times and performance metrics.

This concept is echoed in recent experiences from the Paris 2024 Olympics, where athletes and coaches noted that the competition pool felt "slow" in comparison to other elite venues, resulting in fewer world records being achieved. Conversely, the Tokyo 2020 pool was deemed "faster," contributing to a higher number of records. The perceived variance in performance often stems from the pools' design and depth.

I encourage you to continue swimming, focus on improving your technique, and relish the joy of your aquatic journey. Joining a masters program can further enhance your skills and foster a sense of community. Embrace each swim, whether in a pool or open water, as an opportunity for growth.

Coach Leo





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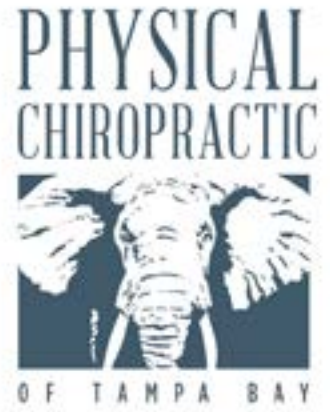
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1 MILE
1/2 MILE
SPLASH



AUGUST 17 JOHN PENNEKAMP STATE PARK



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NOVEMBER 2 COCOA



SEPTEMBER 14



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MAKE CHECKS PAYABLE TO TAMPA POLICE MEMORIAL FUND AND MAIL TO: TPMF, P.O. BOX 172995, TAMPA, FL 33672

PRE-ONLINE REGISTRATION (JUNE 18th, 2025- JULY 17th, 2025)

5K: \$30 1-MILE: \$25 SHIRT ONLY- \$20

LATE ONLINE REGISTRATION

(JULY 18th, 2025, UNTIL MIDNIGHT ON WEDNESDAY, OCTOBER 8th)

5K: \$35 1-MILE: \$25 SHIRT ONLY- \$20

RACE WEEK LATE REGISTRATION AND PICK-UP

TAMPA POLICE DEPARTMENT MUSEUM - 411 NORTH FRANKLIN STREET

FRIDAY, OCTOBER 10, 2025, 11:00 AM – 7:00 PM

5K: \$40 1-MILE: \$25 SHIRT ONLY- \$20

RACE DAY LATE REGISTRATION - TAMPA POLICE HEADQUARTERS, 2ND FLOOR

SATURDAY, OCT. 11, 2025, 6:30 AM - 9:00 AM

5K: \$45 1-MILE: \$25 SHIRT ONLY- \$20

AWARDS:

5K: TOP OVERALL M/F - TOP MASTERS M/F (40+) - TOP AGE GROUPS M/F (9 and under, 5-year increments 9 - 80+)

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BICYCLING AS MENTAL THERAPY: HOW TO ENJOY THE GOLDEN YEARS

Brian is a practicing attorney, specializing in personal injury cases with a subspecialty representing cyclists in bike/auto accidents. He is a lifelong resident of St. Petersburg, and has been active, as both a participant and race manager for in excess of thirty years. He has worked on all phases of race production, including being one of the early race directors of St. Anthony's Triathlon; announces many races on the West Coast of Florida, and served the Florida Region on the National Board of Directors for USA Triathlon for six years, and is the Past President of that Organization. Brian is also on the Board/Executive committee for the Frogman swim, proceeds of which benefit the Navy Seal Foundation providing multiple forms of assistance to families of Seals who have made the ultimate sacrifice for our Country. He is married to Awilda, and remains active in our sports community as both a participant and as an announcer of triathlons, running events, and the Seal Frogman Swim across Tampa Bay. He can be reached at bch8@verizon.net, or 727-515-9397.

