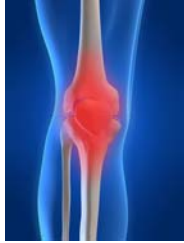




October 22nd, 2008

Training



Crank Length: Longer is Better, Right?

Over the last 5 years or so I have battled Chondromalacia, or “Runner’s Knee”, in my right knee. I have had three orthopedic surgeons diagnose the condition, but fortunately have not had any surgical procedures yet. I have always been able to continue running, biking, etc. One strange thing is that bicycling usually bothers my knee more than running.

I have taken many measures to manage the condition. Here are a few: rest, ice, anti-inflammatory drugs, run-gait analysis, saddle height adjustments, cleat placement changes, fore/ aft saddle position adjustments, stretching, weight training, eliminating downhill running, moderation of speed work and racing, etc.

Well, the solution for me was very basic and something I should have thought of years ago...crank length! On the two bikes I ride the most often – cross bike and mtn bike – I was forced to choose between 170mm and 175mm cranks. I am 5’10” with long legs, so 175mm cranks are usually a good choice. Recently I switched to 170mm cranks and immediately I had less pain in my knee. After one week the pain in my knee is almost gone; my Achilles even feels better.

I do not want to debate the performance pros and cons of longer vs. shorter cranks. For me, it’s as simple as this: shorter cranks have brought back the joy of cycling for me!

Coach Lee

Nutrition

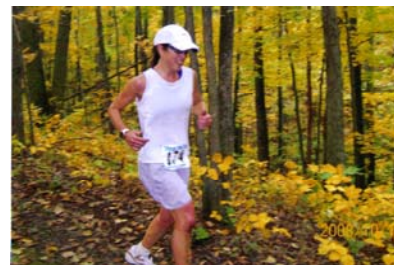


Pack a Lunch

I think we have all seen more than enough “How to eat healthy at fast food restaurants”. How about packing a lunch for your next road trip?

You will eat better and save money at the same time.

Coach Lee’s Tips



The Softer Side of Running

Get off of the roads. The season is over and it is time to hit the trails. The leaves are beautiful this time of the year. Give your body a break and head for your local running trails.

[Checkout the attached article for a few tips](#)