

THE MASTER COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 11 Issue 4

October 2012



Next event:

**Lower Hutt 10km Run and Walk
and 5km Run and Walk
Sunday 4th November 2012
(Entry form in this issue)**

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2012-13

EXECUTIVE:

President:	Brian Watson	06 364 7758
V.President:	John Hammond	04 292 8030
Secretary:	Albert Van Veen	563 8450
Treasurer:	Graham Gould	973 6741

COMMITTEE:

Barbara Tucker	027 271 5177
John Palmer	479 2130

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WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2012-2013

PATRON:	Heather May	C/- Harbourview Rest Home, 5 Bowlers Wharf Lane, Papakowhai, Porirua 5026	
PRESIDENT:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
VICE PRESIDENT:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
SECRETARY:	Albert Van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
TREASURER:	Graham Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
COMMITTEE:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
	Barbara Tucker	15 Brees Street, Epuni, Lower Hutt 5011	027 271 5177
SUBSCRIPTIONS:	Veronica Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130

MASTERS RECORDS:

LIFE MEMBERS

Jim & Colleena Blair (2004); Bruce & Noleen Perry (2008); Heather May; Richard Harris (dec'd) and John Palmer (2010).

CLUB CO-ORDINATORS

AURORA HARRIERS:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
CAPITAL RUNNERS:		PO Box 1973, Wellington 6140	
H V HARRIERS:	Albert Van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
H V MARATHON:	Trevor Knowles	105 Major Drive, Kelson, Lower Hutt 5010	565 0294
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
OLYMPIC:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
	Tineke Hooft	1 Tombane Lane, Papakowhai, Porirua 5024	237 9676
RIMUTAKA:	Mike Clark	12B City View Grove, Lower Hutt 5010	566 8755
SCOTTISH:	John Hines	Flat D1003 Central Park Flats, 20 Nairn St, Wellington 6011	384 3231
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAIRARAPA:	John Ihaka	7 Kowhai Grove, Featherston 5710	308 9656
WAINUIOMATA HARRIERS:	Rob Hannan	63 Bull Avenue, Wainuiomata, Lower Hutt 5014	972 6472
WGTV HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTV MARATHON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	
WGTV MASTERS:	Colleena Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992

COMMITTEE MEETINGS 1st THURSDAY OF MONTH AT OLYMPIC HARRIER CLUBROOMS, BANNISTER AVENUE,
JOHNSONVILLE, COMMENCING AT 5:30pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME.

President's Report 2011-12

A very warm welcome to everyone. An interesting year – I was overseas at the time of the last AGM and also for the 10km road race which was run on the 2nd October. 28 Competitors took part – 11 walkers and 17 runners which was up on the past few years. Six walkers entered the 5km with Harold Alcock the only runner. Just after this event, Harold suffered a stroke, which means his competitive days are over, but it was good to see him up and about on the 22nd July at the 8km race in Johnsonville. A special thanks to Peter Wrigley who has been doing a great job as the race director for the 10km – a task he has taken on for a number of years now.

On 25-27 November 2011, Wellington Masters hosted the North Island track and field championships. We had great weather over the whole of the weekend and the feed-back from competitors that took part pointed to a well organised and enjoyable weekend. We had 120 competitors take part over the weekend which is about average for these Island championships. A special thanks to David Lonsdale from Scottish and the Wellington walkers who organised and set out the course and acted as marshals for the 10km run and 10km walk out at Trentham. I found the 2km lap great to run over.

I am living in Otaki now and do not come down to Wellington much because of the price of petrol but I understand over the track and field season great competition was had by all taking part.

The Classic Relay on 6th May had 16 teams entered – 9 walking and 7 running teams – 2 more than the previous year. A good day and everyone enjoys this event. Prize giving quickly done and everyone away by 1pm. The big disappointment was that only three clubs entered teams – Scottish, Trentham and Olympic. Where were the other clubs? Many thanks to Paul Homan and members of the Trentham United Harrier Club for laying out the course, providing the lunch and for the use of their clubrooms. This is another event we don't want to see drop off the Masters calendar.

On 22nd July the 28th annual 8km road race and walk was held with 38 competitors – 27 runners and 11 walkers. It is good to see how strong the walkers are and how well they support Masters' events – thank you walkers. This year the event had an international feel with Roger Robinson and Kathrine Switzer taking part in the run. It was good to see Roger running again – his first race in 10 years. Another disappointment with clubs as only two clubs had teams – Scottish and Olympic. Come on you other clubs get off your backsides and run and support our events. A big thank you to all who helped run this event and also to Caroline Gratten who makes such a great lunch.

I rang up another old master runner Barry Everett who has been ill this year after suffering a heart attack and collapsed lung but is getting better as time goes by.

There has been some great running and walking over the year by different people – keep it up guys. The Wellington Masters has some great camaraderie which I think will continue for a long time.

I must mention about Jim Blair who was awarded the MNZM in the Queen's Birthday honour's list for his services to athletics in this country. Jim also did exceptionally well in World Masters competition and also won the Wellington Masters trophy for Wellington Masters Athlete of the Year. I have known Jim and Colleena for over 30 years and it is good to see them getting the recognition they deserve.

Finally, a sincere thanks to all the committee members, especially to John Palmer, on having no Secretary again for the second year running, took over these duties and did a great job.

All the best to everyone and have a great season next year.

Brian Watson

BITS and PIECES

Scorching Triathlons

The 2012-2013 Scorching Triathlons are back and will be held on the following dates:

11th November	- Scorching Bay
2nd December	- Scorching Bay
26th January (Saturday)	- Scorching Bay
24th February	- Scorching Bay
24th March	- Scorching Bay Teams Challenge (teams of three).

Dates are all Sundays (unless otherwise indicated).

Duathlon option available at all events (including teams challenge on 24th March).

Novice, Short, Medium and Long course options available.

* * * *

MEMBERSHIP

Our 2011-2012 financial year ended with our membership at 94 members. This was an increase on previous years. As at publication date we have 34 members for the new financial year. Welcome to new and returning members Ray Wallis (WMA); Neil Price (WHAC); Michael Chadwick (WMA); Dave McAllister (Scottish); Michelle Van Looy (Olympic) and Barrie Truman (WMA).

* * * *

SUBSCRIPTION 2012-13

At the AGM held on September 12th the subscription fee for the 2012-2013 year was set. The fee has been set at \$50 (same as previous financial year) and these fees are now due, payable to the Subscriptions Secretary, Veronica Gould. A new form has been sent out to members by Veronica and a form is also available on the back page of this newsletter.

