

THE SHAMROCK RUN & WALK

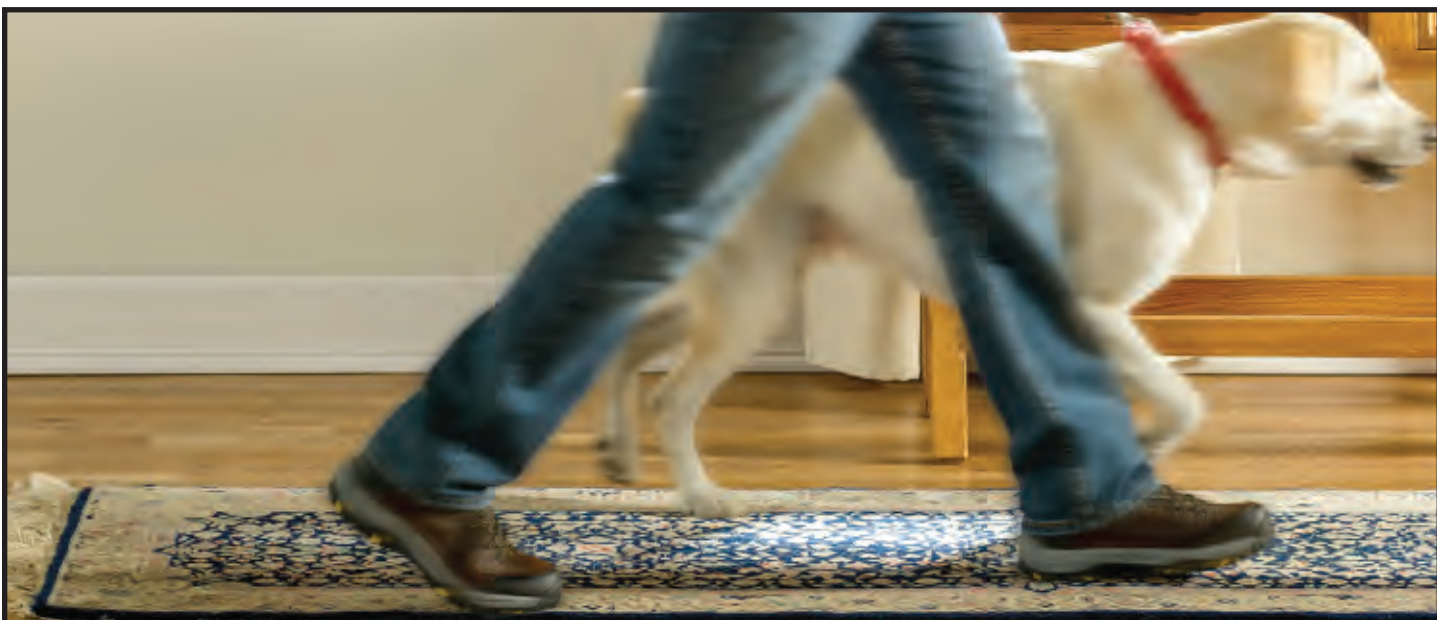
FRONT RUNNER

Magazine



ctshamrockrun.com
Bristol, CT

2014



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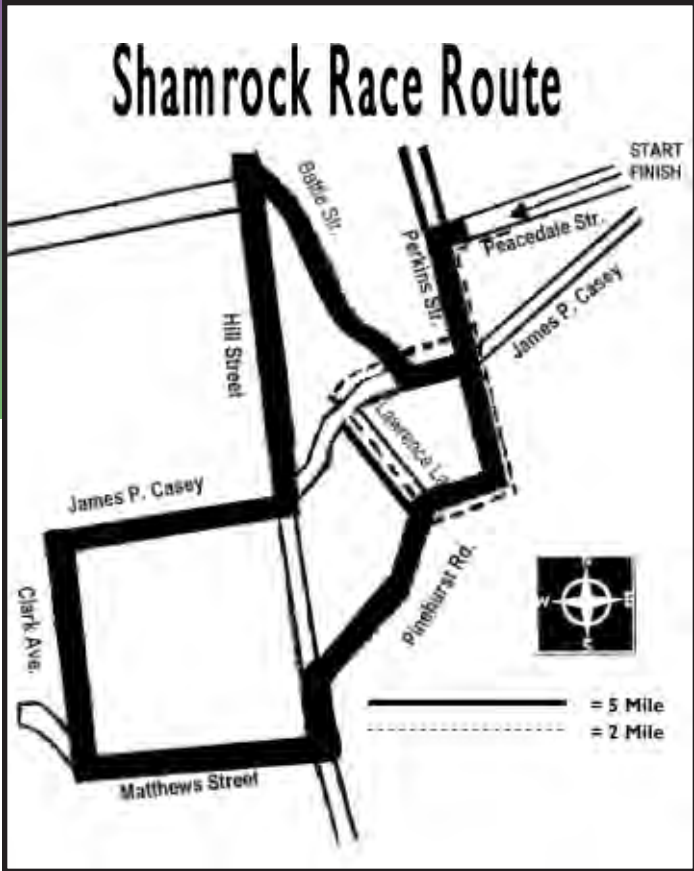
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WE NEED YOUR OLD RUNNING/WALKING SHOES.....

