

Miami Road Runners

CLUB MISSION: *The purpose of the Miami Road Runners Club is to promote, encourage, and support the sport of running and good health through a network of friends and family in the community.*



Miami's RRCA Run Club

Join us. . .

Thursday Evenings

6:45PM

Runner's Depot – Aventura

20335 Biscayne Blvd

Shape Up with Schiffy

Functional Fitness Workout Interval Run

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Are the knees getting a bad wrap?

While it is more commonly known as "runner's knee," sometimes this pain-in-the-knee is really caused by the iliotibial band, or IT band for short. IT band friction syndrome does not often spare runners or cyclists. Symptoms include pain on the outside of the knee, tenderness and sometimes swelling. If you've been running or riding for a while, chances are you've experienced it. IT pain is typically associated with prolonged, repetitive activity. But more advanced cases may cause pain when simply walking or going up and down stairs. You may feel stiff or tight after periods of inactivity and especially after prolonged sitting.

The iliotibial band (ITB) is a tendinous and fascial band that originates on the iliac crest (hipbone). It also attaches to the gluteal muscles (your rump) and the tensor fascia latae (TFL). The TFL is the muscle on the outside of your hip that moves your leg outward. The constant motion of running or cycling over an extended period of time can irritate, tighten and inflame the area around the knee where the IT band wraps around it. The band often feels palpably tight and can almost be strummed with your fingers on the outside of the knee.

Many factors can contribute to the problem. One is muscle imbalance, where some muscle groups are tight and others are weak or fatigued. The basic cycling position can feed these imbalances. Tightness, or a loss in flexibility, can occur in the hip flexors, hip abductors and internal rotators. Correspondingly, it often helps to strengthen the hip extensors, abductors and external rotators.

Regular foam rolling of your IT bands should prevent your knee and hip joints from being unnecessarily stressed. It's an unusual exercise, but rolling this area should be a high priority in your program of self care and wellness. Start out with a softer roller until this tender area gets used to this practice of self massage.



Join us every Thursday night for a great functional fitness workout and interval run. You'll do some running, learn new strength building techniques that will benefit your running and help keep you injury-free, meet new friends and have a lot of fun while getting in shape! This is a free workout open to everyone of all ability levels. Come out and give it a try!

Sponsors



Date ____ / ____ / ____

Member No. _____

First Name _____ Last Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ E-Mail _____

DOB _____ Gender ____ M ____ F Work Phone _____

Family Member Name _____

Family Member Name _____

Annual Membership: \$35/Individual -or- \$50/Family (up to 3 Family Members)

Make check payable to: **Miami Road Runners Club** c/o Runner's Depot 2233 S. University Drive, Davie FL 33324