

FLORIDA RacePlace

Free

VOL 44 NO 3
May - Jun 2026

PUBLICATION OF EVENT SCHEDULES & APPLICATION FOR THE RUNNER & ENDURANCE ATHLETE

Online



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**Aug 1, 2026
Summer Best
Duathlon / Triathlon
In Central Florida**

**Nov 14, 2026
Last Chance Triathlon
In Fort Desoto Park**



**2027 Chilly Willy Duathlon
February 27 2027
Page 51**

**FLORIDA'S BEST DUATHLON
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**RPM MAGAZINE
3314 HENDERSON BLVD. Ste 100**

RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY MAY 2 TBA	FREEDOM RUN THE RACE AGAINST PROVERTY 5K	WWW.RUNSIGNUP.COM	WESLEY CHAPEL FL.	
SATURDAY MAY 2 8:00 AM	HOG JOG 5K	WWW.RUNSIGNUP.COM	DUNEDIN FL.	
SATURDAY MAY 9 TBA	HIPPIE DASH 5K	10K/5K	SAFETY HARBOR FL.	
SATURDAY MAY 9 TBA	MAYFAIRE 5K	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY MAY 16 TBA	FALLEN HEROES MEMORIAL RUN	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY MAY 23 TBA	HONOR OUR HEROES MEMORIAL RUN 5K	PAGE 47 WWW.RUNSIGNUP.COM	OLDSMAR FL.	
SATURDAY MAY 23 TBA	MEMORIAL DAY 5K/19K/15K	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY MAY 23 TBA	SPCA FLORIDA RUN FOR THEIR LIVES 5K			
SATURDAY MAY 23 TBA	SPRING LAKE MEMORIAL RUN 10K/5K	WWW.RUNSIGNUP.COM	LBROOKSVILLE FL.	
SATURDAY MAY 30 TBA	5K FOR FOSTER KIDS 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
TUESDAY JUNE 2 TBA	DEFENDER 5K AND 2.2 MILES	WWW.RUNSIGNUP.COM	ST PETE FL.	
SATURDAY JUNE 6 TBA	RUN FOR BREAST CANCER 5K.10K/13.1 MILES	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY JUNE 6 TBA	SUMMER HEAT 5K	WWW.RUNSIGNUP.COM	THONOTOSASSA FL.	
SATURDAY JUNE 6 TBA	TREAT TROT - TAMPA 15K.10K.5K	WWW.RUNSIGNUP.COM	GADSDEN PARK TAMPA FL.	
SUNDAY JUNE 7 TBA	MOON OVER CROOM TRAIL 21 MI. 14 MI. 7 MILES	PAGE 27 WWW.RUNSIGNUP.COM	WITHLACOOCHEE ST FOREST BROOKSVILLE FL.	
SATURDAY JUNE 13 TBA	RAP RIVER RUN 10K/ 5K	WWW.RUNSIGNUP.COM	NEW PORT RICHEY FL.	
SATURDAY JUNE 13 TBA	SUMMER SUNRISE WATERMELON 5K SERIES	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY JUNE 13 TBA	UNLOCK THE TIES THAT BIND 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SUNDAY JUNE 14 TBA	BIGFOOT CHALLENGE 5K FLAG DAY RUN	WWW.RUNSIGNUP.COM	GADSDEN PARK	
FRIDAY JUNE 26 TBA	MADEIRA BEACH 5K SUNSET SERIES	WWW.RUNSIGNUP.COM	MADEIRA BEACH FL.	
SATURDAY JUNE 27 TBA	NIGHT MATION RUN	WWW.RUNSIGNUP.COM	RAYMOND JAMES STADIUM TAMPA FL.	
SATURDAY JUNE 27 8:00 AM	FREEDOM 4 MILER	PAGE 28 WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
FRIDAY JULY 3 TBA	KIWANIS MIDNIGHT RUN 10K / 5K	PAGE 13 WWW.RUNSIGNUP.COM	DUNEDIN FL.	
SATURDAY JULY 4 TBA	LUTZ INDEPENDENCE DAY RUN 5K	PAGE 43 WWW.RUNSIGNUP.COM	LUTZ FL.	
SATURDAY JULY 4 TBA	RED. WHITE \$ BREW 5K 5K AND KIDS RUN	PAGE 23 WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY JULY 4 TBA	ST. PETE PIER RUN	rvan@stpeterunfest.org	THE PIER ST PETE FL.	
SATURDAY JULY 11 TBA	SUMMER SUNRISE WATERMWLON RUN 5K	WWW.RUNSIGNUP.COM	LAKELAND 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

www.runcenter.com
14427 N. Dale Mabry Hwy.
Tampa, FL 33618
813-908-1960



RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY JULY 18 7:00 PM	SUNK APE NIGHT RUN 30K	Web: ultrasianup.com	DADE CITY FL.	
SATURDAY JULY 25 TBA	FREAKIN HOT 5K	PAGE 40 WWW.RUNSIGNUP.COM	CLEARWATER FL	
SATURDAY AUGUST 1 TBA	SUMMER SIZZLER 5K	WWW.RUNSIGNUP.COM	GADSDEN PARK TAMPA FL.	

