

RunningDivaMom

Congratulations on making this outstanding commitment to yourself! I am so happy that you are allowing me to join you on your journey. We are going to work together to help you reach your fitness goals and enjoy the process along the way. Here are some tips to help get you started.

Enjoy the journey! YOUR journey!

Jamie Adcock

Running *Div*a Mom

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Consider investing in:

- **Shoes.** Get properly fit running shoes by visiting a local running store. Their professionals will watch you run and walk outdoors and well as on the treadmill. They will watch your gait and foot strike. From that, they will be able to suggest several brands, models and options for you. They may also have you step on a mat that will provide all sorts of valuable information about the structure of your foot, your arches and more. Running shoes often are a \$100-150 investment. Their professionals may also suggest inserts to help support and position your foot. Don't be surprised if they have you size-up for extra room in the toe box. They can also show you several different ways to tie your laces to prevent movement and increase stability. Always double-knot your shoes. You never want to stop running due to an untied shoe! After you have worn-out a pair of running shoes and know that this shoe works well for you and your foot strike, you can often go online and find last year's model for up to 50% off.
- **Clothing.** Cotton is rotten! Invest in "wicking" clothing (repels sweat from your body, leaving you cool and comfortable; available at sporting goods stores, Target or Walmart). Test out running tights for the "bounce effect".
- **Socks.** Purchase "wicking" (non-cotton) socks (to prevent moisture and blisters; available at sporting goods stores or running stores). Many running socks will offer extra padding in various areas of the foot.
- **Timing Device.** Digital stop watch (this does not need to be fancy or a huge investment with a GPS) or there are many free couch to 5k apps to download for your phone. Some will follow a similar program or even allow you to program in your own intervals. Search "running" or "couch to 5k".
- **Hydrate.** Water bottle (reusable or disposable) or waist pack. Handheld water bottles can store your key and your phone and also have a hand strap for comfort.

Jamie's favorite gear:

- **Shoes:** Saucony Ride (stability shoe -- this may not be YOUR shoe)
- **Socks:** Feetures or Balega
- **Tops:** JC Penney, Walmart or Marshall's (affordable, washes well, comfortable fit)
- **Headbands:** Bondi Band (non-slip)
- **Running tights/capris:** Fabletics (stays up and flattering) or JC Penney
- **Headphones:** Yurbuds (with colorful, plastic covers that stay in your ears)
- **Watch:** Garmin Forerunner 10 (I like to see my overall distance and mileage splits. It also has a programable interval timer and other features that I don't use regularly)
- **Nutrition:** Honey Stinger energy gels, Gu energy gels, Gu energy chews, Powerade Zero

Visit a local running store for a proper shoe fitting:

<http://www.fleetfeetmadison.com/> - Sun Prairie/West Side of Madison (**coupon included**)

<http://www.movinshoesmadison.com/> - Park Street in Madison

Log your miles and accomplishments:

Use an online training log or fitness app to track your mileage, favorite routes and personal records. This will be fun to reflect as your training progresses.

Recording your mileage will also help you track how many miles you have invested in your running shoes. Running shoes will typically last 300-600 miles. If you are running 10 miles a week, that is a 7-15 month lifespan. Don't forget -- walking miles count, too!

Don't fear moving forward Fear standing still.