* * * *

OFFICIALS

The North Island Masters track and field championships are to be held 23-25th November at Porritt Stadium in Hamilton. If you wish to apply for consideration as an official please let me know (John Palmer) and I will forward you a form that has been sent to me from the organisers. Applications close November 10th.

* * * *

RECORDS STATISTICIAN

We require someone to take on the role as Records Statistician for Wellington Masters. Mark Macfarlane has stepped down from the committee and would also like to relinquish the role of keeping the records too. If anyone is interested in this important role please contact the President Brian Watson.

* * * *

COMMITTEE MEMBERS NEEDED

With three committee members standing down at the AGM the Executive is seeking new committee members to fill these vacancies.

With the NZ Masters Championships taking place in Wellington in March 2013 we need the extra members on the committee to assist with the planning. If we can't get the extra committee members then the executive will have to approach members and ask them to assist with the organising of the Championships.

If you are interested in joining the committee, please contact the President Brian Watson.

* * * *

NEWTOWN PARK TRACK UPGRADE

The tender for the new track at Newtown Park has been finalised with the Wellington City Council and work has now begun on ripping up the old track ready for the new track to be laid.

It is hoped that the work will be completed early January and the first meeting (all going to plan) should be Saturday 12th January.

While the track work is being undertaken the grandstand roof will also be replaced along with some earthquake strengthening work carried out too.

* * * *

If you take an Oriental person and spin him around several times, does he become disoriented?

If people from Poland are called "Poles", why aren't people from Holland called "Holes"?

Why do we say something is out of whack? What's in whack?

Do infants enjoy infancy as much as adults enjoy adultery?

HEALTH

More Good News About Chocolate!

Chocoholics take heart – literally that is! Seems that a bit of the old chocolate bar might actually be good for the ticker! Finally, a comfort food that we can all live with – in moderation of course!

Several studies have concluded that the flavonoids in dark chocolate may actually be beneficial to your health in numerous ways. These studies don't exactly suggest that you run out and consume five or six bars of chocolate! Certainly not, given that the sugar and fat content of most chocolate would actually have a *detrimental* effect on your health.

However, various research studies, conducted in the U.S. and Switzerland, have concluded that chocolate flavonoids give short bursts of energy to the brain and are useful in combating fatigue and sleep deprivation. In fact, they may even counter the effects of aging, such as dementia, because they increase the flow of blood to the brain!

Some research experts say that epicatechin, a natural compound found in cocoa beans, may be as important in combating disease as penicillin. A study of one Central American Indian tribe, the Kuna, who drink up to 5 cups of cocoa water each day, showed they suffer less from high blood pressure, cancer, heart disease and strokes than people in more developed countries. It is believed that epicatechin improves circulation and relaxes blood vessels.

According to the *International Journal of Medical Science*, the Kuna were:

- Five times less likely to die as a result of heart disease;
- 25 times less likely to die from cancer;
- 10 times less likely to die from the effects of diabetes; and
- 13 times less likely to die from a stroke.

In addition, a research team from the Finnish universities of Oulu and Helsinki has been studying a group of Helsinki executives, born between 1919 and 1934, since the 1960s. Their findings? The chocolate-lovers in the group tended to be leaner, have a lower incidence of diabetes, and were better educated than those who consumed other sweets. In addition, they tended to be happier and suffered less depression, probably because eating chocolate also releases endorphins in the brain, which produce pleasurable feelings.

So go ahead and indulge in some dark chocolate...you might just make you feel better for quite some time!

* * * *

Extend Your Back Health

In the last couple of hundred years, we moved from a society that was primarily upright-postured, constantly moving, farming existence to an industrialised, sedentary, couch potato, computer-based workplace existence that has wreaked havoc with our spines!

All the stretching, bending and exercise involved in job duties back in the "olden days" really helped the spine stay healthy. Witness the number of people today with chronic back pain, degenerative disc disease, loss of mobility, osteoarthritis – all conditions that were relatively unheard of back in the day when folks were more apt to tend farm animals and crops as a means to gain their livelihood!

So...what is a desk worker to do? How about some extension exercises for starters?

Extension exercises are often beneficial for those with chronic low back pain, pain that extends out to other parts of the body from the back, and disc problems. They are usually done in a prone (lying down) or standing position. They generally involve stretching and extending the spine backward. They can be repeated several times a day, especially when back pain is acute.



You don't need to literally bend over backwards to reduce spinal stress!

One of the easiest extension exercises is done in a standing position. Keeping your posture straight, and your hands on your hips, bend slowly backward, stretching the spine. Extending the spine backward is beneficial because few activities we perform on a daily basis involve this type of extension. Spine extension exercises engage the entire spine, including the critical middle back area, which is forced to move against its natural curve. This helps to keep your back in balance.

Another extension exercise can be initiated from a lying down position. Lying down on your stomach with your hands under your shoulders, push up with your hands, lifting your shoulders off the floor. If you are able, place your elbows on the floor, directly beneath your shoulders and hold the position for several seconds.

Ed:- These articles are reproduced with the kind permission of Dr Louise Hockley, Back to Living Chiropractic, 85 The Terrace, Wellington 6011, telephone 04 499 7755 or visit the website www.chiro.co.nz

WELLINGTON MASTERS ATHLETICS INC.

Statement of Receipts and Payments for the period ending 31 August 2012

<u>2011</u>	<u>RECEIPTS</u>	<u>2012</u>
1,314.29	Balance of Current Account 31 August 2011	1,183.83
20,000.00	Total of Term Deposits 31 August 2011	20,000.00
<hr/> 21,314.29		<hr/> 21,183.83
3,735.00	Subscriptions Received	4,411.00
20.71	Interest on Current Account	34.60
1,224.35	Interest on Term Accounts	755.91
1,380.00	Race Fees	1,849.00
120.00	Uniforms Sold	210.00
-	North Island Champs Entry Fees	3,728.00
50.00	Donations	50.00
<hr/> 6,530.06		<hr/> 11,038.51
<hr/> 27,844.35		<hr/> 32,222.34
	<u>PAYMENTS</u>	
3,915.00	Subscriptions to NZMA	4,140.00
986.06	Race Expenses	1,067.76
141.75	Telephone, Postage & Newsletter Expenses	724.60
-	General Expenses	259.64
81.89	Out of Pocket Expenses	200.00
466.20	Athletic Gear Purchased	-
80.00	Presentation Expenses	-
164.62	Uniforms Purchased	454.25
345.00	Track & Field Expenses	400.00
480.00	North Island Champs Expenses	6,180.27
-	Track & Field Levy to Wellington Centre	460.00
<hr/> 6,660.52		<hr/> 13,886.52
21,183.83	TOTAL FUNDS AT 31st August 2011	18,335.82
	Represented by:-	
1,183.83	National Bank Current Account	1,145.81
10,000.00	National Bank Term Deposit due 12/09/12	10,000.00
10,000.00	National Bank Term Deposit	-
-	National Bank Savings Account	7,190.01
<hr/> 21,183.83		<hr/> 18,335.82

Statement of Accounting Policies

The above statement is prepared on the basis of Receipts and Payments through the Association's banking accounts. No provision is made for accruals of any amounts due at the end of the period. As the Association is not GST registered the amounts in the Statement include GST.

