

ASK THE ATHLETE

A Resource for Active People with Diabetes



Missy Foy, Professional Distance Runner

My Link: www.missyfoy.com

About Me: In 2000, I became the first diabetic runner in history to qualify for Olympic Marathon Trials. In 2005, I held a top ten world ranking for 50 Miles and in 2007 won a silver medal at the U.S. 50 Mile National Championships.

My FAQs	My Response
1. How do you adjust your insulin for running?	Because I run every day, I do not have to make changes to my insulin regimen. I try to make sure that I have at least 3 hours in between taking rapid acting insulin and running. I also try to run at about the same time every day.
2. Should I switch to an insulin pump if I want to begin a running program?	Insulin pumps are a great piece of technology for active people with diabetes because of the ability to program the way insulin is given. It is possible to control your blood sugars very well without a pump even if you become an avid runner. I also know many people who use a combination of long-acting insulin <i>and</i> pump therapy!
3. My blood sugars run high before a race and can be over 300 after a race. How do I fix this problem?	Sometimes anxiety and excitement before a race can make our blood sugars rise. In addition, we are often out of our usual routines. And, if the race is on the shorter and faster side, the effort we put out can be more anaerobic than our usual running effort. All of these things combined can raise our blood sugars and make race day difficult. Practicing race day routines, which often requires extra insulin, prepares us for the big day. Sometimes we actually have to pick out a real race to use as practice. By making small adjustments each time we practice our routine we can slowly get things under control in a safe and effective way.
4. How do you check your blood sugar when you are running a marathon?	I actually do not check my blood sugar during a race. I check many times during my practice sessions, simulating different conditions that I might experience during a race. Then, by race day, I have learned what system to use and I follow the plan. I have lost a marathon by two seconds before, so I have to be prepared enough to know how to manage my blood sugars without stopping to check during the race. If I have practiced enough, I rarely have a surprise.

BE ACTIVE! BE FIT! BE HEALTHY!

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