



FOR IMMEDIATE RELEASE:

September 12, 2009

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INTERVIEW OPPORTUNITY :

Congratulations, You've Finished the Rochester Marathon! Now What?

- Marathon Recovery Begins at the Finish Line -

ROCHESTER, N.Y. – The Rochester community is gearing up the **2009 MVP Health Care Rochester Marathon** – set to take place this coming Sunday morning.

By the time area runners reach the Andrews Street Bridge starting line, they will have spent at least four to five months preparing - both mentally and physically - for the strain of running 26.2 miles.

After that race on Sunday evening, many runners are certain to enjoy the post-race glow that comes with the excitement of completing a race that is often been dubbed by runners as the “**Monster**”.

Unfortunately for many, that post-race glow may not last very long.

While runners generally spend a great deal of time and energy preparing mentally and physically for marathon, they may not always pay a lot of attention to the post-marathon phase of the accomplishment.

No matter how fit you are, or how fast or slow you run, running a marathon is a physically demanding event that can have physiological and psychological effects that may last for many days, even weeks. Most marathoners will suffer from one or more of these post-race symptoms:

- **Dehydration**
- **muscle soreness**
- **general illness**
- **glycogen depletion**

- **nutrient depletion**
- **A form of depression that is commonly called the ‘marathon blues’.**

The timeline for complete marathon recovery can take anywhere from several weeks to several months. With that in mind, one local chiropractor is urging local and visiting runners to think about what to do in the minutes, hours, and days following Sunday’s marathon.

“What you do the first few hours and days after a marathon is as important as what you do immediately preceding it.” said Dr. Frank Grayson, Chiropractor at Grayson Chiropractic Associates. **“This period is critical to recovery and future running.”**

Dr. Grayson encourages runners to plan a **post-marathon program** with as much care as they plan for everything that precedes the race.

Although a runner can’t avoid every problem associated with post marathon fatigue, there are steps to take that will shorten their duration and limit the effects that post-race symptoms have on the body. Those steps begin at the finish line.

Race Day: At the Finish Line

- **Take the Space Blanket they Hand You:** Your body will cool down swiftly even if you were overheated coming into the finish. Use the heat sheet they give you so you don't have a sudden body temperature drop and collapse.
- **Keep Moving if You Can:** Keep walking slowly around the finish area as you snack and drink up. Walk for at least another 15 minutes so your muscles do not knot you up into a pretzel.
- **Drink and Snack:** The best time to restore your muscle energy and fluids is immediately after the race. Drink sports drink and water, avoid alcohol and caffeine as they can dehydrate you further. If you haven't urinated within 6 hours following the marathon, seek medical help, you may have had kidney shutdown. Eat some high carbohydrate snacks and salty snacks. Potassium sources such as bananas are good. Caution: many people experience nausea after finishing.
- **Massage:** Gentle massage is good, but avoid vigorous stretching as your muscles are already overworked and damaged.
- **Dry Clothes:** Getting into clean, dry clothes will help stop you losing body heat.

Race Day: The First 24 Hours

- **The Ride Home:** Plan your trip back home to reduce the time spent sitting in one position or you may be too stiff to get out of the vehicle.

- **Keep moving.** Get up and walk around every 15-20 minutes for the first 24-36 waking hours after the race to prevent excessive soreness.
- **Take an ice bath.** As soon after the race as possible, immerse yourself in an ice bath. This will instantly reduce any inflammation in your legs. After the race, pick up a 5-pound bag of ice on your way home. Empty it into your bathtub and run a cold bath until the water level is high enough to reach your waist when you sit down. Then gently submerge yourself. Try to tolerate the frigid water for no more than five minutes. Use a thermometer to ensure the water temperature stays between 54 and 60 degrees F.
- **Celebration Meal:** A high carb meal with protein will give your body the fuel to start recovering. Avoid alcohol - if you really must have a toast, a low alcohol or no-alcohol beer is the safest choice. Continue to drink sports drink, fruit juices, water throughout the evening.
- **Pain Relievers:** Once you know your kidneys are working, now you can take your pain reliever of choice.
- **Doctor the Blisters and Pains:** Use good sterile technique to drain any tense blisters.
- **To Bed!:** You may sleep deeply or you may have difficulty sleeping due to pain and stiffness, but sleep is the time the body best repairs itself. Nap and sleep after the marathon.

The First Week: Seven Days / Seven Ways to Recovery

The first week after the marathon calls for five days of rest or gentle cross-training, and two easy runs. This is the most critical period for avoiding injury and illness. What is done during those seven critical days will make a big difference in the speed at which recovery occurs:

1. **DON'T THINK ABOUT YOUR NEXT MARATHON!** Give your body (and mind) time to recover before you start thinking about your next marathon.
2. **Get a massage.** Make sure your massage therapist is skilled in sports massage and/or neuro-muscular massage and therapy. Let them know that you've recently run a marathon.
3. **Eat a lot and sleep a lot.** Don't worry about gaining a few pounds, now's the time to replenish your body. Your body is healing itself while you sleep, so try to get at least 8 hours of sleep every night, more if you can.
4. **Take warm baths.** If your muscles are still sore use ice first, then take the bath. Don't use water that's too hot, use bath salts in warm water instead.
5. **Stretch regularly.** Make sure that you stretch once your muscles are warmed-up: after you've taken a walk or a warm bath, for instance. Hold each stretch for at least 20 seconds. Stretch everyday, even twice a day.

6. **Do low-intensity exercises.** Focus on exercise that won't stress your muscles, like walking, swimming (if you're a fairly good swimmer), running in water, rowing, or biking. **DON'T RUN! DON'T EVEN JOG!**

7. **Elevate your legs whenever possible.** When you're watching TV, lie on the floor with a pillow supporting your lower back and your legs against a wall. Let your co-workers know that they're apt to find you with your legs on your desk occasionally during the day-you're a marathoner-they'll understand!

“If you follow these steps, chances are you will avoid the common post-marathon injuries that often appear in the winter months, such as sprains, strains and stress fractures.” Dr. Grayson explained. **“Better yet, you will enjoy your winter racing or cross-training, and you will have both the body and the energy to “reach new peaks” next year!”**

Grayson Chiropractic Associates (**GCA**) is a provider of general and subspecialty chiropractic care that serves the greater Rochester metropolitan area. The practice consists of two chiropractors - Dr. Frank L. Grayson and Dr. Daniel F. Grayson - and two licensed massage therapists. Grayson Chiropractic Associates specializes in the following: general neck and arm pain; lower back pain associated with sciatic nerve disorders, sports injuries, automobile accidents; back pain due to poor ergonomic environments; as well as treatment and exercise programs related to poor posture. The practice is located on Rue de Ville in Rochester , N.Y.

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