See page 7 for the Audit Report.

AUDIT REPORT

To the members of Wellington Masters Athletics Incorporated

I have audited the attached financial report (set out at page 6). The financial report provides information about the past financial performance of Wellington Masters Athletics (Inc.) and its financial position as at 31 August 2012. This information is stated in accordance with the accounting policies set out in the financial report.

Committee's Responsibilities

The Committee are responsible for the preparation of a financial report that provides a true and fair view of the financial position of Wellington Masters Athletics (Inc.) as at 31 August 2012 and the result of its operations for the year ended on that date.

Auditor's Responsibilities

It is my responsibility to express to you an independent opinion of the financial statements presented by the Committee and report my opinion to you.

Basis of Opinion

An audit includes examining, on a test basis, evidence relevant to the amounts and disclosures in the financial report. It also includes assessing:

- the significant estimates and judgments made by the Committee in preparing the financial report,
- and whether accounting policies are appropriate to the club's circumstances, are consistently applied and adequately disclosed.

I conducted my audit in accordance with generally accepted auditing standards in New Zealand except that my work was limited as explained below. I planned and performed my audit so as to obtain all the information and explanations I considered necessary in order to provide me with sufficient evidence to give a reasonable assurance that the financial report is free from material misstatements, whether caused by fraud or error. In forming my opinion I also evaluated the overall adequacy of the presentation in the financial report.

Other than in my capacity as auditor I am also a member of the club.

Qualified Opinion

In common with other organisations of a similar nature, control over some income prior to it being recorded is limited and there are no practical audit procedures to test the effect of this limited control.

In my opinion, except for adjustments that might have been found to be necessary had I been able to obtain sufficient evidence concerning income

- the financial report complies with generally accepted accounting practice, and
- gives a true and fair view of the financial position of Wellington Masters Athletics (Inc.) as at 31 August 2012 and the results of its operations for the year ended on that date.

My audit was completed on 1 September 2012 and my qualified opinion is expressed as at that date.

Richard Sweetman
Chartered Accountant (Retired)
Wellington.

NZ MASTERS TRACK & FIELD CHAMPIONSHIPS

1st – 4th March 2013

Newtown Park, Wellington
(Hosted by Wellington Masters Athletics)

A full programme of track and field events on the programme.

Entry form & programme available in the October issue of Vetline.



RECIPE

Grilled Salmon with Lentil Tabouli

If you've just done a super run, you'll need a super recovery meal.

By preparing grilled salmon with lentil tabouli you're combining two extremely healthy foods and giving your body plenty of protein and essential nutrients to boost recovery.

Lentils cook as quickly as rice and are loaded with filling fibre protein, folate, vitamin B and minerals.

Salmon is high in protein, heart-healthy Omega-3 fatty acids and vitamin D.

Ingredients:

FOR THE LENTIL TABOULI

- 1 cup green lentils
- 3 cups water
- ¼ cup extra virgin olive oil
- ½ cup lemon juice
- 1 small garlic clove, minced
- 4 spring onions, trimmed and thinly sliced
- 1 cup flat leaf parsley, roughly chopped
- ½ seedless cucumber, peeled, diced
- 1 cup romano tomatoes, quartered
- 2 teaspoons salt, or more to taste.

FOR THE GRILLED SALMON

- 700 grams salmon fillet
- 1 lemon, juiced
- 1 teaspoon salt
- 3 teaspoons olive oil.

Method:

Place lentils and water in a small pot. Cover and bring to a boil. Reduce to a simmer and cook, covered, for 15 minutes. In a bowl, toss together olive oil, lemon, garlic, spring onions, parsley, cucumber, tomatoes and salt. When lentils are finished, drain, rinse with warm water, add to bowl, and toss.

Wash fish with lemon juice and salt, rinse under cold water; dry with paper towel. Coat with two teaspoons oil and cut into six pieces. Oil a grill pan with last teaspoon of oil. Place salmon on heated grill. Cook for six to eight minutes per side (until fish flakes easily with a fork). Serve over tabouli.

Serves 6

* * * *

This is the Year I Will

TRY A TRIATHLON

SO YOU'VE ALWAYS FIGURED THAT TRAINING for three sports at once is in the same category as learning to speak another language! But you've figured wrong. You can spend as little as a few more hours of weekly training than you now spend running, for only a month or two, and finish a triathlon.

Provided you keep it short – both the training sessions and the triathlon. Short-distance "sprint" triathlons include a swim of just 500 metres to 750 metres, a bike ride of 20 kilometres and a five kilometre run.

It doesn't take much time in the saddle and pool to be ready for those distances. And the run will be a cinch – because it comes last in the event, your running base will make it easy for you to sweep past novice striders.

MAKE IT HAPPEN

Add three 30- to 60-minute lap swims and two 30- to 60-minute bike rides each week – while sticking to three 30- to 60-minute runs – for at least four weeks, says Hank Campbell, a runner-turned-pro triathlete who coaches at perform-coaching.com.

"The most common concern among runners new to triathlon is the swim," he says (see August issue The Master Copy page 6 – Ed.) Take a lesson first to learn an efficient stroke. "Once you can comfortably swim at least 50 per cent further than the race distance in the pool, you can feel confident of competing it on race day."

Scheduling the workouts can include one two-workout day. Also plan to do one weekly "brick" workout in which you do two of these workouts back-to-back – bike-to-run or swim-to-bike – which gets you accustomed to the race-day reality of stringing activities together.

To find a nearby race, go to the event calendar at triathlon.org.au and triathlon.org.nz. Most sprints are in the summer, when cycling and swimming are palatable even in the heat that makes running a chore. Bonus: Giving your running muscles a partial break means they'll be fresh for harder road-race training in the autumn.

* * * *

A Few Old Sayings

Don't take life too seriously; No one gets out alive.

A hangover is the wrath of grapes.

A picture is worth a thousand words, but it uses up three thousand times the memory.