RUNNING SW FLORIDA

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY MAY 9 TBA	FUSION FEST 5K	WWW.RUNSIGNUP.COM	NORT PORT FL.	
SATURDAY MAY 16 TBA	MOVE WITH MADD ST FORT MYERS 5K	WWW.RUNSIGNUP.COM	FORT MYERS FL.	
SUNDAY MAY 17 TBA	BACON RUN 10K.5K	WWW.RUNSIGNUP.COM	SARASOTA FL.	
SATURDAY MAY 23 TBA	DOC FORS'S NATIONAL YUCATAN SHRIMP DAY 7K	WWW.RUNSIGNUP.COM	SANIBEL FL.	
MONDAY MAY 25 TBA	BABCOCK RUN TO REMEMBER 5K	WWW.RUNSIGNUP.COM	PUNTA GORDA FL.	
MONDAY MAY 25 TBA	SNIP COLLIER 5K	WWW.RUNSIGNUP.COM	NAPLES FL.	
MONDAY MAY 25 TBA	YMCA STARS AND STRIDES MEMORIAL DAY 5K	WWW.RUNSIGNUP.COM	PUNTA GORDA FL.	
SATURDAY JUNE 13 8:00 AM	GCP FLAG DAY 5K	WWW.RUNSIGNUP.COM	BRADENTON FL.	
TUESDAY JUNE 16 TBA	STRIDE FOR INCLUSION 5K RUN - WALK - ROLL 5K	WWW.RUNSIGNUP.COM	PUNTA GORDA FL.	
FRIDAY JUNE 19 TBA	UNDER THE MOON 5K	WWW.RUNSIGNUP.COM	VENICE FL.	
SATURDAY JUNE 20 TBA	BIG FATHER'S DAY 5K	WWW.RUNSIGNUP.COM	BRADENTON FL.	
SATURDAY JUNE 20 TBA	PUBLIC SAFETY 5K	WWW.RUNSIGNUP.COM	PUNTA GORDA FL.	
SATURDAY JULY 4 TBA	4TH OF JULY 5K	WWW.RUNSIGNUP.COM	PUNTA GORDA FL.	
SATURDAY JULY 4 TBA	FREEDOM 5K RUN	WWW.RUNSIGNUP.COM	CAOE CORAL FL.	
SATURDAY JULY 4 TBA	GCR FIRECRACKER 5K	WWW.RUNSIGNUP.COM	NAPLES FL.	
SATURDAY JULY 4 TBA	NORT PORT FIRECRACKER RUN 5K	WWW.RUNSIGNUP.COM	NORT PORT FL.	
SATURDAY JULY 4 TBA	NORTH PORT FIRECRACKER 5K	WWW.RUNSIGNUP.COM	NORT PORT FL.	
SATURDAY JULY 11 TBA	RUN MANATEE - COQUINA BEACH 5K	WWW.RUNSIGNUP.COM	BRADENTON BEACH FL	
SATURDAY JULY 18 TBA	INFERNO CHALLENGE 25K.12K. 5K	WWW.RUNSIGNUP.COM	LEHIGH ACRES FL.	



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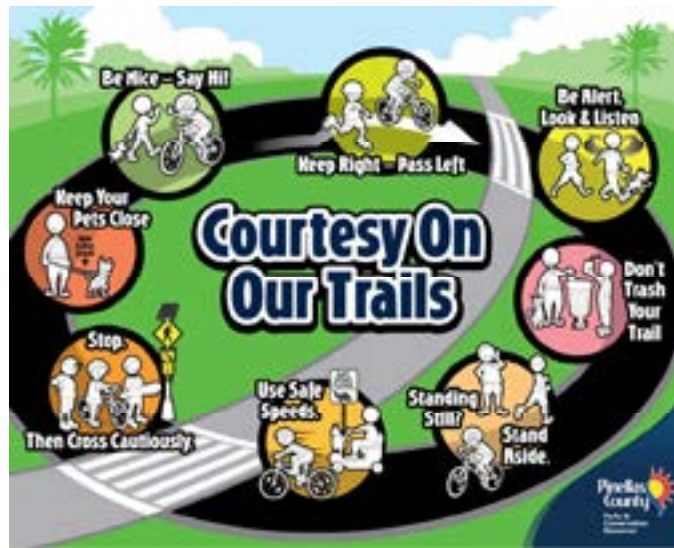


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Rules for Riding The Pinellas Trail

1. Keep right pass left and warn before passing “hello, on your left”
2. Be alert, look and listen. Ear buds are against the law.
3. Don’t trash your trail. Dangerous road hazards and bad for environment
4. Standing still? Then stand aside off trail
5. Use safe speed posted speed limits along train 20 mph
6. Stop at Cross Walks then cross cautiously
7. Keep your pets on a 6’ or less leash
8. Be nice, say hi for safety. No sneaking up.
9. Under 16 must wear helmet
10. E-bikes that exceed 20mph are not permitted

Dress for Safety

1. Wear a helmet. The report, in the American Journal of Surgery, also concluded that riders with helmets were 44% less likely to die from their injury, and 31% less likely to break facial bones.
2. Wear bright colors. Stay away from blue (sky) and green (grass and trees)
3. Wear reflectors
4. Wear front and rear lights



Written by Celia Dubey USAT Certified Triathlon Coach

CoachCeliaDubey@Gmail.com

www.DiamondFitnessTeam.com

813 690 8989



RUNNING ORLANDO

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY MAY 16 TBA	THE LOVE RUN 5K	WWW.RUNSIGNUP.COM	ROCKLEDGE FL.	
SATURDAY MAY 23 TBA	REMEMBER AND HONOR MEMORIAL DAY 5K	WWW.RUNSIGNUP.COM	ORLANDO FL.	
SATURDAY MAY 23 TBA	RUN THE COURSE 5K	WWW.RUNSIGNUP.COM	HOWEY-IN-THE-HILLS FL.	
SATURDAY MAY 23 TBA	TURTLE TROT NSB BEACH 5K	WWW.RUNSIGNUP.COM	NEW SMYRNA BEACH FL.	
SUNDAY MAY 24 TBA	DOMESTIC ANUSE COUNCIL BREAK THE SILENCE 5K	WWW.RUNSIGNUP.COM	DAYTONA BEACH FL.	
MONDAY MAY 25 TBA	RISE AND REMEMBER 5K	WWW.RUNSIGNUP.COM	ORLANDO FL.	
SATURDAY MAY 30 TBA	DON'T PANIC 42K	WWW.RUNSIGNUP.COM	DAYTONA BEACH FL.	
SATURDAY MAY 30 TBA	DOUGHNUT DAY 5K	WWW.RUNSIGNUP.COM	LAKE MARY FL.	
SATURDAY MAY 30 TBA	DR MYRON L ROLLE PEDIATRIC GUN SAFETY 5K	WWW.RUNSIGNUP.COM	ORLANDO FL.	
SATURDAY JUNE 6 TBA	SHARK STRIDE	EVENTBRITE.COM	BILL FREDICK PARK ORLANDO FL.	
SATURDAY JUNE 6 TBA	TREAT TROT - ORLANDO 15K/10K/5K	WWW.RUN WWW.RUNSIGNUP.COM	MINNEOLA FL.	
SUNDAY JUNE 14 TBA	LAKE MARY SUMMER SOLSTICE 5K	WWW.RUNSIGNUP.COM	LAKE MARY FL.	
SATURDAY JUNE 27 TBA	INDEPENDENCE DOUBLE 50K/26.2M/13.1M/10K/5K	WWW.RUNSIGNUP.COM	WINTER PARK FL.	
SATURDAY JULY 4 TBA	FOUR ON THE FOURTH 4 MILER	WWW.RUNSIGNUP.COM	ORLANDO FL.	
SATURDAY JULY 4 TBA	RED WHITE AND BREW 5K	WWW.RUNSIGNUP.COM	ORLANDO FL.	
SATURDAY JULY 4 7:30 AM	ADVENTHEALTH WATERMELON 5K	EMMI 407-896-1160	WINTER PARK FL.	
SATURDAY AUGUST 15 7:30 AM	CELEBRATION OF RUNNING 5K	EMMI 407-896-1160	ORLANDO CULTURAL PARK ORLANDO FL.	



