

A healthy run equals fun

All *The Sun-Herald* City2Surf participants - including those who have run before - should heed the following important medical advice from David Richards, the race's honorary medical director.

'By now all 2008 *Sun-Herald* City2Surf entrants should be well-trained and ready for the event," associate professor David Richards says. "You should not participate on Sunday, August 10 if you become unwell with a viral illness (such as flu, cold, diarrhoea or fever) in the week before the race."

He said it was important to maintain adequate hydration during training and during the race. This helps to reduce the risk of heat exhaustion, the most common cause of collapse in *The Sun-Herald* City2Surf, which occurs when the body generates more heat than can be lost through sweating and other mechanisms.

"Maintaining adequate hydration is particularly important during the run itself and participants should drink fluid at all the drink stations," Richards says.

"Heat exhaustion is essentially avoidable by drinking adequately and running at your usual

pace. Don't try and run faster than you are accustomed to." Look after your own health and be aware of fellow runners during the run.

"If you see someone collapse, please ask St John Ambulance personnel, who will be nearby, for assistance," Richards says.

"If you feel unwell or as though you might collapse, stop running and ask someone to call for assistance. And after the race it is important to continue to take fluids to avoid dehydration."

Richards's final tip is make sure you have some warm, dry clothes to put on at the finish, particularly if it is cold and wet on race day.

Continue your training program

- Run at your planned speed.
- Drink fluids at each drink station.
- If you have been unwell in the week before the race, don't take part.
- Start planning for the 2009 *Sun-Herald* City2Surf.



Essential tips ... Associate Professor David Richards, honorary medical director.

Photo: Anthony Johnson

> NELSON INOSTROZA

Age 53.

Occupation Boilermaker.

No. of runs One.

Race plan My goal is to beat last year's time of 2½ hours.

Supporting which charity? Kidney Health Australia.

Why are you fundraising for this charity? I have end-stage kidney failure and have been on dialysis for four years. I am on a waiting list for a kidney transplant and want to stay as fit as I can. I want to help others who have kidney disease and I support the work of Kidney Health Australia in developing awareness and education programs to curb the incidence of kidney disease in the community.

Sponsor me city2surf.everydayhero.com.au/Nelson_Inostroza

Charity Challenge



Racing fuel

Staying warm and eating the right foods can make or break your race-day performance, writes **Kristie Lau**.



Exercise scientist and lecturer at University of NSW's school of public health Martha Lourey-Bird says you need to carefully plan the week prior to the 14-kilometre marathon - otherwise you may do more harm to your body than good.

THE DAY BEFORE THE RACE

Lourey-Bird recommends substantial rest and that you finish your training regime the day before the race. "Start thinking about the race and get organised rather than strain your body," she says. "Do some light stretches if you feel you have to, but focus on your mental state primarily. Make sure you've got your race-day bib and your clothes laid out for the morning. Refrigerate your water bottle too."

Dinner should include carbohydrates and protein but no fats. Opt for pasta with meat or chicken without the sauce or grilled or poached fish with rice and vegetables.

RACE-DAY BREAKFAST

Lourey-Bird says competitors should not try anything new on the morning of the big day. "Don't suddenly decide you're going to have a new-beat protein shake or more carbs than what you'd normally have. Make sure that breakfast has all gone down well once before and avoid fry-ups as it will take a long time to digest those oily foods."

Toast a piece of wholemeal bread and smear a boiled egg over the top. Wash this down with a piece of fruit, perhaps a banana. Lourey-Bird also recommends a small amount of sugar so have some orange juice with your food or spread honey on a second slice of toast. Eat at least two hours before the race and try to get up earlier than usual to ensure you are not stressed during the journey to the event.

WARM UP BEFORE THE RACE

Competitors should not be aiming for their

personal best stretches and sprints just prior to the race. Lourey-Bird says it's all about keeping warm. "Use the warm-up time to continually move as the last thing you want to do is be still. Even if you're walking on the spot, keep active and moving. Shake your legs about, walk around your space and finish with some stretches."

Perform stretches that keep you standing such as a quad-stretch (stand tall and hold your ankle, bring your heel in towards your bottom) or a calf-stretch (point your toes towards the sky, keep your heel on the ground and press on your thigh towards the ground).

Hold them for only a few seconds. Also, drink plenty of water and don't forget to go to the toilet before the race.

COOL DOWN AFTER THE EVENT

A proper cool-down helps your body recover. Make sure you're not standing still for very long and perform the warm-up stretches again,

Charity Challenge

> LEANNE LAVERTY

Age 44

Occupation Office manager

No. of runs Two.

Race plan To run it in 100 minutes.

Supporting which charity?

Juvenile Diabetes Research Foundation.

Why are you fundraising for this charity? I have two sons with type one diabetes and I really want to see a cure so diabetic kids won't have to be constantly thinking about needles, blood tests and food activity. Please help me raise funds for a cure.

Sponsor me city2surf.everydayhero.com.au/Leanne_Laverty



holding them for longer - Lourey-Bird recommends about 15 to 20 seconds each.

"Take a walk or have a hot bath. If you can con someone into giving your legs a rub-down with hot oil, do that too. This will keep the blood circulating and the soreness away." Try and walk home or, if the distance is too far, walk to Bondi Junction to catch public transport home.

Lourey-Bird recommends an alcohol-free post-match meal.

"You have to keep your body hydrated so drink plenty of water and replenish your body with further carbs and protein."