Wrinkled was not one of the things, I wanted to be when I grew up.

Ham & eggs - A day's work for a chicken - a lifetime commitment for a pig.

He who dies with the most toys is none-the-less dead.

Racing Weight Quick Start Guide

By Matt Fitzgerald

HUMAN BEINGS ARE the most omnivorous creatures on earth. We eat thousands of different foods. But all of this variety can be organised into just a few basic food groups. The simplest classification system contains only four categories: meat, fish and eggs; dairy; grains; and vegetables and fruits.

The foods belonging to each of these categories tend to affect the body in different ways. Some of these effects have a bearing on weight management. Dieters and athletes seeking their optimal racing weight often manipulate the various food groups, eating more of some and less of others, and sometimes even eliminating one or more.

Some ways of manipulating food groups for weight loss are more effective than others, while there is no single best way to do it for everyone. A clear understanding of the relationship between each food group and body weight will help you make the best choice for yourself.

MEAT, FISH AND EGGS

People who consume a lot of meat tend to be fatter than those who consume little or none. Eliminating meat, fish and eggs from the diet – in other words, becoming vegetarian – can be an effective way to lose weight. However, going vegetarian doesn't guarantee weight loss. A meatless diet that's heavy on donuts is no better than a hamburger-heavy diet.

By the same token, a diet that includes meat, fish and eggs can also promote weight loss provided you make good choices within the food group (e.g. broiled salmon instead of hamburger) as well as outside of it (e.g. strawberries instead of donuts).

DAIRY

Athletes frequently achieve excellent weight-loss results on diets such as veganism that forbid consumption of dairy foods, which are calorically dense. However, research has shown that yoghurt in particular fosters a leaner body composition. This is likely because the calcium in yoghurt reduces the body's production of the hormone calcitriol, which promotes fat storage.

GRAINS

Grain-free diets such as the Paleo Diet have achieved great popularity in recent years. Eliminating grains from the diet promotes weight loss for three reasons: Most of us eat too many grain-based foods; grain-based foods have a low satiety index, so it's easier to overeat on a grain-heavy diet; and eliminating grains from the diet tends to make one much more conscious of food choices.

As with meat and dairy, however, grains themselves can promote weight loss when chosen wisely. People who eat more whole grains, for example, tend to be leaner than those who eat fewer.

VEGETABLES AND FRUIT

Vegetables and fruits are the only food group that can't be eliminated from the diet without negative health consequences. In fact, no matter what else you eat, you should eat more fruits and vegetables than anything else. Increasing consumption of foods in this category is perhaps the most effective way to achieve weight through manipulation of food groups.

Matt Fitzgerald is the author of *Racing Weight Quick Start Guide* (VeloPress 2011). Find out more at MattFitzgerald.org.

* * * *

TAMING YOUR TEMPER

Poorly managed anger can damage your health, work and your relationship. Here's how to get your anger under control.

Exercise – Physical exertion can help for brief, short-term anger, says Dr Sarah Edelman, psychologist and author of *Change Your Thinking* (ABC Books).

Write a letter – Explain your anger in words – you don't have to send it.

Cool off – "In an acute angry stage, it's a good idea not to confront the person straightaway," says Edelman.

Don't throw a tantrum – "it's a popular myth that venting anger is always the best strategy," says Edelman. "Venting can cause more problems than it solves. It can impair good relationships and it's not good role-modelling for kids."

Communicate – Slow down and think about what you want to say. Explain that you feel angry about something rather than acting aggressively. Listen carefully to the other person before you respond.

Seek alternatives – If the daily commute provokes uncontrollable road rage, consider different transport forms or a job closer to home.

Pros and cons – Ask yourself, "Is the anger achieving anything, or is it just hurting me?" Edelman warns, "Some people are reluctant to let anger go because they see that as a victory to the other person."

Problem-solve – Ask yourself, "Is there anything I can do about this problem?" If not, move on.

Acceptance – Recognise that some things in life just aren't fair. "Sometimes we have to accept that injustice is a part of life," she says.

* * * *



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Matt Fitzgerald is the author of *Racing Weight Quick Start Guide* (VeloPress 2011). Find out more at Mattfitzgerald.org.

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Communicate – Slow down and think about what you want to say. Explain that you feel angry about something rather than acting aggressively. Listen carefully to the other person before you respond.

Seek alternatives – If the daily commute provokes uncontrollable road rage, consider different transport forms or a job closer to home.

Pros and cons – Ask yourself, "Is the anger achieving anything, or is it just hurting me?" Edelman warns, "Some people are reluctant to let anger go because they see that as a victory to the other person."

Problem-solve – Ask yourself, "Is there anything I can do about this problem?" If not, move on.

Acceptance – Recognise that some things in life just aren't fair. "Sometimes we have to accept that injustice is a part of life," she says.

* * * *



TRAINING

SPEED SESSIONS

There are an unlimited number of sessions you can run and many different ways to run them. Some sessions should only be done at certain times of the season as either base development or competition phase sessions. How you run a particular session is more important than the description of the session. For example 10 repetitions of 1 minute can be done as a threshold session with a steady 30 second float recovery. This can be a fartlek session, or a hill session or a track session as 10 x 400m, with 200m jog recovery. By running faster with more recovery the session becomes a Max VO₂ or aerobic power session.

By doing the last rep fastest you can learn how to kick and by running at a specific pace e.g. 4 min/km you will learn how to run at that pace i.e. 5000m in 20 minutes. The trick is to do the right type of sessions at the right time. You should first consider your experience and your goals. There is no one magic session or formula that will work for everyone. Experiment and maintain variety so that you do not get bored with what you are doing. There should be some sort of continuity over time so that you can see yourself improve.

Progression is also an important element in structuring your sessions. Improvement is not linear so do not plan continued progression forever. Six weeks of improvement is about the maximum that most people can handle without breaking down. This can be extended to twelve weeks by doing a fortnightly cycle of sessions. Again variety is the key to improvement.

1. Repetitions

Repetitions are the best known type of sessions. They are also the simplest to understand. They can be any distance and number of repetitions for example 5 x 1km, or 8 x 500m, or 12 x 200m. By changing the recovery you can change the nature of the session. We build progression into our program for the 1km repetitions by starting with 1km jog recovery, then decreasing recovery to 2 minutes, then 1 minute, then 30 seconds, then back to 5 minutes for the power session. Progression can also be built into a session by increasing pace. For example 10 x 400m with a 200m jog recovery starting at 72 seconds then decreasing the average by 2 seconds each week for five weeks finishing with 64 seconds. Progression is obviously not unlimited.

