

ACTIVE: Get ready for warmer weather

Prepare yourself for charity events, Whitchurch-Stouffville walkers

*Start out slowly
with proper gear,
expert advises*

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As winter comes to an end, spring hits the ground running.

Now is the perfect time to start training for that charity run or walk in which you plan to take part when the weather gets better.

Before tying your laces and heading out the door, the first thing to establish is the distance you plan to run or walk, allowing sufficient time to train.

If you plan on participating in a five-kilometre walk, you need to walk regularly for at least four weeks prior to the event, says Joan Machin, fitness director at Timberlane Athletic Club in Aurora.

Running has a greater impact on the body and you need at least four to six weeks of training for a 5-km run.

'You can't go out there cold.'

"You can't go out there cold," Ms Machin says. "You need to ease your way into it and build up to it."

If you are new to walking, Ms Machin suggests starting with a 1km route and build up from there.

"Start to track your mileage on a treadmill, in the mall or outside if the weather permits," she says.

"Each time, take it a little farther."

You want to be able to hit your desired distance two or three times before the actual walk, Ms Machin said.

If you plan to run, you need to build stamina.

Start by walking at least 30 minutes several times a week. After you become comfortable walking and keeping pace, alternate walking and jogging along the same route until you are running more than walking.

The main thing is to prepare



SUN-TRIBUNE FILE PHOTO

Walkers in Stouffville's Terry Fox run last year. To avoid injury, make sure you properly train for that charity event in which you plan to participate this year. Start slowly and build up to your target distance, experts suggest.

your body, Ms. Machin says.

And that starts with a warmup and stretch routine before you start, then a cool down and another stretch routine when you finish.

"You need to do lots of stretching," Ms Machin says.

"You can't just start full on."

Ms Machin suggests warming up before stretching by walking slowly for five minutes, stretching and then reaching your pace.

"Stretching before you start limbers up your muscles," Ms Machin says.

"Stretching after, helps return your muscles to their resting length. You need to allow time for your muscles to accommodate the change."

But before you can feel the wind at your back, you need to assess what you're wearing.

The first step is finding the perfect pair of shoes.

TIPS FOR CHOOSING PROPER FOOTWEAR

► **SPEND TIME:** Walk and run in the shoe. Don't buy shoes because they worked well for someone else. Test them out.

► **COME PREPARED:** Take along your old shoes, a pair of running socks and your orthotics. Store staff can "read" your wear pattern.

► **SPEAK UP:** Share your running history, goals, past injuries, the type of training you do and what has or hasn't worked for you in the past.

► **COMPARE:** Select two or three models that work best for your foot function. Compare the fit of each

and then stand, walk around and run in each shoe to feel how it performs.

► **CHOOSE WISELY:** Running shoes are designed for a forward motion and cushion the impact specific to running. Cross trainers and aerobic shoes are designed for more lateral support and toe flexibility. If you use them as your running shoes, you'll risk injury.

► **REPLACE:** The key to keeping off the injury list is replacing your shoes once they begin to wear or break down.

Source: runningroom.com

Whitchurch-Stouffville News Digest

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Catch finals days of Games on really big screens

Want to enhance your viewing experience during the last two days of the Vancouver Olympics?

You can host an Olympic party or bring your party to a Stouffville eating/drinking establishment to watch the action on multiple screens.

You can catch the Olympics in grand style at some York Region movie theatres, including Silvercity at Green Lane and Yonge Street in East Gwillimbury and Cineplexes on Hwy. 7 in Markham and Bayview Avenue in Aurora. A day pass is \$10.

Gas war in Ballantrae

A litre of regular gas will cost you about \$1 in Stouffville, but a trip up north on Hwy. 48 to Aurora Road will find the price closer to 90 cents.

Ultramar, Whitchurch-Stouffville's newest gas station, has been holding its price for a litre of regular petrol at 91.5 cents for the past week. Some other Ballantrae-area stations are matching the price, readers report.

According to torontogasprices.com, Esso at Bloomington Road and Hwy. 48 is charging 96.9 cents/litre for regular gas.

Mac's on Main Street wanted 99.5 cents and across the street at Canadian Tire, they were charging 99.7 cents Friday.

The average price for a litre of regular gas in Toronto is 99.859 cents, while the Ontario average is 99.346 cents a litre, as of yesterday. The national average is 101.909 cents a litre.

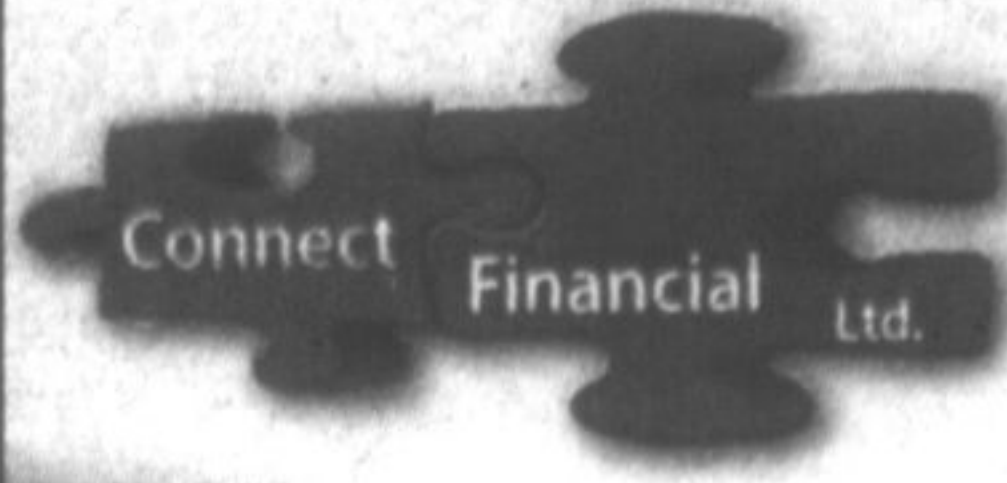
The price for a barrel of crude oil is US\$78.740.

— Sandra Bolan

SOUND OFF

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• Has your business bank let you down?
• Do you find yourself not happy with your business' bank but don't have the time to look for a new one?
• Is your business missing opportunities because your bank will not support you?

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