As some of you may know, I am in my seventies and continue to enjoy cycling on a regular basis. I have both road and mountain bikes, and one very frequently used and enjoyed E-assist mountain bike. While some of my harder lined conservative cycling friends believe yielding to using an E-bike is akin to surrender, In fact, it allows me to go farther and higher (when in the mountains) than my 70+ body will otherwise do. I encourage any active cyclist who is aging to keep an open mind about the value of an E-assist bike. Note, I'm not and never will advocate for a throttle (class 3) e bike. At the end of a fifteen mile, 1,800 feet of climbing ride on the E-assist, I can assure you I have gotten a physical workout. I'm not racing anyone; but I am able to keep up with my younger (and almost all ARE younger at this stage) friends without causing them to get a lesser workout. While purchasing my trek Rail e-bike at the trek store in Asheville, my wonderful wife told the manager, in response to his praise that she was a willing participant in my purchase "it's cheaper than paying for a therapist." A truer statement has never been made: as we all know, riding has the ability to melt away your stress of the day; to help us appreciate our beautiful nature, wherever you may be; such that by the end of a ride, while I may be tired and even sore, my spirits soar! You're never too old to bike. And if you think you are: that's the best reason to get out and ride some more! Stay safe, my friends.

Brian Harrington
Past President, USA Triathlon Board of Directors
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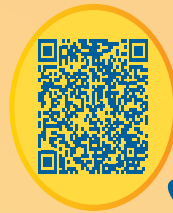


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A woman with long brown hair is smiling at the camera. She is wearing a blue baseball cap with 'IRONMAN' printed on it, large black sunglasses, and a black tank top. She has a black fanny pack around her waist. Her hands are on her hips. She is wearing a red bracelet on her right wrist and a watch on her left wrist. The background shows a green hedge and a white wall.



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SATURDAY, OCTOBER 18, 2025

📍 Location: Hollywood N. Beach Park, Hollywood, FL

🕒 Time: 6:00 AM

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ELITE Events Schedule 2025/2026



Oct 5
Naples
Rocktoberfest
Half Marathon & 5k



Nov TBD
Naples Fall Classic
Half Marathon & 5k



Nov 27
Estero
Thanksgiving 5K



Dec 14
Sarasota
Half Marathon & 5k



February 7
Naples Distance Classic
Half Marathon & 5K



February 28
Fort Myers
Half Marathon & 5K



March 21
Sunrise
Half Marathon & 5K



Oct 18
Hollywood Beach
Half Marathon & 5k



Nov 27
Naples Gobble
Wobble Thanksgiving
Half Marathon & 5k



Dec 13
Sarasota Glow 5K



Jan 17
Hollywood
Mar /Half Marathon & 5K



February 14
Venice
Half Marathon & 5K



March 8
Sarasota Suncoast
Half Marathon & 5K



April 18
Naples Paradise
Half Marathon & 5K





NAPLES ROCKTOBERFEST HALF MARATHON & 5K

SUNDAY, OCTOBER 5, 2025

📍 Location: North Collier Regional Park, Naples, FL

🕒 Time: 6:00 AM

👕 What's Included:

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Dunedin House Of Beer Halloween Costume 5K October 25, 8:30 a.m.
Dunedin Veterans Day 5K, 10K, and Kid's Dash November 9, 8:30 a.m.
House Of Beer Holiday Toy Drive 5K, 10K, 15K, December 20, 8:30 a.m.





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JOHN HOLMES

50K, 16 MILE, AND 9 MILE TRAIL RUN

Online Registration: www.JohnHolmesTrailRun.com

Where: Withlacoochee State Forest, NE of Brooksville FL (60min drive N of Tampa, 80min from Orlando)

When: Saturday October 4, 2025. 50K starts at 7am, 16 mile and 9 mile runs start at 8am.

Course: The challenging course follows 4 repeat loops on the Croom Hiking Trail through central Florida's long leaf pines, scrub oak covered hills, past creek bottoms & cypress ponds. There will be a 3:00pm cut off.

Entry Fee: The 50K Race is \$85. The 16mi run is \$65. The 9 mile run is \$50. **No refunds or transfers.** LIMITED to 250 Runners. Day of race entry is discouraged but accepted (if we are still under 250 entrants). Late entries run risk of not getting a shirt or race packet.