2. Intervals

Intervals became popular after Zatopek won the 5k, 10k and Marathon in the one Olympics. He used to do up to 60 x 400m. Intervals get their name from the break between repetitions which is controlled and just as important as the fast part of the session. Often people get repetitions confused with intervals. An interval session might be 15 x 200m, 200m recovery with the fast 200 in 35 seconds and the recovery in only 50 seconds. Recoveries can either be a jog over a specific distance in a certain time or a specific timed recovery. Insufficient recovery slows you for the reps and turns the session into more of a threshold workout. Roger Bannister worked up to doing 10 x 400m in 60 seconds with only a 1 minute recovery leading up to breaking the 4 minute mile.

3. Hills and Strength Work

Hills are best done in the beginning of a training season. They develop strength so that you have less injury risk when you want to run faster. It is also important to have some hill speedwork if you are planning to race over a hilly course. The hills then become a specific running economy session. Closer to an important flat race hills can be counterproductive.

4. Fartlek

Fartlek is the Swedish word for Speed-Play. It is best done over varied terrain and hills. Because it is unstructured and unmeasurable fartlek is an ideal session when you are in recovery mode. That way you are not comparing your times but just running how you feel. For the same reason Fartlek is not as appropriate in the competitive phase when you have to closely control your effort and pace.

5. Tempo and Time Trials

Tempo sessions are extended time trials at anaerobic threshold pace. A popular session for elite athletes is 2 x 5km @ 10km pace with 5km recovery. The distance can be up to 10km but for most runners shorter races are the best type of tempo sessions.

6. Rhythm and Pace sessions

Developing pace judgement is one of the major goals of speedwork. Rather than do a very hard session the week of your major goal race it is better to do a pace session. In this session you are aiming for a particular time for your reps which is usually the identical pace you want to do in your race. Going too fast is just as bad as too slow in these sessions. The key to pace sessions is to be focused on the rhythm of your running rather than what everyone else around you is doing.

7. Power Sessions

Power sessions are one of the most fun sessions to do. After training hard for many weeks, it is now only 10 days to your major goal race. Training has been cut back and you are starting to feel fresher. Do 3 x 1km with maximum recovery at a faster pace than you have run all season. This contrasts with our base session of 5 x 1km. Most runners are amazed at how much faster they run for this session compared to what they have been doing. This gives them the confidence to know that they are capable of something great in their goal race.

8. Formwork

In the off season formwork can substitute or be added onto a speed session. Formwork involves drills and exercises designed to give strength and change form for greater efficiency and power. Besides making you faster better form can also help prevent injury. However, formwork such as plyometrics carries a high injury risk. It is best not to do it while training or racing hard. It takes surprisingly little time to get the benefits of formwork. Results can be seen within a few weeks and the benefits will last long after you have stopped form sessions.

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9. True Speedwork

True speedwork has the aim of improving maximum speed. Repetitions are done at close to maximum pace over distances under 200M. Recovery is complete and number of repetitions few. Injury risk is often higher than the benefits. This is the type of training that sprinters do.

Some coaches believe that some true speedwork should be done all year round because speed is lost easily and only gained through much hard work.

10. Combination Sessions

Speed sessions can have more than one defined goal. If you create competitive situations similar to what you will encounter in the race you will have a better chance of running well in your goal race. Pyramid sessions like 1k, 2k, 3k, 2k, 1k force you to change the pace you are running each repetition. Sessions of short Reps followed by a threshold rep or time trial make you learn to run hard while fatigued. By running faster every repetition in a session you learn to pace yourself through a more complex exercise than a race. Recoveries can be determined by your falling heart rate rather than a specific time or distance.

TRAINING PROGRESSION

Progression is the most important factor in continuing to improve performance. In only four to six weeks the body adapts to the training stress, at this time an increased training load or type of stress must be initiated in order to get continued improvements. If no change occurs then performance will plateau.

Progression is not a simple formula of linear improvements. Because our bodies are biological organisms we respond in different ways at different times. By running an extra 400m repetition every week in your speed session you will eventually find your limits and break down. By running different types of sessions each week your body can adapt to do even more repetitions than by the linear progression method. The goal should be to increase quantity and intensity of training over the whole macrocycle. Do not get too worried about weekly gains. It is the longer term improvements that will make the greatest difference.

Progression can be made in; the quantity of sessions (the distance of each rep.); the frequency of sessions (how many repetitions are run); the intensity of sessions (speed over a particular distance); the recovery of sessions (the increased pace or decreased distance or time of recovery between repetitions). Progression can also be made between microcycles by increasing the number of speed sessions per week.

Detraining occurs when runners are not consistent with their training. This is true for speed as well as endurance. While endurance gains can be regained quickly after a layoff, speed gains are much more difficult to recapture. It sometimes takes a whole season or year to regain the speed you had before even a short layoff. Speed can be maintained during a large decrease in training quantity by maintaining intensity, but gains will not occur unless the runner pushes beyond what they have done before.

Speedwork is not always easy, but it is necessary for runners to occasionally push outside their comfort zones to achieve improvement. This is often painful but you can be satisfied that improvements will then occur as long as you are not overtraining or pushing your limits too frequently. Long term adaptations often will surprise you. Suddenly you will find yourself running 20 seconds faster

for your kilometre reps without even struggling. When this happens you can look back on the consistency of your speed sessions as being the major reason for your improvement.

BEGINNING SPEEDWORK

We have new people coming to the speed sessions constantly. Some of them only last one or two sessions before deciding it is too hard. They usually have not approached speedwork in the right way and have not given themselves enough time to adapt to its demands. The best way to begin speedwork is to run fartlek by yourself. This might involve surging about five times during a normal training run. The surges can be over different distances and at varied paces, but do not make the mistake of thinking that speedwork is sprinting. 100% efforts should be saved for races and power sessions. Most beginners run too fast before their body can cope with it.

Once you have had a few weeks of fartlek, then once a week go along to an organised session. Running with others is very important for developing pace judgement. Getting advice from experienced coaches can also be vital to running with proper form and effort. There are many different ways to run a speed session and you have to make sure that you are running correctly, otherwise you will get injured.

Expect to feel sore the first few weeks. Your body breaks down as it responds to the speedwork. When it rebuilds it grows stronger, and better able to deal with the stress with less damage. After three or four weeks the sore muscles will no longer trouble you. Do not give up in the first few weeks because it is too hard, it will get easier.