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13801 Bruce B Downs Blvd, Suite 303, Tampa, FL 33613



Tampa Bay's Top 2026 Triathlons



RUNNING NORTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY MAY 9 TBA	DONNA MOTHER'S DAY 5K	1ST PLACE SPORTS 904-731-3676	JACKSONVILLE FL.	
SATURDAY MAY 16 TBA	GATE TO GATE 4.4 MILER	EGLIN AFB FL.	PENSACOLA FL.	
SATURDAY MAY 23 TBA	HOPE STARTS HERE 5K	1ST PLACE SPORTS 904-731-3676	JACKSONVILLE FL.	
MONDAY MAY 25 TBA	MEMORIAL DAY 5K	1ST PLACE SPORTS 904-731-3676	ORANGE PARK FL.	
MONDAY MAY 25 TBA	SURFACE THE FUTURE 5K	WWW.RUNSIGNUP.COM	OCALA FL.	
SATURDAY MAY 30 TBA	MEMORIAL DAY 5K RUN	1ST PLACE SPORTS 904-731-3676	ORANFE PARK FL.	
WEDNESDAY JUNE 3 TBA	BIG RUN 5K	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
SATURDAY JUNE 6 TBA	BILLY BOWLEGS 5K	WWW.ACTIVE.COM	FORT WALTON BEACH FL.	
SATURDAY JUNE 6 TBA	BURN TOUR HALF OFF 13.1, 10K,5K	WWW.RUNSIGNUP.COM	OCALA FL.	
SATURDAY JUNE 13 6:30 PM	RUN FOR THE PIES 5K	1ST PLACE SPORTS 904-731-3676	JACKSONVILLE FL.	
SATURDAY JULY 4 TBA	4TH OF JULY 5K	WWW.RUNSIGNUP.COM	PENSACOLA FL.	
SATURDAY JULY 4 TBA	KIWANIS FIRECRACKER 5K	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
SATURDAY JULY 4 TBA	SEACOAST BANK CELEBRATION 5K	1ST PLACE SPORTS 904-731-3676	JACKSONVILLE FL.	
SATURDAY JULY 25 TBA	EAGLE 5K AND 10K	WWW.RUNSIGNUP.COM	GAINESVILLE FL.	
FRIDAY AUGUST 7 TBA	TOUR DE PAIN RUN	1ST PLACE SPORTS 904-731-3676	JACCKSONVILLE FL.	

RUNNING SOUTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY MAY 9 TBA	MOTHER'S DAY CELEBRATION 5K / 10K	WWW.RUNSIGNUP.COM	POMPANO BEACH FL.	
SATURDAY MAY 16 TBA	FLORIDA PANTERS SERVICE AND SACRIFICES 5K	WWW.RUNSIGNUP.COM	SUNRISE FL.	
SUNDAY MAY 17 TBA	SQUID GAME 5K	WWW.RUNSIGNUP.COM	DEERFIELD BEACH FL.	
SATURDAY MAY 23 TBA	MBC ANNUAL 5K	WWW.RUNSIGNUP.COM	HOLLYWOOD FL.	
SATURDAY MAY 23 TBA	SALUTE TO OUR HEROES 10K AND 5K	WWW.RUNSIGNUP.COM	POMPANO BEACH FL.	
MONDAY MAY 25 TBA	MEMORIAL DAY APPLE PIE 5K AND EHIT'S MILE	WWW.RUNSIGNUP.COM	BOCA RATON FL.	
MONDAY MAY 25 TBA	MEMORIAL DAY CLASSIC	WWW.RUNSIGNUP.COM	WESTON FL.	
SATURDAY JUNE 6 TBA	305 IGUANA MAN 5K	WWW.RUNSIGNUP.COM	KEY BISCAYNE FL.	
SUNDAY JUNE 21 TBA	FIT TO BE TIED - FATHER'S DAY 5K	WWW.RUNSIGNUP.COM	DAVIE FL.	
SATURDAY JULY 4 TBA	FREEDOM 4 MILER	WWW.RUNSIGNUP.COM	TEQUESTA FL.	
SATURDAY JULY 4 TBA	GO RUN 4TH OF JULY 5K	WWW.RUNSIGNUP.COM	MIAMI FL.	

47th Kiwanis Midnight Run

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July 3-4, 2026

Dunedin Causeway & Honeymoon Island

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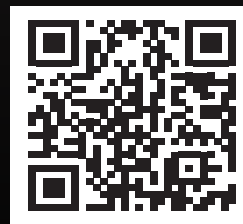
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Dynamic Warm-Up

Chris Arrigo, PT, DPT, ATC

What is a dynamic warm-up and why should I do one before I run or walk? A dynamic warm-up is a distinct set of movements completed prior to physical activity, which will increase blood flow, heart rate, and move joints through their normal functional range of motion in order to prepare the body for the upcoming activity.

Athletes on sports teams do this before their activities, whether in a game or practice.

Runners and walkers are no different. All too often we see runners or walkers do a couple of static stretches and claim to use their first mile as a “warm-up.” That is not really a

warm-up, if you recall that even a slow run still creates the same amount of impact on the body as a fast run (3-4 times our body weight with each foot fall). So, a few static stretches and a slow first mile will not prepare your body for running or walking in the same way that a good dynamic warm-up will.

