

ING  | **NEW YORK CITY
MARATHON**
PREMIER EVENT OF NEW YORK ROAD RUNNERS



I'M IN.

THE ING NEW YORK CITY MARATHON

2011 OFFICIAL PROGRAM



**NEW YORK
ROAD RUNNERS**

RECOVERY

Natural Spring Water and Gatorade G Series™ Pro Recovery formula—plus a PowerBar containing both carbs and protein. Antonucci recommends starting with these.

If you don't feel like eating after the race, chances are you didn't get an adequate amount of salt or liquid during the race, says Antonucci. Force yourself to sip something salty—the Gatorade in your food/fluid bag is a good choice. When you feel a little less queasy, a fruit-and-yogurt (or milk) smoothie is a good way to ease back into eating.



WHEN YOU GET HOME

ICE, ICE, BABY

After you retrieve your bag, keep hydrating—and try to get back to wherever you're staying as soon as you can. If you're tempted to duck into the nearest bar for a cold one, you probably won't be alone! But if you focus on recovery for just an additional 20–30 minutes, you're likely to feel substantially better when you do begin celebrating, as well as in the days following the race.

An ice bath can have a dramatic impact on your recovery. "You don't have to fill the tub with ice—just make it cold enough to cool down your legs," advises Dr. Scott Duke of Duke Chiropractic in Manhattan. Submerging your lower body in the cold water will "control the inflammation that occurs from the micro-tears in your muscles, and can help prevent days of delayed-onset muscle soreness."

Try to sit in the ice bath for 10–20 minutes (if you like, you can multitask: chill a bottle of champagne as you repair your tired legs!). Pull on a sweatshirt or a hat, and boast to your loved ones about your accomplishment to pass the time.

A massage can also aid recovery, but Dr. Duke advises waiting at least 72 hours before having one. By then, your muscles will have repaired some of the minor damage they sustained during the race.

MARATHON MONDAY and BEYOND

EAT YOUR WAY WELL

Anti-inflammatory foods high in omega-3 fatty acids such as salmon, walnuts, avocados, and olives can also help your body to heal. If you have a sweet tooth, eat berries, cherries, apples, and grapes—they all contain quercetin, an anti-inflammatory.

ACTIVE RECOVERY

In the days following the race, you may be tempted to spend as much time as you can lying down. But gentle exercise—like walking, swimming, easy biking, or yoga—is a key component of post-race recovery. Whichever activity you choose, be sure to maintain an easy, conversational effort. As little as 20 or 30 minutes is fine, too. Movement keeps the blood flowing, and it flushes out any toxins or wastes lingering in the muscles. And on Marathon Monday, come to the Hospital for Special Surgery Stretching Station for stretching guidance.

Experts agree that in order to recover fully, runners should take between one and two weeks off running altogether after completing a marathon. Jumping back into running too soon can cause injury and burnout; your mind needs just as much of a break as your body does. When you're ready to resume running, make sure you're progressing slowly in volume and intensity. If you've taken the time to recover properly, you'll be ready to tackle the ING New York City Marathon again next year.

THE ING NEW YORK CITY MARATHON by the numbers – FINANCIAL: \$4 MILLION+ RAISED BY NEW YORK ROAD RUNNERS TEAM FOR KIDS > \$38 MILLION TOTAL RAISED BY FRED'S TEAM SINCE 1995 TO BENEFIT PIONEERING RESEARCH AT MEMORIAL SLOAN-KETTERING CANCER CENTER 2010