SOME SPECIAL FACTORS IN SPEEDWORK:

Age, speedwork and lean muscle mass

Speedwork becomes more important the older you get. As we age our lean muscle mass is eroded and it takes more effort to maintain muscle and keep off fat. Intensity has proven to be the major factor in maintaining strength and muscle. Mileage serves to catabolise muscle so that strength is lost. Just doing mileage as you get older is a certain way to get slower. In a study in America on elite athletes from the 1940's it was found that speedwork was the main distinguishing factor between aging of the athletes and their performance. Those who kept training and racing intensely were able to maintain performance levels very close to their original times. Those who only maintained mileage suffered dramatic losses in their performance indicators with a resulting loss in their health and longevity.

Speedwork Training Principles

There are some things that are true for everyone. These training principles can be broken only at your own peril. The easiest way to achieve injury is by combining racing and speedwork without enough recovery. Both are high intensity stressing the system in a similar way. You can be on a high after a good race and are capable of doing a hard session the next day. The resulting destruction is much greater than from an ordinary session because you are still recovering from the race. It is just as dangerous having a race after a hard session. It is best to look on races as types of speed sessions which require as much if not more respect as any other speed session.

Attempting a speed session after a long run is also risky as the long run suppresses coordination setting you up for injury. It is far better to follow a speed session or race with a long run because long runs are at a lower intensity. The main speedwork training principle is that as you are tapering and preparing to peak for a race quantity and frequency of repetitions will decrease while intensity and recovery will increase. Even if you only follow this principle you will be certain of a better racing performance.

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THE ATHLETE'S KITCHEN

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Protein for Athletes: What Do the Researchers Say?

Protein is a popular topic among both casual joggers and competitive runners, many of whom are confused about how much protein they need, when they should eat it, and the best kinds of protein to choose. The following article answers some of the questions runners commonly ask about protein in a sports diet. The information was presented by prominent protein researchers at the American College of Sports Medicine's Annual Convention (May, 2012). The session was sponsored by P.I.N.E.S, a global network of Professionals In Nutrition for Exercise & Sport (www.PINESNutrition.org).

Do some athletes need more protein than others?

Just as children have high protein needs during growth periods (0.6 g Pro/lb; 1.3 g pro/kg), athletes also have requirements higher than the RDA (0.4 g pro/lb; 0.8 g pro/kg) when building muscles: 0.55 g/lb (1.2 g/kg) for endurance athletes (such as runners) and 0.75 g/lb (1.7 g/kg) for strength athletes. These protein recommendations assume the athlete is consuming adequate energy from carbohydrate and fat. Runners who restrict their food intake end up using some protein for fuel, thus they need a higher protein intake. In general, most athletes consume ~0.7 g Pro/lb (1.6 g/kg/day), so they easily meet the protein recommendations — without supplements.

The biggest way to stimulate muscular growth is to lift weights or do other forms of resistance exercise. To support muscular development after hard lifting, runners need to consume high quality protein (with all the essential amino acids) in close proximity to their training. High quality proteins include milk products, poultry, eggs, fish, lean beef, all meats, and soy protein.

How should I spread my protein intake over the day? Is it better to have a large steak for dinner or smaller protein doses every few hours?

Many runners eat very little protein for breakfast, but then feast on a high protein dinner. Current research suggests the trick to optimizing muscular development is to spread the protein intake evenly throughout the day. For example, if you were having a carbohydrate-based breakfast (such as oatmeal or a bagel) and a salad for lunch, you would be wise to include more protein in those meals. The goal is to consume at least 20 grams of protein every 3 to 4 hours. For example, a 150 lb (68 kg) runner who chooses at least 20 grams of protein per meal and snack will easily consume the recommended 82+ grams of high quality protein: 3 eggs for breakfast (21 g protein); 2 cheese sticks for a morning snack (14 g pro); 4 oz. deli meat in a lunchtime sandwich (28 g pro); an afternoon snack with 6 oz. Greek yogurt (18); a medium (5 oz) chicken breast for dinner (35 g pro); and 4 oz cottage cheese (12 g pro) before bed easily does the job, with no need for protein supplements.

Are all dietary protein sources the same? What about supplements: whey vs. soy vs. casein?

Different types of proteins are comprised of differing amounts of essential amino acids (EAA) and have different rates of digestion. For example, whey is more rapidly absorbed than casein. Soy protein contains fewer EAA's than whey or casein. The EAA leucine is a key "trigger" for building muscle, so leucine-rich foods with rapid digestive properties are best for recovery from resistance exercise. Animal proteins — including plain or chocolate milk, lean beef, and tuna — are leucine-rich. Plant proteins contain leucine, but in lower amounts.

Because casein is slowly absorbed, consuming casein-rich foods before bedtime (such as cottage cheese) can help support muscle-building processes throughout the night. This may be particularly important for athletes seeking to maximize muscular growth during building seasons, such as during a pre-season training program.

Do other nutrients consumed at the same time as protein affect muscle recovery?

Yes. You want to enjoy carbohydrates in combination with protein. Carbs are important to refuel muscles, while protein's job is to build and repair muscles. Adding some fat, such as low fat or whole chocolate milk vs. fat free chocolate milk, also seems to increase protein uptake. Researchers are unsure why a little fat enhances protein uptake, so stay tuned!

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Does adding protein to a sports drink enhance performance and/or recovery?

Studies suggest no improvement in either endurance or speed (time trial performance). The benefits of having protein in a sports drink relate more to recovery. Protein contributes to slightly higher muscle protein synthesis and glycogen replenishment.

Should I eat protein before exercise to promote post-exercise recovery?

Won't hurt, but may not help. Eating 20 grams of protein 45 minutes before exercise increases amino acid uptake by the muscles to an equal extent as eating protein immediately after exercise. Take note: 20 grams of protein per recovery-dose is plenty. Runners who consume higher amounts of protein either burn it for fuel or store it as fat.

When runners lose weight, they also lose muscle. Is there a way to prevent that loss?

About 25 to 30 percent of weight loss relates to muscle loss. To abate this loss of lean tissue, dieting runners can 1) create just a small calorie deficit (as opposed to starving themselves with a crash diet), 2) consistently choose protein-rich meals and snacks, and 3) include resistance exercise twice weekly in their training.

How should vegetarian runners - particularly vegans - meet their protein needs?

Vegan runners can successfully meet their protein needs by eating a variety of plant foods. Most grains (wheat, rice, quinoa, corn, barley, rye) contain all 9 essential amino acids, just in lower amounts than an equivalent serving of animal foods. Hence, vegans need to consume generous portions of plant protein to compensate for both the lower density of the protein as well as the fact that plant proteins are less bioavailable (due to their fiber content).