Host Hotel: None at this time

Awards: Shirts to all entrants, Trophies for Overall and Master's Male/Female, 1st place male/female within ten-year age groups for all races. Finisher awards to top finishers of 9M/16M and ALL finishers of 50K.

Checks payable to: Event Operations **Mail entries to:** 2302 N. Central Ave. Tampa, FL 33602

Last Name _____ First _____ Sex _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

50K _____ 16 M _____ 9 M _____

Shirt size: S M L XL XXL

For and in consideration of Event Operations Inc. and USA Track & Field, Inc. allowing me, the undersigned, to participate in The John Holmes Trail Run; I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement"); 1. I hereby represent that (i) I am at least eighteen (18) years of age or older; (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well being at all times and under all circumstances while at the Event site. 2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event. 3. I agree to be familiar with and to abide by the USATF Bylaws, operating Regulations, and Competition Rules established for the Event, including any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment. 4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: the USOC, USA Track & Field, Inc., its associations and Sport Disciplines, Event Organizers, Event Directors and Promoters, Sponsors, Advertisers, Coaches and Officials; Venue and Property Owners upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim. I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Signature (parents Signature if under 18) _____





Place

3500 Pinellas Bayway S.
St Petersburg, FL US 33715



Race Website

Additional race information can be found at <https://www.thunderboltmultisport.com/>.

Place

3500 Pinellas Bayway S.
St Petersburg, FL US 33715

Description

This is a sprint triathlon, with a sprint Duathlon and Aqua-bike.
All races start and finish near the Historic Fort

The first 200 participants will receive a Last Chance Triathlon BOCO
Running hat - Tshirts can be purchased additionally

Sprint Swim .25 miles, Bike 10 miles, and Run 3.1 miles

Duathlon Run 1.5 miles, Bike 10 miles, and Run 3.1 miles

Aqua-Bike Swim .25 miles, Bike 10 miles

Packet Pickup / Athlete Check-in

Packet pickup will be available at the following times and locations:

Friday November 14th 2:30pm to 5:30 pm

PlayTri St Petersburg
2132 Central Ave St. Petersburg, FL 33712
Saturday November 15th 1:30pm to 5:00 pm

PlayTri St Petersburg
2132 Central Ave
St. Petersburg, FL 33712

Sunday November 16th -- Shelter 11 at the
Historic Fort 5:45 am Race Morning

Amenities

Pre / post race parties & entertainment
Age group awards 3 deep in ages 15-19 up to 80 and over. Top 3 Relay Team awards
Closed course of racing in Ft De Soto.





Your First Triathlon

Preparing for and racing in your first triathlon may seem like an intimidating prospect. However, it doesn't have to be. It's just a matter of being consistent in your training and methodical on race day.

The first thing you should do, besides picking your race, is figure out a training schedule that works for you. Don't compare yourself to or try to copy Super John or Super Jane who have been at it for years and years! A simple plan that you can follow week in and week out is the way to go. If you are able to include a couple of group training sessions per week, you can make it a fun and social endeavor as well.

Generally speaking if you're able to swim, bike, and run two times each week in each sport, that will get you into pretty good shape and you should be ready to go on race day.

If your race choice includes an open water swim then you really, really need to get out to open water and practice prior to race morning. This is the point in the race that many new triathletes have a real problem because they are unprepared for the big difference between a pool swim and an open water swim. Ideally you can find a coached group or clinic so that you can quickly learn the fundamentals of open water swimming and navigation.

Additionally, if your triathlon will include an open water swim in cold water, you absolutely need to try out your wetsuit prior to race morning. Wetsuits are meant to be snug and some people find them constricting. You do not want the first time you swim in your wetsuit to be at a race!

It's also very helpful to do a few brick practices before race day. A brick means biking and then running directly off the bike. Anywhere from 8 to 10 miles on the bike followed by 10 to 20 minutes of running is a great brick workout for a new triathlete. Ideally you could do this once a week or every other week. Running off the bike is definitely an acquired skill and you don't want the first time you do it to be at the race.