Here are some tips on how to properly prepare your body to run or walk - in training and on race day:

- The warm-up should be at least 10 minutes of continuous activity, gradually increasing intensity as you go. This reduces risk of injury by warming up muscles and the cardiovascular system. It also allows time to achieve 70-80% of your maximum heart rate.
- Movements should include all areas of the body that will be working during the activity. For running, this includes all joints and muscles from the toes through the

shoulders, with most movements focused on the legs. Examples of movements are squats, forward lunges, side lunges, and hip openers.

- It is okay to do a stretch and hold it if you notice tight areas but return to the dynamic warm-up after holding and stretching. Do not count the static stretch as part of your warm-up.
- Static stretching should be done after training when muscles are fully warmed up. This is how you maintain ideal muscle length, avoid tightening afterward, and prevent injuries.

These tips are basic, yes, but setting aside the time to incorporate a dynamic warm-up into your routine will have you feeling good at the start of training days, reduce your risk of injury and prepare your mind and body much better for race day.

If you would like our running specific dynamic warmup program or need more advice regarding your running health, email me at carrigo@advancedrehab.us or call (813)250-1208.

Happy Running!

Chris Arirgo, PT, DPT, ATC

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BI-TRIATHLONS

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY MAY 9 TBA	GIRLZ ON FIRE SPRINT TRI.	WWW.RUNSIGNUP.COM	CLERMONT FL.	SPRINT TRI DUATHLON SPRINT RELAYS
SATURDAY MAY 16 TBA	SUNSHINE OPEN WATER SWIM	PAGE 22 WWW.RUNSIGNUP.COM	ST PETE FL.	
SUNDAY MAY 17 TBA	DUNEDIN ROTARY TRIATHLON	PAGE 25 DRC SPORTS WWW.DRCSPORTS.COM	DUNEDIN FL.	SPRINT TRIATHLON DUATHLON AQUABIKE
WEDNESDAY MAY 20 TBA	TURTLEMAN TRIATHLON SPRINT AND SUPER SPRINT	PAGE 16 GAME ON ! 561-768-7889	CARLIN PARK, JUPITER	
SATURDAY MAY 23 TBA	CRYSTAL RIVER TRIATHLON	DRC SPORTS WWW.DRCSPORTS.COM	FORT ISLAND BEACH CRYSTAL RIVER FL.	SWIM 1/4 MILE BIKE 12 MILES RUN 3 MILES
SATURDAY JULY 4 TBA	BILL BONE TRIATHLON	PAGE 16 GAME ON ! 561-768-7889	DOWNTOWN WEST PALM BEACH	
SUNDAY JULY 12 TBA	PALM BEACH TRIATHLON	PAGE 16 GAME ON ! 561-768-7889	PALM BEACH FL.	
SUNDAY JULY 26 TBA	ST. AUGUSTINE TRIATHLON	PAGE 16 GAME ON ! 561-768-7889	ST AUGUSTINE FL.	
SATURDAY AUGUST 1 7:00 AM	TOPGUN TRIATHLON TRI/ DUATHLON /AQUA BIKE	PAGE 18 WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	SWIM .25 MILES BIKE 10 MILES RUN 3.1 MILES
SUNDAY AUGUST 9 TBA	GAME ON ! MERMAID OPEN WATER SWIM	PAGE 38 GAME ON ! 561-768-7889	STUART BEACH PARK STUART FL.	
SUNDAY AUGUST 16 TBA	KEY LARGO TRIATHLON OLYMPIC AND SPRINT TRIATHLON	PAGE 45 GAME ON ! 561-768-7889	JOHN PENNEKAMP STATE PARK KEY LARGO FL.	
SUNDAY SEPTEMBER 6 8:00 AM	MANATEE MAN TRIATHLON SPRINT AND INTERNATIONAL	PAGE 44 GAME ON ! 561-768-7889	WESTIN RESORT, CAP:E CORAL	
SATURDAY NOVEMBER 14 7:00 AM	LAST CHANCE TRIATHLON TRI / DUATHLON / AQUA BIKE	PAGE 39 WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	SWIM .33 MILES BIKE 10 MILES RUN 3.1 MILES
MONDAY SEPTEMBER 27 TBA	SOUTH SEA CAPTIVA ISLAND TRI. SPRINT AND SUPER SPRINT	PAGE 44 GAME ON ! 561-768-7889	CAPTIVA ISLAND FL.	

2026

GAME ON! RACE EVENTS

- 05/03/2026 Game On! Ponte Vedra Beach Triathlon (Sprint & Olympic) – Mickler’s Landing
- 05/17/2026 Game On! Escape to Hutchinson Island Triathlon (Sprint & Intl.)– Stuart Beach
- 05/31/2026 Mermaid Open Water Swim (1/2, 1, & 2 Miles)–Dleta River State Park, North Miami Beach
- 06/20/2026 Turtleman Triathlon (Sprint & Super Sprint) – Carlin Park, Jupiter
- 07/04/2026 Bill Bone 5K – Downtown West Palm Beach
- 07/12/2026 Game On! Palm Beaches Triathlon (Sprint) – Singer Island
- 07/26/2026 Game On! St. Augustine Triathlon (Olympic & Sprint) – Vilano Beach
- 08/09/2026 Mermaid Open Water Swim (1/2, 1, & 2 Miles) – Stuart Beach
- 08/16/2026 City Bikes Key Large Triathlon (Olympic & Sprint)– John Pennkamp State Park
- 09/06/2026 Game On! Manatee Man Triathlon (Sprint & Intl.) – Westin Resort, Cape Coral
- 09/12/2026 Survive First Run for Responders – City Hall Complex – Sebastian
- 09/27/2026 South Seas Captiva Island Triathlon (Sprint & Super Sprint) – Captiva Island
- 10/04/2026 Game On! Run Hutchinson Island Half Marathon & 10K – Fort Pierce
- 10/11/2026 Game On! St. Augustine Triathlon (Olympic & Sprint) – Vilano Beach
- 10/18/2026 Bill Bone Tropical Triathlon (Sprint) – Lake Worth Beach
- 11/01/2026 Game On! Riverfront Triathlon (Sprint & Intl.) – Riverfront Park, Cocoa
- 11/15/2026 Game On! Mirada Lagoon Triathlon (Sprint & Intl.) – San Antonio
- 11/26/2026 Pelican Yacht Club Turkey Trot – Fort Pierce
- 12/06/2026 Game On! Treasure Coast Tri #Finish on the Jetty! (Sprint & Intl.) – Fort Pierce





Wetsuits or Not

Tip: Decide on wetsuit usage based on water temperature and your training experience with it. A wetsuit can be a valuable tool for open water swimming, providing several benefits that enhance your performance.