The wisest way for a vegetarian to optimize protein intake is to consume adequate food. If the vegan is under-eating, the energy deficit will easily lead to a muscle loss. Vegans who want to lose fat (not muscle) will want to focus their limited food intake on protein-rich plant foods. More tofu anyone?

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) helps both casual and competitive athletes feel great from the inside out. Her practice is at Healthworks, the premier fitness center in Chestnut Hill MA (617-795-1875). Her Sports Nutrition Guidebook and food guides for runners, cyclists and soccer players are popular resources. They are available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com

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NO NURSING HOME FOR ME

About 2 years ago my wife and I were on a cruise through the Mediterranean. At dinner we noticed an elderly lady sitting alone along the rail of the grand stairway in the main dining room. I also noticed that all the staff, ships officers, waiters, busboys, etc., all seemed very familiar with this lady. I asked our waiter who the lady was, expecting to be told that she owned the line but he said he only knew that she had been on board for the last four cruises, back-to-back. As we left the dining room I caught her eye and stopped to say hello. We chatted and I said, "I understand you've been on this ship for the last four cruises". She replied, "That's true." I stated, "I don't understand" and she replied "It's cheaper than a nursing home".

So, there will be no nursing home in my future. When I get old & feeble I am going to get on a Princess Cruise Ship.

The average cost for a nursing home is \$200 per day. I have checked and I can get a long term discount and senior discount price of \$135 per day. That leaves \$65 a day for:

1. Gratuities which will only be \$10 per day.
2. I will have as many as 10 meals a day if I can waddle to the restaurant, or I can have room service (which means I can have breakfast-in-bed every day of the week).
3. Princess has as many as 3 swimming pools, a workout room, free washers and dryers, and shows every night.
4. They have free toothpaste and razors, free soap & shampoo.
5. They will even treat you like a customer, not a patient. An extra \$5 worth of tips will have the entire staff scrambling to help you.
6. I will get to meet new people every 7 or 14 days.
7. T.V. broken? Light bulb needs changing? Need to have the mattress replaced? No Problem! They will fix everything and apologise for your inconvenience.
8. Clean sheets and towels every day, and you don't even have to ask for them.
9. If you fall in the nursing home and break a hip you are on Medicare; if you fall and break a hip on the Princess ship they will upgrade you to a suite for the rest of your life.

Now hold on for the best! Do you want to see South America, the Panama Canal, Tahiti, Australia, New Zealand, Asia, or name where you want to go? Princess will have a ship ready to go. So don't look for me in a nursing home, just call shore to ship.

PS: And don't forget, when you die, they just dump you over the side - at no charge.

How Do You Get Over a DNS (Did Not Start)?

With the months of preparation you put into preparing for your "A Race", getting injured or sick in the last few days before the event can be devastating. The decision to drop out before things get worse is not an easy one, considering the time and money invested.

First and foremost, give yourself time. It can be tempting to make a quick decision: to push through an injury, to sign up for a "redemption" race or to change direction. Wait a while before making any major decisions.

After some time passes (recommendation at least two weeks), you will gain some perspective on the true cause of your DNS. Learn from the experience so you can adjust your approach. Even seemingly random events, like bike crashes, can stem from a deeper root cause of pushing ourselves too hard.

The next step is to focus on recovery. Whether you were derailed by a crash, an illness or simply lack of preparation time, the answer is not additional stress. Use the planned setback of the DNS as the start point for a deep "unloading" block of at least four weeks' duration.

Stay active but resist the urge to do any real hard training. If you are recovering from an injury, create space in your work and family life. Once you have your health back, focusing on a non-triathlon or running project can be an excellent way to channel your energy.

If you were derailed due to a stress fracture, consult with a sports doctor or specialist who can help you evaluate your next approach.

The first few days after a setback are never much fun. For a couple of days, give yourself some time each morning to recognise your emotions. Then, as acceptance sets in, set a fresh goal and start the journey anew.

* * * *

RUNNING AGAINST THE GRAIN

Asics bucks the heel striking trend

Since the bestselling book *Born to Run* shot barefoot running into the mainstream, nearly every running shoe maker has hopped on the minimalist bandwagon.

The flat, flexible-soled shoes that were formerly thought of as a hardcore racing tool are now commonplace on running trails and in gyms because of this recent forefoot-striking trend. Almost all of the established brands offer shoes of this style, with one exception: Asics.

In 2011, Asics presented its take on the minimalist running shoe with a new line called ASICS33, named after the number of joints in the foot. Asics representative Brice Newtown says these shoes are intended to promote "natural foot motion." Although Asics debated switching to a platform that facilitated mid foot striking for its lightweight line, two studies – one based on a computer-generated runner that calculates metabolic cost

of different stride types and another conducted on 24 experienced runners – verified the company's viewpoint that heel striking is equally or more efficient than mid-foot striking.

The Gel-Blur33's forefoot is more flexible than Asic's stability trainers, but the large 10mm drop from the heel to the toe they both share is the hallmark of a shoe designed for a heel-striking gait. Although Asics offers racing flats that conform to the tenets of minimalistic running, international research consultant Simon Bartold, Ph.D., says the company is "going to stick with our 10mm platform" for its natural motion shoes.

* * * *

DEFENSIVE RIDING

Bikes vs. cars is a debate that riles tempers, no matter which side you're on. But cyclists aren't going to "win" the debate unless they live to ride another day. Follow Scott Fliegelman's nine guidelines for safer riding and racing this season.

1. Stay to the left of the white line whenever possible. Use caution and patience when overtaking other riders and offer a polite "On your right".

2. Do not use your iPod. Even with the volume turned way down or only the right ear-bud in, you still can't hear approaching vehicles as well as you need to maximize your safety.

3. Signal all stops, turns and obstacles with your hands and use your voice when riding with others. Not only will this help you communicate with highly distracted drivers, it will also help keep your group riding cohesively.

4. Avoid using aerobars when riding in a group. Triathletes have earned a reputation for "sketchy" group riding, and this is the biggest reason why. Save your aero time for solo sessions.

5. At intersections, make eye contact and use hand signals with drivers. Do all you can to ensure that your intentions have been properly communicated and that you understand the driver's intent before proceeding into any intersection, regardless of right of way.

6. Come to a full stop at every stop sign and red light and put a foot down. Instead of getting annoyed with the "hassle" of clipping in and out of your pedals, see how smoothly you can reengage your cleat. And save yourself the expense of a traffic ticket – it is the law.

