



PRE-RACE STRETCHING ROUTINE

PART ONE

HAMSTRING:

Stretch the hamstrings by leaning forward and touching your toes. Make sure runners don't lock their knees but, instead, keep them slightly bent. This will also help stretch the lower back.



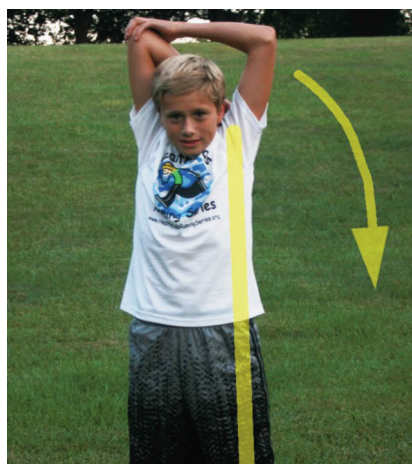
THIGH:

Have runners sit with legs bent so that the soles of the feet touch. Slowly lean forward and stretch the inner thigh muscles.



QUADRICEPS:

Stretch the quadriceps by lifting the leg toward the rear and gently grab the ankle, pulling the foot into the gluteus. Instruct them to keep a straight back and have the opposite knee slightly bent. Younger runners may need to employ a partner for balance.



ARM/SIDE:

Arm and side stretch helps the muscles used for pumping your arms and breathing. Stand with a straight back, head high, and place the arm behind the head. Use the opposite hand to stretch the arm. Lean to the side and stretch the side. Repeat opposite. Ensure your runners so no lean forward or backward, only to the side.

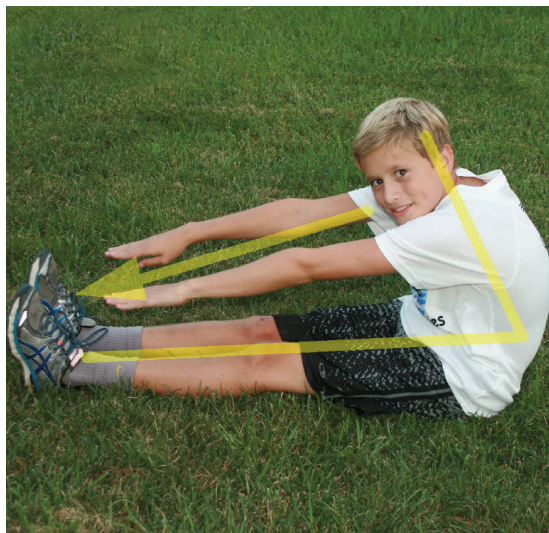


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PART TWO

GROIN:

Have runners stand with legs spread slightly wider than their shoulders. Reach for each ankle shifting their weight to that leg and stretching the groin and hamstring muscles. Ensure that runners do not lock their knees.



SEATED HAMSTRING:

Have runners sit and extend to touch their toes or beyond. Knees should be slightly bent and never locked during this stretch.

ADDITIONAL EXERCISES:

You can keep your runners loose and limber by also having them perform any combination of the following:

JUMPING JACKS

RUNNING IN PLACE

HIGH KNEES

BUTT KICKS

ARM WINDMILLS