ADVERTISING FEATURE

HEALTH & FITNESS

Vowing to finish honourably

Glenn Crosby has missed a few nights of training for the Legacy Walk/Run, but will continue to battle on

BY GLENN CROSBY
CORRESPONDENT

I've been cheating!

No, this is not a Washington insider's report. I'm just finding it difficult to keep up my training for Markham Stouffville Hospital's second Legacy Walk/Run.

As I mentioned in my last report, the support and encouragement of people in the community has been fabulous.

A number of people have volunteered to keep pace with me, so I must take them up on that.

The reason why I am doing all this is to demonstrate that anyone, even a big guy who doesn't like running, can participate in the Legacy Walk/Run for the hospital.

I am determined to honourably complete the Legacy Run on Sunday, April 25 — that is, not to be the last to finish the five kilometres.

There has been a good side to my new commitment to getting in shape.

I have been diligent with my diet, not a diet diet, but just being careful and conscious of what I eat.

I have started to drink water all day, especially with meals. They say it helps digestion, but I know it fills me up and I am eating less.

I am also trying to avoid animal fats — French fries — gone, butter — gone, creamy salad dressings — less.

The weight I have lost has stayed off. Perhaps, as I step up my physical activities again, I can start showing victories with the scales.

The reason I am doing all this is to demonstrate that anyone, even a big guy who doesn't like running, can participate in the Legacy Walk/Run for the hospital.

Everyone wins — you gain better personal health, donations are raised for the hospital and it's a fun day for the entire family.

Start your preparation today. Watch for the entry in this paper or go to any Royal Bank in this area and get in to the beat — April 25 will be here soon.

Shoes are the most important piece of equipment for a runner

BY REFTON BLAIR
CORRESPONDENT

Running shoes are given more credit and blame than they deserve.

Most of us will blame our shoes if we have a poor run or a blister, but rarely do we accept that shoes are only as good, biomechanically speaking, as the person using them.

PURCHASING THE RIGHT SHOE

Recently, Glenn Crosby visited our new Richmond Hill Running Room store and bought a pair of shoes.

He said he was surprised we made him take off his shoes and socks so we could look at his foot.

The reason we do this is because we must learn a bit about the runner's foot type before we can recommend a shoe.

We made Crosby walk bare footed so we could watch his foot mechanics. We then had Crosby do the Anderson test.

This test required Crosby to stand on one leg and squat. The focus of this is to see the motion of his knees and to check the motion of his ankle.

What we found was Crosby's arches were strong and his ankles did not curve when he was weighted. Crosby, therefore, needs stability shoes.

Fitting the shoes is even more important than accessing the runner's gait (how a person walks or runs).

Crosby's foot is moderate in width, so he did not need a shoe with a wide toe box or one with a narrow fit.

We decided on the Adidas Tyranny's and the Saucony Procyons. Crosby tried both and said he liked the cushion and support of the Tryanny's more than the comfortable toe box of the Procyons.

Crosby was an easy fit because he understood what his needs were and allowed us to provide him the proper shoe.

Most of us will blame our shoes if we have a poor run or a blister, but rarely do we accept that shoes are only as good, biomechanically speaking, as the person using them.

Shoes generally last about 850 kilometres.

Shoes are usually straight or curved in shape and are lasted with board or without.

The difference between these two types of lasting is how the shoe will fit the foot and the support it will provide to the biomechanically-challenged runner.

Shoes are the most important piece of equipment the runner needs. Don't wait until the day before the race to get a new pair of shoes.

Remember, race day is April 25.

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