



HEY MAMELE MOUNTAIN RUNNERS!!

My team is busy getting everything prepped and we can't wait to have everyone together on the mountain!

At this point in your race prep, I wanted to send out some Injury Prevention Tips to keep you healthy and ready for race day. If you follow these while using the race training guide, you'll be in a good spot.

CALL & SCHEDULE YOUR FREE RUNNING EVALUATIONS

First and foremost, take advantage of our free running evaluations that our partner clinics have offered exclusively to our Mamele Mountains community!

Pick the location that's closest to you and give them a call. Tell them you're with Mamele and they will get you scheduled for a free eval to watch your running form and give you individualized injury prevention tips.

If you're not local to any of them, give Color Country a call and they can do one for you virtually!



Southern Utah
Color Country Physical Therapy
Cedar City
(435) 708-0195



Utah County
Range Endurance Coaching
Vineyard
(801)-709-1121



GENERAL

TIPS & ADVICE

★ **If you're prone to shin splints:**

1. Try gradual increases in your mileage. Avoid increasing your running distance or intensity too quickly. Follow the 10% rule, which means not increasing your total mileage by more than 10% per week. The guide will help with this, but stick to it!
2. Strengthening exercises! Incorporate exercises like calf raises, toe taps, and elastic band ankle exercise to strengthen the muscles around your shin.
3. Make sure you've got proper footwear. Make sure you are wearing running shoes that provide adequate support and cushioning. Replace your shoes every 300-500 miles to maintain optimal support. I always recommend going to a local running store and having them give the best shoe recommendation for you as it can vary based on your arch and running form!

★ **To prevent IT band pain:**

1. Incorporate foam rolling. Use a foam roller to massage the IT band and surrounding muscles. This helps to release tension and prevent tightness that causes pain.
2. Strengthen your hip and glute muscles! Perform exercises like clamshells and glute bridges to strengthen your hips and glutes, which can help stabilize your IT band. These exercises require no equipment-so it's easy to do from home. Set that reminder!
3. Don't forget stretching. Regularly stretch your IT band and the surrounding muscles. Simple stretches like the standing IT band stretch can be very effective.

★ **If you start experiencing knee pain:**

1. Strengthen the muscles around your knee, especially the quadriceps and hamstrings. Exercises like bodyweight squats and lunges are effective.
2. Focus on maintaining good running form. Avoid overstriding and try to keep your steps light and quick. Take advantage of those free running evals!
3. Don't forget rest and recovery: Make sure to give your knees adequate rest between runs. Incorporate rest days and consider cross-training with low-impact activities like swimming or cycling.

★ **If you start having hip pain:**

1. Regularly stretch your hip flexors with exercises like the standing

1. Regularly stretch your hip flexors with exercises like the standing hip flexor stretch or the pigeon pose.
2. Strengthen your core muscles with exercises like planks and side planks to provide better stability for your hips.
3. Always perform a proper warm-up before running. Dynamic stretches like leg swings can help prepare your hips for the run.



To prevent plantar fasciitis:

1. Stretch your calves regularly with simple stretches like the standing calf stretch to reduce tension on the plantar fascia.
2. Strengthen the muscles in your feet with exercises like toe curls and picking up small objects with your toes.
3. If you start feeling pain in your feet, take a break from running and apply ice to the affected area to reduce pain.

I hope these help as you're training and can keep you feeling your best! If you have any other questions, feel free to email our team at support@memelemountains.com

We want you feeling prepared to run and feeling good every step of the way.
Can't wait to see you on the mountain!

- Andrea & The Mamele Mountains Team

PS! We've got some incredible companies that we have partnered with for the year to help bring you the absolute best experience at the race. I individually reached out to each one because I personally use their products or services and know that you will love them too. I'm not getting paid to share them and genuinely love each one.

You can show them some support or give them a try by shopping their links below! I've included our discount code if we have one.

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