Wetsuits are designed to offer buoyancy, thermal protection, and improved efficiency in the water. Here's what makes them essential:

1. **Buoyancy:** Wetsuits provide flotation, helping to keep you higher in the water. This position reduces drag and allows you to swim more efficiently.
2. **Thermal Protection:** In cooler water, a wetsuit offers warmth, helping to maintain your body temperature. If the water temperature for triathlons is below 78°F, wetsuits are legal to use, though not mandatory.
3. **Streamlined Design:** Made primarily from neoprene, wetsuits are designed to be slippery in the water, increasing your speed and reducing resistance. This advantage can significantly improve your swim times.
4. **Fit Matters:** It's crucial to wear a wetsuit that fits properly—neither too tight nor too loose. An ill-fitting wetsuit can impede your movement and make swimming uncomfortable. Consider trying on different models, which come in long sleeves, short sleeves, shorts, and vests to find what's best for you.
5. **Practice Before Race Day:** Always practice wearing your wetsuit a few times before race day. This acclimatization allows your body to get used to the feel of the suit and helps prevent gear-related anxiety during your swim. Never wear a wetsuit for the first time in a race; familiarize yourself with its fit and function.
6. **Pre-Swim Acclimation:** Before jumping into the water, let it touch your skin to avoid a sudden shock. This can help regulate your heart rate and prevent an early spike in anxiety levels.
7. **Choose the Right Suit:** If you're unsure about which wetsuit to choose, visit Playtri St. Petersburg.

They can help you check your size and even rent a wetsuit, ensuring you find the proper fit.

Happy swimming!
Coach Leo



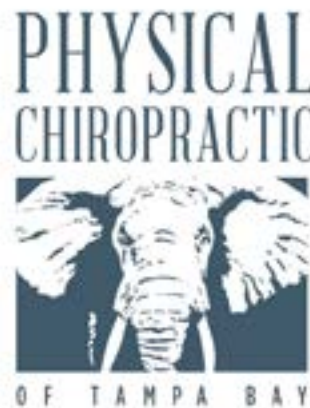
TOP 2026 TRIATHLONS FLORIDA



- 5/17 - Dunedin Triathlon - Dunedin FL.**
- 5/23 - Crystal River Triathlon - Crystal river FL.**
- 6/7 - Pineapple Man Triathlon Melbourne FL.**
- 8/1 - TopGun Triathlon - St. Pete FL.**
- 9/26 - Tarpon Springs Tri. -Tarpon Springs FL.**
- 11/14- Last Chance Triathlon - St Pete FL.**



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New Balance 860 v15

Everything about the 860 V15 is designed to make it feel more stable and controlled. You've got a wider platform, especially through the heel, which increases how much of the shoe is in contact with the ground. The heel is also more centrally positioned, so when your foot hits the ground it feels smoother and more balanced compared to previous versions. Through the midsole, New Balance have kept that classic medial support — with slightly denser foam on the inside of the shoe. This creates a gentle “tilt” that helps guide your foot and has been updated into what they call a stability plane, and it feels noticeably firmer than the previous design. The result is a shoe that's stiffer overall, particularly through the forefoot.

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For everyday runners, walkers, and fitness enthusiasts who want the perfect blend of soft cushioning, balanced support, and smooth comfort. Ideal for road running, gym workouts, or long daily walks. A certified PDAC A5500 Diabetic shoe that has been granted the APMA Seal of Acceptance.

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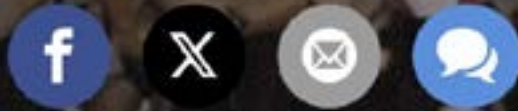
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Sunshine Open Water Swim May 16, 2026

Sat May 16, 2026


St Pete Beach, FL 33706 US  Directions



runsignup.com/Race/FL/StPeteBeach/Sunshineopenswimseries

Live Wildly Open Water Team Challenge, Celebrating Worlds Swim Day

Sat October 24, 2026

Saint Pete Beach, FL 33706 US  Directions



runsignup.com/Race/FL/SaintPeteBeach/LiveWildlySwimTeamChallenge

Celebrate Our Independence

JULY 4TH, 2026



**5K AND 'LIL FIRECRACKER FUN RUN
LAKELAND, FLORIDA**

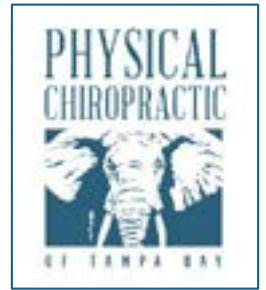
**Swan Brewing, Lakeland, Saturday, 4th of July, 7:04AM
Complimentary Craft Beer
& Pancakes Breakfast After**



The Speed of Repair: Engine vs. Foundation

Aligning cardiovascular stamina with musculoskeletal adaptation to resolve overuse injury

By: Sabrina Medfu



A powerful cardiovascular “engine” often masks the structural vulnerabilities of an athlete, allowing athletes to run well past the point of joint safety. This paradox exists when a runner’s aerobic stamina outpaces musculoskeletal strength, leaving a “foundation” of tendons and cartilage unable to support the output of the “engine”. While the heart and lungs can adapt to stress within weeks, the foundation, consisting of connective tissues, operates on a significantly slower physiological timeline ¹. This imbalance creates a biological deficit that frequently leads to overuse injuries.

THE BIOMECHANICS OF THE FOUNDATION

Foundation integrity is largely determined by foot alignment. Ideally, a runner’s foot moves through a controlled range of pronation, where the arch flattens to absorb shock, and supination, where the foot rolls outward to create a stable platform for takeoff. When this mechanical balance is lost, the foot enters a state of excessive pronation that compromises the entire kinetic chain. Excessive pronation often causes a compensatory internal rotation of the tibia, placing an asymmetrical load on the knee joint ². Since the cardiovascular system enables runners to push through fatigue, they often continue training despite poor joint alignment, which causes stress that the body is not yet prepared to repair.

