

# 33<sup>RD</sup> MARINE CORPS MARATHON



## Training Tips from Brooks

A proud MCM sponsor and leader in advanced running footwear and apparel, Brooks is solely focused on the run—and runners. Just like Brooks products, the below MCM training tips are designed to help you reach your goals, while staying injury-free and with maximum enjoyment of the running experience.

1. **Find Your Perfect Fit** - One of the keys to staying injury-free--in training and off the couch--is to find the right shoe. By first determining your foot type, you can find out which of the three major running shoe categories (Neutral, Support and Control) meets your needs. Visit Brooks' online Shoe Advisor for customized shoe recommendations based on your unique foot shape, biomechanics, and activity level or go to the nearest running specialty store for hands-on help.
2. **Stop the Slop** - Cotton is ideal for sleeping and lounging, but not running, because it holds onto moisture. Soaked sweats become a heavy, wet layer next to your skin, which causes discomfort, chafing and thermal imbalance. The solution? Invest in head-to-toe technical running apparel. Brooks' advanced fabrics move moisture away from the skin, regulating your temperature and keeping you dry, comfortable and free from irritation. So you can put all your energy into the run.
3. **Light Up the Road** - For dark runs in the early morning or evening, you need high-visibility gear to help stay safe. Street lamps and a little moonlight can't hold a candle to Brooks Nightlife Collection, a selection of apparel and accessories featuring bright color contrast and 360 degrees of reflectivity. Turn to these smart solutions for peace of mind in low-light training conditions.
4. **Don't Go Changin'** - If you've found a running shoe that fits and feels great, stick with it! It's particularly risky to make a switch as marathon day approaches. Resist the temptation to allow color and fashion preferences to drive your decision-making. Allow aesthetics to enter the equation only after you've been properly fit.

5. **Stick to 300 Miles Per Pair-** Replace your running shoes roughly every 300 miles—or earlier if you've been struggling with nagging pain or injury. Your shoes may not appear to have worn out, but after 300 miles the cushioning and support will have broken down, leaving you vulnerable to stress fractures and other injuries. On the day you begin logging miles on a new pair, write the date on the midsole with a permanent marker to help you track the shoes' lifespan.
6. **Get Fuel-Friendly Gear -** When choosing technical running apparel, look for garments that accommodate energy gels and other snacks. Among Brooks' technical solutions are running tops with built-in zippered pockets and shorts with dual rear holster pockets, which allow easy access to your fuel over the long haul.
7. **Bring Clothes for Every Condition-** October temperatures in Washington DC are about as unpredictable as the baffling morning traffic patterns. So don't be afraid to over-pack—be ready for anything by bringing several running outfits suitable for all types of race-day weather. To find out what type of gear to wear in your training environment, click [here](#) for custom gear recommendations to help you tackle rain, snow, heat, dark, or whatever Mother Nature throws at you.
8. **Size Up the Shoe Situation -** It is generally recommended that your running shoes measure larger than your street shoes by a half or one whole size. For a proper fit, allow for at least a thumbnail of toe room. Look to the expert staff at your local running specialty store for guidance. Too-small shoes can be uncomfortable and often lead to blackening and/or loss of toenails. You'll be glad you sized up come flip-flop season.
9. **Sock It to Blisters -** Blisters are a common occurrence during marathon training. Do what you can to prevent them by tossing your cotton socks and upgrading to a technical, moisture-moving pair like the Brooks Gossamer Ped, a lightweight, anatomically styled sock that helps keep your feet dry and blister-free.
10. **Take New Shoes for a Test Run -** Plan to fit it at least one long run and a few shorter runs wearing the shoes you'll be racing in. It's not advised, but if you must purchase new shoes in the days leading up to the marathon, stick to the same style you've been training in. If traveling to the race by plane, remember to pack this essential equipment in your carry-on—if you do, chances are that the rest of your luggage will arrive just fine.

Finally, be proud of your accomplishment, have fun, and enjoy the beautiful sites of our nation's capital. You've earned it!

*Brooks Sports, Inc. is a leading running company that designs and markets a line of high-performance men's and women's running shoes, apparel and accessories in more than 40 countries worldwide. Entirely focused on the run, Brooks is dedicated to inspiring people to run and be active. Best known for their running shoes and outstanding apparel, Brooks also prides themselves in helping prepare runners, like those in training for the MCM. Get in gear with the MCM and check out the Brooks Store at Marine Corps Marathon Official Race Gear – Shirts, Jackets & More MCM and check out the Brooks Store at <http://www.brooksrunning.com/cat.php?k=70546>.*