FOR THAT MATTER, ANY GENTLY USED FOOTWEAR WILL DO!



With the horrific natural disasters around the world people are in immediate need of the most basic necessities, like food, water, AND SHOES.

Our country has responded well. With that said, we are pleased to partner again this year with Soles4Souls, a nonprofit organization that collects shoes from warehouses of footwear companies and the closets of people like you.

Soles4Souls distributes these shoes, free of charge, to people in need around the world. Since 2005, Soles4Souls has given away over 10 million pairs of new and gently worn shoes (currently distributing one pair every 9 seconds). The shoes have been distributed in 125 countries, including Haiti, Kenya, Nepal and the United States.

Please bring along your "gently worn" footwear to drop off at the Shamrock Run event.

Changing the World One Pair at a Time.

For more information please visit www.giveshoes.org.

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- Tim Collins Pasta Dinner
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2014 Honorary Chair

The Shamrock Run and Walk organizing committee has taken a new direction in their selection for the Honorary Chair for the 12th annual race. While individuals in the past have been recognized for their contributions to the Bristol community, this year we are spotlighting a dedicated group of volunteers: the Bristol Community Emergency Response Team, or Bristol CERT.

Bristol CERT is composed of over 40 individuals, all of which have been trained to assist emergency first responders in a variety of ways which help to make a situation more manageable. The CERT program was established in California in 1985 after an earthquake, and comes under the authority of the Federal Emergency Management Agency (FEMA). It has spread throughout the United States and now has teams in 44 Connecticut communities. The Bristol CERT was formed in 2006 and is certified by the state. It has received funding, primarily through grants, for training and equipment. Because of this, there is no charge to any individual member.

Certified members of Bristol CERT have undergone 20 hours of training in a variety of areas including disaster preparedness, fire safety, treatment of life threatening injuries, search and rescue, and others. Once a member has passed the training program, they may choose to take further training in additional areas such as animal rescue, CPR, ham radio operation, and shelter management. Bristol CERT is particularly focused on ham radio and shelter management.

Shelter management involves setting up and maintaining temporary shelter when it is required for large numbers of Bristol residents. Most recently,

Bristol CERT ran shelters at Chippens Hill Middle School as a result of widespread power outages incurred during Hurricane Irene in 2011, the October snowstorm in 2012, and the blizzard in February 2013.

In addition to these emergency situations, Bristol CERT assists in many planned community events such as the Forestville Duck Race, the Bristol Main Street Car Show, the Bristol Half Marathon, the Mum Festival, and Bristol Farm Day. The team is adding the Shamrock Run to their list this year. You may see them assisting with traffic and parking. Occasionally, Bristol CERT is asked to help outside of town, as was seen last fall during a missing person search and rescue operation in Southington.

Bristol Cert is headed by Chris Perreault. In his position as Captain, Chris directs a monthly meeting (which is held the second Wednesday of every month at the Bristol Library meeting rooms), recruits volunteers and arranges for training, and serves as the contact point for Bristol emergency first responders. He says that in addition to service to the community aspect of being a CERT volunteer, there is tremendous personal benefit to be gained from the training. Early in the training process, each responder learns to take care of their family first. Chris is certain that the training that a volunteer receives will help them in their personal lives, whether it be for minor medical issues or something more urgent, such as a house fire or car accident.

Bristol CERT continues to be very active in our community and welcomes new volunteers to assist in their community service. An application is available on their web site, BristolCERT.com or on Facebook. No special skills are required to start, but you certainly will gain them with Bristol CERT.





Service Times:
Saturday Vigil - 4:00PM
Sunday: 7:30, 9:00 & 10:30AM
12:00Noon - Spanish