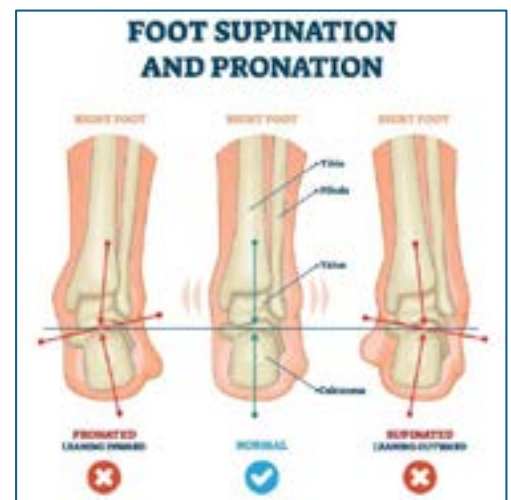


Figure 1: Comparison of Foot Alignment

THE PHYSIOLOGY OF THE ADAPTATION GAP

This structural lag is rooted in mechanotransduction, the biological process where cells convert physical pressure into biochemical signals ³. When a runner strikes the ground, cartilage cells in the knee sense the load and trigger a response to strengthen the joint.



Since its launch in 2004, the Dunedin Triathlon has been one of Florida's most sought-after sprint-distance triathlons. The venue, Honeymoon Island State Park, has repeatedly been named one of the top beaches and travel destinations worldwide.

Sprint Triathlon: Swim 0.25 Mile, Bike 12 Mile, Run 5K

Sprint Duathlon: Run 5K, Bike 12 Mile, Run 5K

Sprint Aqua Bike: Swim 0.25 Mile, Bike 12 Mile

[Register Today: WWW.DUNEDINTRIATHLON.COM!](http://WWW.DUNEDINTRIATHLON.COM!)

Sponsorship and Volunteer Opportunities are available.

Enjoy the park and free beer provided by Dunedin Brewery (must be 21 or older) after the race.

The host hotel, Holiday Inn Express of Dunedin, is offering a special room rate of \$159 plus tax for race participants. The special Race Room discount expires after April 14. Call the Hotel for information.

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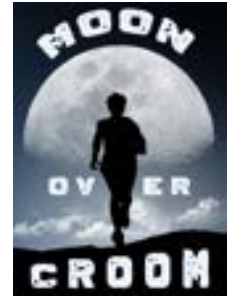
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MORE INFO:
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Moon Over Croom Trail Run

21 M Run, 14 M and 7 M Moonlight Run



Where: Withlacoochee State Forest, NE of Brooksville FL

When: Saturday June 7, 2025. 21 mi. starts at 5:30 pm, 14 mile at 6:30 pm and 7 mile run starts at 7:30.

Course: The challenging course follows 3 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 an 10:30 pm cut off. **All runners are required to have a working light**, portions of this run will be in the dark! The course will be marked with glow sticks.

Entry Fee: The 21 mile Race is \$68 / \$75 on race day. The 14mi run is \$58 / \$65 on race day. The 7 mile run is \$48 / \$55 on race day.

No refunds or transfers. LIMITED to 300 Runners. Day of race entry is discouraged but accepted

(FYI this race has sold out the last 2 years)

Hotel: There are many hotels at the I-75/S.R. 50 intersection

Awards: Shirts to all pre-registered entrants, Trophies for Overall Male/Female. All runners will get a finisher award

Checks Payable: Event Operations 2302 N. Central Ave. Tampa, FL 33602

Last Name _____ First _____ Sex _____ Age _____

Address _____ Birth date _____

City _____ State _____ Zip _____

Phone _____ e-Mail _____

21 M _____ 14 M _____ 7 M _____

Shirt size: S M L XL

For and in consideration of Event Operation, Inc. and USA Track & Field, Inc. allowing me, the undersigned, to participate in The Croom Zoom; 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 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) _____



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Never Regret a Swim: Don't Take Your Swim for Granted

As triathletes, our focus often gravitates toward the bike and run portions of our races, but let's take a moment to reflect on the swim. This segment isn't just a warm-up; it's the first step in your triathlon journey. Whether you're gearing up for a sprint or an Ironman, the water presents unique challenges that demand our respect and thorough preparation.

Understanding the Swim Experience

Training for the swim involves much more than monitoring lap times in a pool. In a controlled environment, you enjoy clear lanes, consistent conditions, and the assurance of a lifeguard. But open water? That's a different ballgame. Nature introduces unpredictability, and you need to be ready for it. Consider these factors:

- Visibility: Murky waters can make it hard to see.
- Conditions: Choppy waves can disrupt your rhythm.
- Currents: Strong currents can sap your energy before you know it.
- Crowds: Fellow competitors can inadvertently throw you off your game.
- Unexpected Incidents: From someone holding you back to swallowing water, surprises can arise.

These elements can shift your experience from exhilarating to overwhelming in moments. This is where controlling your breathing and maintaining your stroke becomes crucial.

Recognizing Your Limits

Acknowledge where you stand in your preparation. If you're feeling under the weather, lacking confidence in your open-water skills, or simply unsure, it's okay to reconsider your participation. While I often say, "You never regret a swim," there's a fine line between that mentality and taking the swim for granted. Listen to your body and instincts—if you're not prepared, it's perfectly acceptable to step back.

Preparation is Key

Navigating the challenges of open water requires thorough preparation. Spend time in lakes, oceans, or rivers. Get comfortable with the unpredictability of nature. Familiarize yourself with currents, wave rhythms, and the chaos of race starts. Know how to troubleshoot technical issues, like fogged goggles or sighting difficulties, and learn tactics for managing choppy waters and adapting your stroke as needed.

The Importance of Warming Up

Equally important to preparation is having a solid warming-up routine before race day. Engaging in a series of dynamic warm-up exercises helps keep nervousness and anxiety in check. Simple movements—like slow arm circles, gentle stretches, and light swimming—can help warm your muscles and calm your mind. A proper warm-up not only prepares your body for the physical demands ahead but also instills a sense of focus and confidence.