On race day it is very helpful to do everything you can to remain calm, cool and in control. Being familiar with calming techniques, visualization, and breathing control are all very helpful.

You don't want to skip breakfast. While it may not be your normal time to eat since most races start at 7:00 or 8:00 a.m. you do want an easily digestible meal of some sort an hour or two before the race begins. You should also endeavor to stay hydrated the day before and the morning of the race.

On the swim, if you are a less experienced or newer swimmer, you should start towards the side and back of your pack. That way you can let the faster, more competitive swimmers go and find your own space without

people right next to you. Focus on your breathing, make sure you sight every 6 to 10 strokes, and no matter what, stay calm.

A lot of people swim too hard at the beginning of a race and then find themselves gasping for breath. That is a gateway to anxiety and panic - so just skip that part :-)

You definitely need to make sure that your bike is safe and that your helmet is an undamaged, safety-rated helmet. Make sure your brakes work, your shifting is smooth, and your chin strap is fit to your head. You don't need to ride an \$8,000 aerodynamic triathlon bike in your first triathlon! Any mountain, road, or cross bike will work. If the course is super hilly you probably don't want to be on a very heavy mountain bike, but that's not the end of the world as those bikes have gearing for climbs.

During the race you should have at the very least a water bottle with water or sports drink on the bike. Even the fastest athletes will take 45 minutes or more to finish a Sprint Triathlon, and normal people will be more in the hour to an hour and a half range. That is too long to go without drinking anything. It's also not a bad idea to have a gel available for the bike or the start of the run to get a little bit of a calorie and sugar boost before getting onto the run.

If you're so new to biking that you're not comfortable grabbing the water bottle during the bike leg, then you should have a sip after the swim, and another once you're done with the ride.

On the bike, use caution where needed, stay to the right side of the road unless you're actively passing another competitor or avoiding an obstacle, and control your pace. It's easy to go too hard on the bike and then be out of gas on the run, which is not the most fun experience.

The great thing about the run at your first triathlon is that you don't actually have to run! You can do a walk-jog, you can take walk breaks, and you can talk to other competitors and just have a grand old time. If you do intend to run the entire way, control your pace for the first few minutes by focusing on your turnover rate, relaxed upper body, and smooth breathing. This will establish a good solid pace that you can use to the end of the run.

It's always a great idea to wear sunscreen and use sunglasses. Sunglasses will actually help protect your eyes from bugs on the bike. If you are doing a longer race and expect to be out on the run course for a while, it may be worth reapplying sunscreen in the second transition.

Knowing your pace abilities, heart rate thresholds, or power thresholds is very useful in the long term but not totally necessary for your first triathlon. Your goal at your first race should be to finish successfully, have fun, and look forward to doing another one soon. While triathlon is a very individual sport, there are plenty of clubs, workout groups, and teams where you can meet like-minded people, have fun group training sessions, and help each other stay motivated.

So grab a friend or loved one, make a commitment to doing a local race, and have a great time!

USA Triathlon Coach Marty Gaal, CSCS, grew up in Florida and raced all over the Sunshine State prior to moving to North Carolina in 2006. He now coaches and races out of the Raleigh area. You can read more about his coaching programs at www.osbmultisport.com

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**Enjoy your sport,
Marty Gaal, CSCS
One Step Beyond Coaching**





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Aches & Pains After A Run

Chris Arrigo MS, ATC, PT



Ouch! You wake up Sunday morning after your usual Saturday run and your left heel is killing you. You take a few steps and feel a lightning bolt flash through your heel. Or, you are out for your run and your knee progressively gets more and more sore so you start to walk and a sharp pain just below your kneecap virtually stops you in your tracks.

When a sudden unexpected ache or pain during or after a run occurs, you may be asking, "What do I do now?"

