



Press Release

July 21, 2014

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Calling All Runners – And Everyone Else

This year marks the fifth annual Sault International Marathon (formerly the Chamber Chase). War Memorial Hospital's Rehabilitation Center is excited to announce its involvement to help racers prepare – and to share exercise guidance with the entire community. Rehabilitation therapists and other WMH staffers are hosting a series of talks designed to help better prepare runners for race day! The talks will be held at the WMH Rehabilitation Center located at 2472 Ashmun Street in Sault Ste. Marie on Thursday nights at 6:30 p.m.

While undertaken in connection to the marathon, the presentations are open to the public for those interested in learning ways to support a healthy lifestyle through regular exercise and eating right.

The list of topics, presenters, and the dates are:

August 21: Getting Ready Physically and Mentally for Race Day

This talk will be given by staff members who are runners and athletic trainers who will cover cross training, resistance exercises, and core strengthening.

Jessica Koster OTR

Joel Jensen AT, ATC

Courtney Hill AT, ATC

August 28: Proper Nutrition and Supplementation

This talk is designed to give insight on fueling your body for training and food fads, supplementation, vitamins, protein powder, and more.

Chief Clinical Dietitian Danielle Martinchek, R.D.

September 4: Proper Stretching Techniques

This talk will be a practical stretching class demonstrating the principles and techniques for warm up and cool down stretching, including dynamic and static stretching.

Matt McLeod AT, ATC

Stephenie Gakstatter AT, ATC, PTA

September 11: Footwear and Orthotics for the Runner

The talk will cover footwear and orthotics and will be given by two chiropractors who are both avid runners and are looking forward to bringing their personal experiences to this session.

Dr. Pete Scornaiencki DC

Dr. Rachael McCoy DC

September 18: Prevention and Treatment of Running Injuries

This talk will be focusing on common running injuries, such as stress fractures, blisters, shin splints, back pain, and various other aches and pains associated with running and exercise.

Janessa Copenhafer DPT

Nikki Brown ATC, PTA

Laurie Brown MPT

Lori Stachowicz PTA

September 25: Skin Care and Clothing

This talk will feature two athletic training students from Lake Superior State University who did internships with the rehabilitation center during the summer. They will be discussing prevention of skin problems encountered by runners (chafing, sun burn, etc.) and running apparel myths and facts.

Brittany Groh

Nicolas Talentino