My Final Thoughts

As a swim coach for over three decades, I deeply care about your journey in triathlon and swimming. The swim is a blend of mental fortitude and physical skill. Prepare diligently, respect the water, and approach the swim as the serious challenge it is.

If race day arrives and you're not feeling ready, don't hesitate to step back. Taking care of yourself is paramount. So, swim more, prepare thoroughly, and always honor the water. Your safety and confidence are crucial as you embrace this incredible challenge.

— Coach Leo





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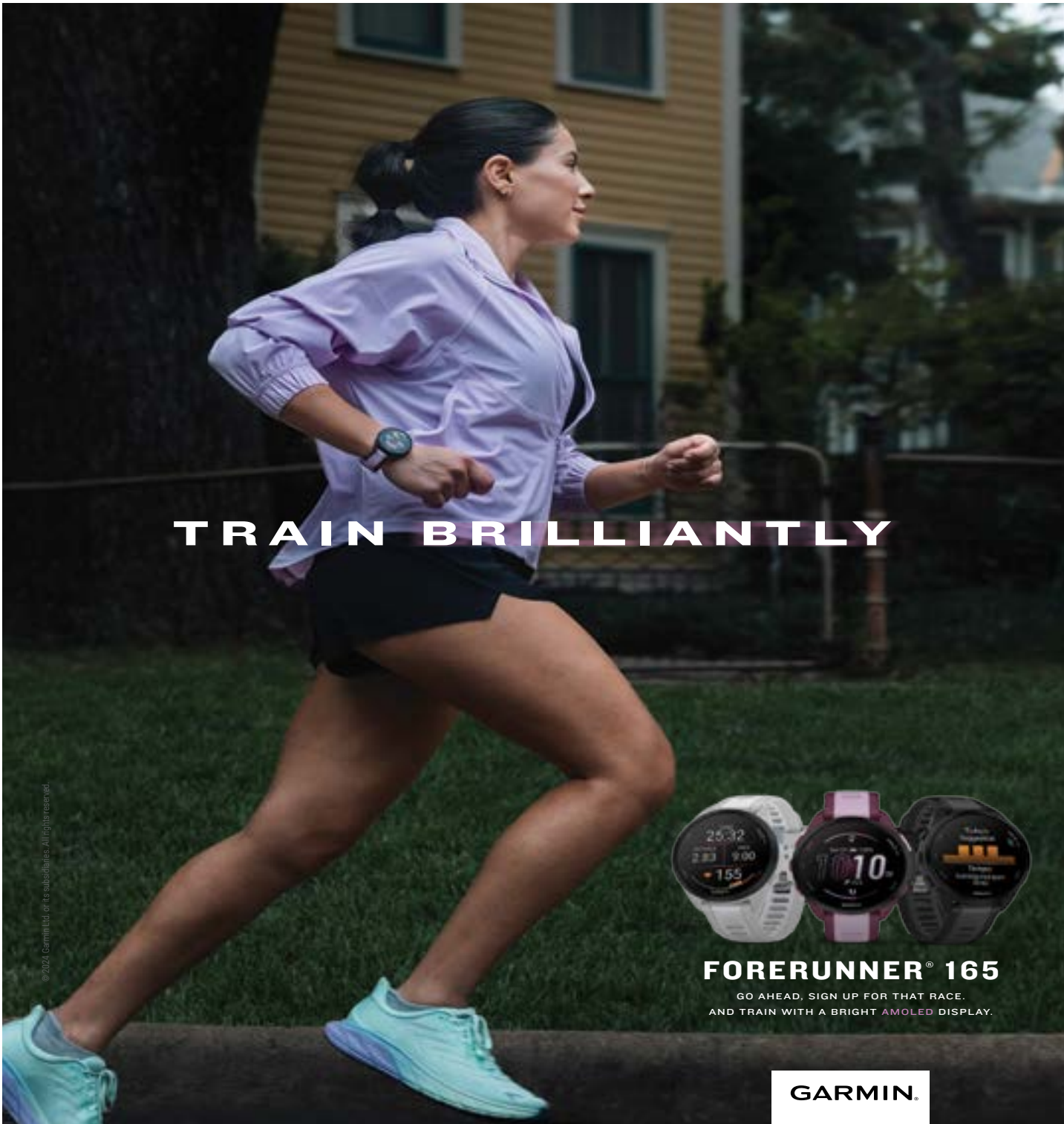
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Racing Away From Injuries **Chris Arrigo, PT, DPT, ATC**

Racing is fun! It's a way for all that hard training to pay off, a chance to grab some awesome race day swag, and a reason to post some cool pictures on social media. However, just as in life, too much of a good thing can bring its own problems. Sometimes it is so tempting to sign up for all the races happening in our area. Marathons, half-marathons, and all the shorter 5k's and 10k's. While it is certainly reasonable to run multiple races during one training cycle, it is important to keep some things in mind to reduce the possibility of injury and burnout.

Prioritizing your race schedule is key. We all want to run a personal best in every race we run, but that is simply not a realistic expectation. For example, it's difficult to train for a full

marathon and expect to run a PR in a 5k during the same training cycle. Different distances require different types of training, so don't be disappointed if you're not hitting all your time goals in the same season. Pick a goal race that is your primary objective. Once that's been set, any other race should be a means towards that end. Use earlier races as part of your training schedule and any races after your goal, as part of your recovery.

Recovery after any race is important. Marathons and half-marathons are challenging whether they are run slowly or quickly, so respect the distance and give yourself some time to bounce back. Allowing time for your body to recover, preferably for 4 weeks, between hard efforts will lessen the likelihood of injury. If you only have a week or two between races, then make sure you are doing easy runs, avoiding speedwork or hill repeats between races. Stretching, hydrating, foam rolling, and recovery devices like NormaTec recovery boots are also good ways to shorten recovery time and prepare for the next hard effort.

However, you choose to manage the busy race season, make sure that you listen to your body. Those small aches and pains can grow into season-ending injuries if you ignore them. Feel free to contact us at Advanced Rehabilitation with any questions about injuries that emerge after your training or racing to avoid major problems down the road.

Advanced Rehabilitation cares for people of all activity levels – to help prevent, recover from, or rehabilitate athletic injuries.