Unfortunately, at some point during most runners lives, we all will get some sort of ailment which will slow down – or even stop – our training. The most important thing to realize is if you listen to your body, it will give you early warning signs that something is not right. In general, it is important to stop running and rest your body if:

- Pain affects your natural running form, causing you to limp
- Discomfort increases during your run
- It is a sharp, localized pain
- There is obvious swelling to the sore area
- You have pain for longer than 7 days

Initial treatment to your injured area is **RICE**:

R – Rest, which means stop running! Take a couple days off and re-assess how you feel.

I – Ice your sore area. Ice is the most natural anti-inflammatory around and is easy to use on specific areas of the body. Ice massage is effective and easy. Take a paper or styrofoam cup and freeze water in it. Tear off the cup's lip and rub the ice over the injured area for 7 minutes. Repeat this two to three times daily.

C – Compression for the injured area. Wrap the area tight enough for support, but not so tight it will cut off blood flow. Compression socks work great for injuries in the lower leg, ankle, and foot.

E – Elevation of the injured area. Try to keep your injured area off the floor, and ideally higher than the level of your heart. This helps improve blood flow and assists to minimize swelling.

When an injury occurs, and the above self-treatment does not provide complete relief, it is important that you get medical advice from a trained medical professional.

Fortunately, Advanced Rehabilitation has physical therapists and athletic trainers available to help guide you regarding your medical options and even streamline the process for you to see a physician when necessary. In our South Tampa office we have clinicians, who are runners available to provide a quick 10-minute injury screenings to review your symptoms, answer your questions, and assist you with advice for your next steps on the road to recovery - in other words, peace of mind.

Following the rules above should help you to get back on the road, track, trail, or treadmill sooner rather than later if you suffer a problem or injury. Good luck and happy training!

Chris Arrigo MS, ATC, PT
Advanced Rehabilitation
carrigo@advancedrehab.us
(813)250-1208



PowerPlate:

The secret of Nitric Oxide (NO)

By Dr Tommy Rhee

Nitric Oxide (NO) is a strong molecule that is very important for several physiological processes, such as widening blood vessels or vasodilation. Vasodilation, or thickening of blood vessels, makes blood flow better, which brings oxygen and nutrients to muscles. This better circulation is especially helpful for runners or athletes because it can help them do better, avoid injuries, and heal faster.

Nitric oxide (NO) has historically been recognized as the endothelium-derived calming factor. It functions as a vasodilator, regulating vascular tone, blood pressure, and hemodynamics. Moreover, it is potent antioxidant and has anti-inflammatory, and antithrombotic properties. Vascular and muscle NO signals connect the heart's and muscles' energy needs with available energy. They are important for keeping the body's balance of carbs and fats.



One way to boost NO generation is with the help of **PowerPlate**, a platform that vibrates the entire body. The quick vibrations produce a shearing effect inside blood vessels when utilized for about 10 minutes at certain frequencies (25-30 Hz). Power plate can produce up to 50 vibrations through the body in one second to stimulate the muscles and the joints. The enhanced vasodilation in the extremities/joints/appendages is a result of this shearing stimulating the release of NO.

Advantages to Runners

Enhanced performance and Speed:

Muscles receive more oxygen and nutrients through increased blood flow, leading to improved running performance.

Less Impact on Joints:

PowerPlate is a great alternative to conventional running for warming up muscles and increasing flexibility without the impact.

Runners experience less DOMS:

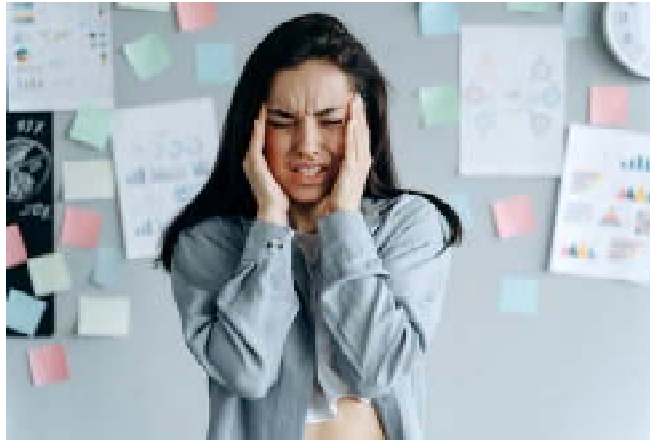
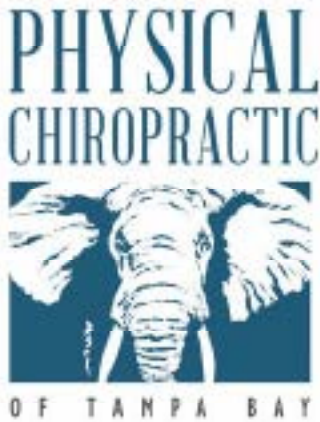
(Delayed Onset Muscle Soreness) and faster recovery times thanks to increased blood flow, which carries nutrients for muscle repair and helps eliminate metabolic waste.

The Best Approach:

The best time to use PowerPlate is 10mins before a run and 10mins after a run, for maximum effectiveness. Optimal NO generation and enhanced blood flow during and after exercise can be achieved at this time and can have a positive effect on runner's performance.

Running for the Mind

By: Camryn Ets-Hokin



When life feels overwhelming, sometimes moving your body is the best therapy—and free may I add. Lace up your old beaten-up running shoes and move that body. As a 21-year-old female, living in this new generation of technology and social media running, often can be seen only for those individuals who have toned muscles, who have worked for years of endurance, or even just those physical fitness influencers who just ran 10 miles before their 9-5 shift. Running offers so much more than just a workout for the body, which is heavily pushed for us to see—it's one of the most powerful tools we have for mental health. From reducing stress to improving mood, running taps into natural brain chemistry that supports emotional well-being and strength.

Life is life and can be filled with stressors and chaos, from work deadlines to constant digital stimulation. It's inevitable now for us young adults to feel this pressure, like the world is sitting on our chest. This stress triggers the release of cortisol, the body's main stress hormone. Elevated cortisol levels can leave us with unwanted feelings of anxiety, fatigue, and even physical discomfort. Running provides an outlet for that stress. The act of moving your body, especially in a steady, rhythmic way, helps burn off excess energy and lowers cortisol levels. Many runners describe the experience as "shaking off the day," where problems feel smaller and more manageable after a run.

One of the most celebrated mental benefits of running is the release of endorphins. These natural brain chemicals act as mood boosters and pain relievers, often producing what's called the "runner's high." This sensation is more than just a myth—research shows that endorphins create feelings of calm, happiness, and even mild euphoria. For individuals struggling with stress or low mood, running can provide an immediate lift that beats other coping strategies. Running also helps regulate mood beyond endorphins. Studies have shown that consistent aerobic exercise increases levels of serotonin and dopamine, neurotransmitters associated with happiness and motivation. This means that running doesn't just create a short-term high—it also strengthens the brain's ability to manage mood long-term. Many mental health professionals recommend regular exercise, like running, as part of a holistic approach to managing depression and anxiety.

In today's still world, movement itself is medicine. Long hours of sitting, scrolling or staring at a screen can lead to physical stiffness and mental sluggishness. Running breaks that cycle by getting the heart pumping, improving circulation, and allowing more oxygen to the brain. The simple act of moving your body outdoors—whether it's a slow jog or a steady run—refreshes both mind and body. Even short runs can spark someone's creative side, sharpen focus, and create a sense of accomplishment. Running is more than miles logged, vlogged or a task that has to be completed. It's an act of self-care or self-love, a way to reclaim time for yourself, and a tool for resilience. Whether done by yourself with music, alongside friends, or in silence with only your breath, running provides space for reflection and release. Running offers far more than physical fitness—it is a mental reset button. By lowering stress, releasing endorphins, improving mood, and reminding us to move, running nourishes both body and mind. In a world that often feels heavy from time to time, the simple act of putting one foot in front of the other might just be one of the most powerful therapies available.





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