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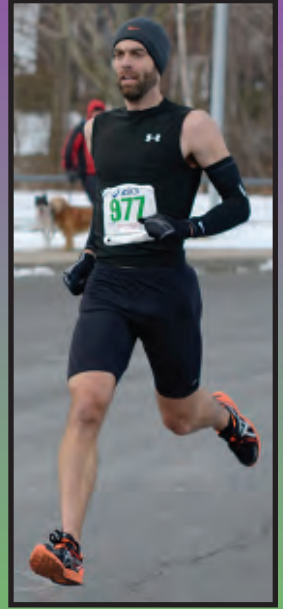
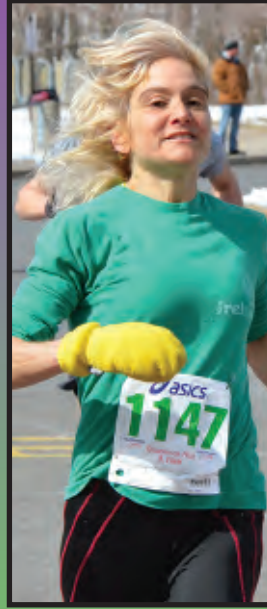
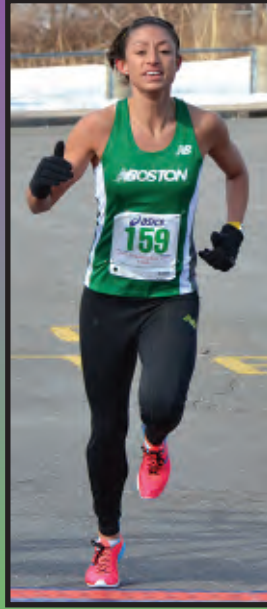
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2013 Race Results

5 Mile Overall Winners

James McKirdy, New Britain, CT 28:43

Mary-Lynn Currier, Burlington CT 32:46



2 Mile Overall Winners

Tyler Raymond, Terryville, CT 10:07

Alasia Griebel, Bristol, CT 10:56



2014 Race Results are posted on
ctshamrockrun.com



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Plantar Fasciitis

Anatomy

The plantar fascia is a band of connective tissue that runs along the sole from the heel to the ball of the foot. One of its main roles is to keep the bones and joints in position and enables us to push off from the ground. Bruising or overstretching this ligament can cause inflammation and heel pain. In many cases, plantar fasciitis is associated with a heel spur.

Who is at Risk?

- High impact activities: running, jumping, aerobics, etc.
- Flat-footed or high arches. People with flat feet may have reduced shock absorption, increasing strain on the plantar fascia. High arched feet have tighter plantar tissue, leading to similar effects
- Middle-aged or older. Heel pain tends to be more common with ageing as muscles supporting the arch of the foot become weaker, putting stress on the plantar fascia.
- Overweight. Weight places a greater mechanical load on the plantar fascia. There is evidence that overweight and inactivity lead to chemical damage to the plantar fascia, with a worsening of pain.
- Being on your feet. People with occupations that require a lot of walking or standing on hard surfaces may suffer plantar fascia pain.
- Wearing shoes with poor arch support or stiff soles.

Prevention

- Maintaining a healthy weight to minimize the stress on the plantar fascia.
- Choosing supportive shoes. Avoiding stiletto heels and shoes with excessively low heels. Buying shoes with a low to moderate heel, good arch support and absorption.
- Starting activity slowly. Warming up before starting any activity or sport, and starting a new exercise program slowly.
- Allowing adequate recovery time between workouts or training sessions.

Signs and symptoms

You may experience:

- Sharp pain in the inside part of the bottom of the heel, which may feel like a knife sticking into the bottom of the foot.
- Heel pain that tends to be worse with the first few steps after awakening, when climbing stairs or when standing on tiptoe.
- Heel pain after long periods of standing or after getting up from a seated position.
- Heel pain after, but not usually during, exercise.
- Mild swelling in the heel

Helpful Hints on Self Care

- Gentle stretching of the Achilles tendon and plantar fascia, weight loss, taping, arch support and heel lifts
- Night splints
- Ice Massage

What PTC can do for you...

- Decrease initial pain and inflammation.
- Identify biomechanical dysfunction.
- Improve flexibility.
- Strengthen the plantar fascia.
- Return to full fitness.
- Injury prevention.

Physical therapy includes myofascial release and scar tissue breakdown of the plantar fascia, and supervised stretching. A strengthening program for the calf muscles and small muscles of the foot is important. We will also use evidence based manual techniques to get you on the road to recovery.

Be aware that this may increase soreness initially, but persistence should be rewarding. Care should be taken to wear supportive and stable shoes. Patients should avoid open-back shoes, sandals, 'flip-flops', and any shoes without raised heels.

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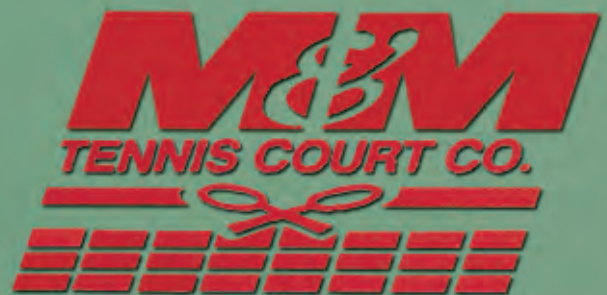
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