



## Stay in the Race with Running Experts at Summa Center for Health Sports

### Tips for a safe running program

- Progressively increase the duration and frequency, duration and intensity of your running, but don't increase more than one variable a week.
- Replace fluids liberally. Drink at least 8 ounces of fluid before you start and 10 to 15 ounces for every 20 to 30 minutes during your run. And don't forget to replace fluid deficits after your run.
- Use sunscreen when running in the sun. Consider a hat with a visor and/or sunglasses with UVA/UVB protection.
- Allow yourself time to acclimate to heat or altitude by reducing your normal workouts for about a week.
- Run early in the morning or in the evening to avoid excessive heat.
- Do not run outdoors when pollution counts are high.
- Wear reflective clothing when running at dawn or dusk. Run against traffic and stay alert to your surroundings.
- Layer clothes in cold weather. Wear a synthetic base layer to wick away moisture, and wear a hat. Run into the wind early in the run so the wind is at your back at the end of your run. It's easier on you when you're tired and keeps you warmer than running into the wind while sweating.)
- Run with a partner, carry identification, and let others know where you're running.
- If you are running on trails or in a rural area, have your cell phone with you for emergencies.

Are you tired of sore feet, ankles and knees after running? How about low back pain?

Most runners don't cross-train, leaving them susceptible to multiple overuse injuries. Sometimes it takes another runner to understand.

Call on our sports health experts who all are credentialed in Sports Medicine.

As a marathon veteran, Dr. Nilesh Shah finished ninth at the 2005 Cleveland Marathon and eighth at the 2006 Columbus Marathon. He's also a member of Vertical Runner Racing Teams. More importantly, he's the Medical Director of the Summa Center for Sports Health.

Dr. Tom Bartsokas was the team physician for the U.S. Biathlon Team in the 1998 Olympic Games and for Aquatics in the 1996 Olympic Games.

Dr. James Goff is a fellowship trained in Sports Medicine and Team physician for Green High School.

Same day/next day appointments available.

**Summa Orthopaedics and Sports Medicine**  
20 Olive Street, Suite 201, Akron

**Summa Barberton Hospital**  
201 Fifth St. NE, Suite 14

**Summa Health Center at Green**  
3830 Massillon Rd., Uniontown

**Summa Health Center at Western Reserve**  
5655 Hudson Dr., Suite 200, Hudson

**Robinson Health Center at Streetsboro**  
9318 State 14, Streetsboro



1-(888) 7-SUMMA-SPORT  
1-888-778-6624  
Summahealth.org/sportshealth