Contact Advanced Rehabilitation at (813) 250-1208 or

www.advancedrehab.us





ELITE Events Schedule 2026/2027



March 21
Sunrise
Half Marathon & 5K



April 18
Naples Paradise
Half Marathon & 5K



Oct 3
Naples
Half Marathon & 5K



Oct 17
Hollywood
Half Marathon & 5K



Nov 26
Naples
Half Marathon & 5K



Nov 26
Estero
Half Marathon & 5K



Dec 12
Sarasota
Half Marathon & 5K



Dec 13
Sarasota
Half Marathon & 5K



Jan 16
Hollywood Half
Marathon & 5K



Jan 30
Hollywood Beach
Half Marathon & 5K



Feb TBD
Venice
Half Marathon & 5K



Feb 27
Fort Myers
Half Marathon & 5K





2 Miles
1 Mile
1/2 Mile

PRESENTS TWO

Mermaid

Lil' Mermaid Splash

OPEN WATER SWIM



**MERMAID OPEN WATER SWIM
OLETA RIVER STATE PARK**

SUNDAY, MAY 31, 2026

**MERMAID OPEN WATER SWIM
STUART BEACH PARK**

SUNDAY, AUGUST 9, 2026



FINISHER MEDALS!





Saturday Nov. 14, 2026

Fort Desoto Park St. Pete Fl.

Registration Opening Soon !



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Information

It's too freakin' hot to run in Florida over the summer, or is it?

Join us, if you dare, for the Freakin' Hot 5K on Saturday, July 25, 2026, at [Coachman Park in Clearwater, FL](#)

What is it? A chip-timed 5K that includes:

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- Freakin' Hot 5K T-Shirt
- Freakin' Hot 5K Sticker
- Freakin' Hot 5K Finisher Medal
- Freakin' Hot 5K Race Photos - Free to download at any time
- Freakin' Awesome Super Soaker Station
- Post-Party that will be very fun this year!

Post-Race Party that includes:

- Freakin' Various Cold Drinks
- Freakin' Food
 - Hot Dogs w/soft buns!
 - Yummy Pizza.

Come suffer & have fun with us! We guarantee you will have a Freakin' great time unless you like it cold. In this case, you probably will be miserable. But hey, why not be miserable with others ?



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3:00 PM - 6:30 PM

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SPORTING GOODS**

SATURDAY JULY 25TH, 2026
6:00 AM - 7:15 AM

- COACHMAN PARK, 300 CLEVELAND
ST, CLEARWATER, FL 33756

REGISTER: runsignup.com/



Five key tips for first time triathletes

Here are five of the most important tips you should know for your first triathlon

Swim breathing

On the swim, the most important thing you can do is focus on steady rhythmic breathing. This focused breathing will help keep your mind calm and your heart rate under control. Steady breathing reduces chances of anxiety or panic. It's okay to even slightly delay your stroke rate in order to get a good deep breath, and make sure you are consciously exhaling when your face is in the water.

Wetsuit removal

If your race is a wetsuit swim, ideally you will have trained in the wetsuit several times prior. On race day one of the most important things is to use Body Glide or something like canola oil spray on the skin of your forearms and lower legs, as well as the outside of the wetsuit on the forearms and lower legs. This way when you exit the swim, you will not get stuck hopping around in your wetsuit for several minutes! Be sure to rinse your wetsuit off after the race so the oil or Body Glide does not sit on the surface for too long.

Transition plan

You should have a plan for your transitions going into the race. Transition doesn't need to be the fastest in the world, but your plan should not include sitting down to take a nap. Have a process that you have run through in your head and hopefully even practice a handful of times prior. Do not try to do everything at once.

Bike safety

On the bike there are a couple of safety issues you must do your best to adhere to. In the United States you want to stay on the right side of the road throughout the race unless you are passing another competitor. By staying on the right side it allows faster riders to pass you safely on the left. Staying on the right also ensures you are not impeding riders behind you. Part two for safety on the bike - if you are going to stop for any reason, ideally signal with your right hand, then slow down slowly, and quickly take yourself and your bike off the road. If you stay on the road you are a major danger to other competitors as well as yourself. Some of them will be going very fast and often triathletes in the aero position are not looking super far down the street. So please get off the road.

Run Form

When you get to the run, it is very helpful to focus on two things: Quick feet, and a relaxed upper body. These are the two key pieces of run form that will set you up to have a good run. If you try to take giant steps you are likely to fatigue yourself, and if you remain tense throughout your upper body it's going to have negative effects on your stride rate & stride length and probably result in stomach cramps or side stitches. Use the first handful of minutes to find your rhythm while maintaining quick feet and a relaxed upper body and it will set you up for a strong run.

Also don't forget to drink and eat, but that's another article!

USA Triathlon Coach Marty Gaal, CSCS, has been working with endurance athletes for more than twenty years. He used to race all around Florida before moving to the Raleigh area of North Carolina. You can read more about his coaching programs at www.osbmultisport.com.

[Check Out Our Video Vlog Page For More Information](#)

SATURDAY
JULY 4TH 2026



LOCATION

**LUTZ CIVIC CENTER
98 1ST AVENUE NW
LUTZ, FL**

START TIME

**5K - 7:30AM
1-MILE FUN RUN 8:15AM**

AWARDS

**MEDALS FOR ALL FINISHERS
TROPHIES FOR 5K:
OVERALL M/F, MASTERS M/F
TOP 3 IN 5-YR AGE GROUPS**

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FACEBOOK: LUTZ INDEPENDENCE DAY 5K



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SEPTEMBER 6, 2026

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GAME ON! RACE EVENTS

Cape Coral



LABOR DAY WEEKEND

The Westin Cape Coral Resort at Marina Village
 Triathlon Sprint & International SWIM BIKE RUN
 Duathlon Sprint & International RUN BIKE RUN
 Aquabike International SWIM BIKE DOGE



SUNDAY, SEPTEMBER 6, 2026

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Key Largo

The Florida Keys



Sprint & Olympic
Triathlon
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John Pennekamp Coral Reef State Park



Sunday, Nov. 15, 2026

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5k
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Start this Memorial Day weekend with an event for the entire family. Everyone from competitive runners, laid-back joggers, dog-walkers, and even those along for a ride in the stroller.

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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



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