



Doctors say marthon participants should be resting

By Thema Ponton/WBTW TV-13

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Marathon organizers said the 11th annual [Myrtle Beach](#) marathon was a success and they're already planning for next year and the year after.

Doctors said people who took part in Saturday's marathon should not be preparing for next year's race, just yet.

Instead, doctors said you should take the next week off and rest.

And while some people hit the ground running the very next day, doctors said recovery is their best advice.

[Dr. Mark Schecker](#) said, "Running a marathon takes a big toll on your body, your muscles, there's tears of your muscles, they really need time to um uh heal properly and I think you know giving them rest is the best thing that you can do and I think that in the long run that'll pay off for you."

[Schecker](#) also said if you have a medical condition, or are an older person, you may need a longer recovery period.

And if you don't seem to be healing and exercising is painful, you should see your doctor.