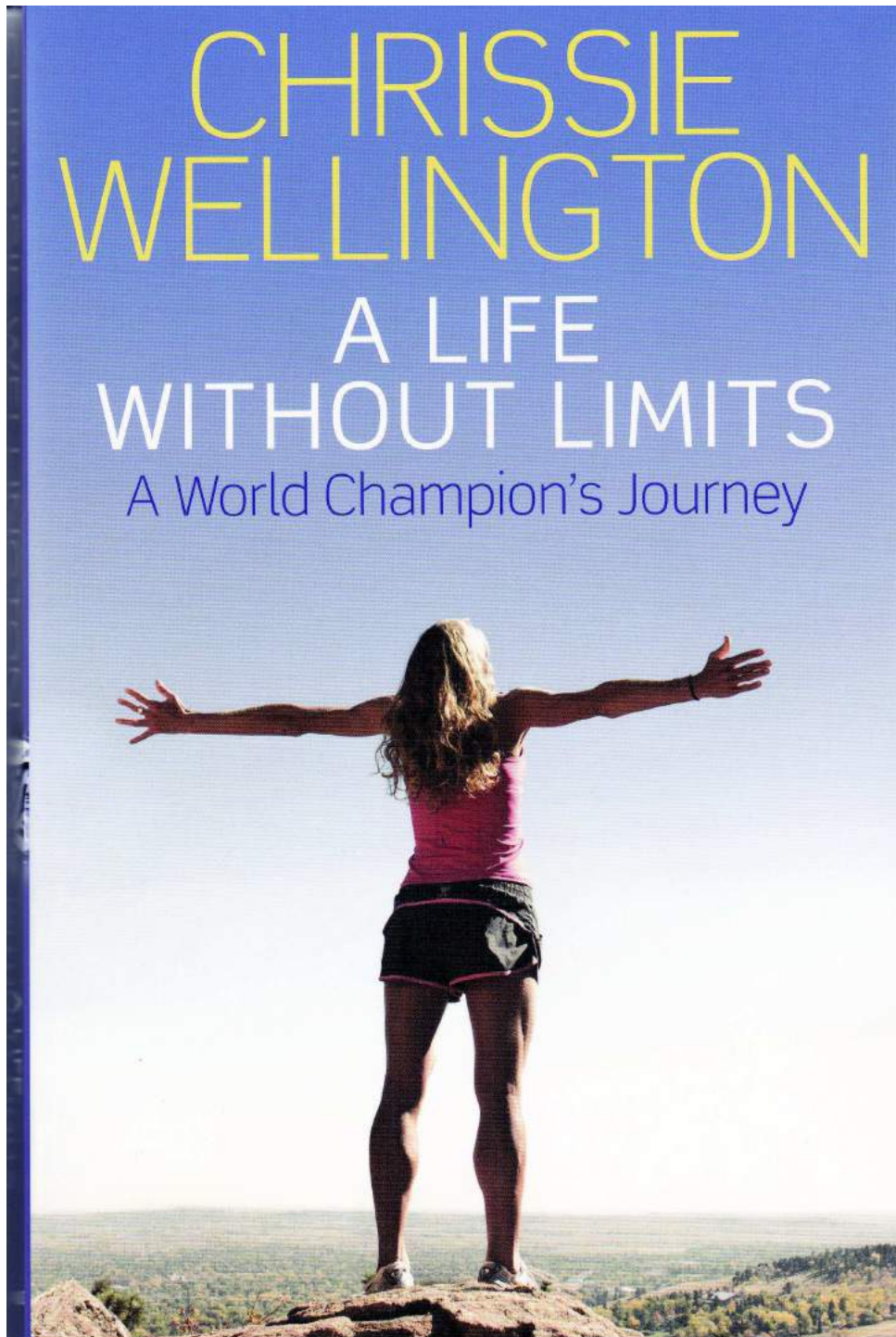
7. Only ride "two-up" when it's safe and unlikely to cause interruption to the traffic behind you. Riding side-by-side in many situations, isn't always the safest or wisest option. Ride smart.

8. Right turns require extra special attention. Whether you make a right turn across oncoming traffic or a head-on vehicle makes a right turn in front of you, you should be hyper vigilant. Assume the driver has no idea that you are there and cede the right of way regardless of who was there first.

9. Apply basic rules of the road to racing! Race officials have your best interests in mind on race day, but you should still use sound judgment at all times, even if it means hesitating a few seconds to pass through a high-traffic area or a dangerous curve.

* BOOK REVIEW *

This book is the amazing story of Chrissie Wellington who in October 2007 shocked the world by winning the Ironman World Championships in Hawaii. Nine months earlier she had left her job as a civil servant in Whitehall to become one of the greatest triathletes of all time. Published by Constable & Robinson Ltd - 15 Chapters over 278 pages.



WELLINGTON TRACK and FIELD PROGRAMME 2012/13

Date	Event	Venue
2012		
20 October	Gold Programme	TBA
27 October	Regional Teams Meet – 1st Round	Palm. North/Hastings
10 November	Regional Teams Meet – 2nd Round	Palm. North/Hastings
10-11 November	North Island Combined Events Championships	Hastings
24 November	Regional Teams Meet – 3rd Round	Masterton
23-25 November	North Island Masters Championships	Hamilton
1 December	Black Programme	Masterton
30 Nov-2 Dec	South Island Masters Championships	Nelson
8 December	Blackboard Programme	Trentham
8 December	NZ Secondary Schools Championships	Dunedin
16 December	Gold Programme	Scots College
23 December	Scottish Night of Miles	Hutt Rec
2013		
5 January	Blackboard Programme	Newtown Park
5 January	Lovelock Classic & NZ 10,000m Championships	Timaru
4-6 January	North Island Colgate Games	Inglewood
11-13 January	South Island Colgate Games	Invercargill
12 January	Black Programme incorporating Kiwi Throwers Meeting	Newtown Park
19 January	Gold Programme	Newtown Park
19 January	Potts Classic	Hastings
22 January	Cooks Classic	Wanganui
25 January	Capital Classic & NZ Senior 3000m Championships (twilight meet)	Newtown Park
2 February	Black Programme - Combined Masters 10,000m Championships	Newtown Park
2 February	International Meet	Christchurch
9 February	Gold Programme	Newtown Park
9 February	Porritt Classic	Hamilton
16 February	Wellington Centre & Masters Championships – Day 1	Newtown Park
16 February	NZ M/W 19 3000m Championships	Nelson
16-17 February	NZ Combined Events Championships	Auckland
16 February	NZ Half Marathon Championships	Wellington
23 February	Wellington Centre & Masters Championships – Day 2	Newtown Park
27 February	WHAC Relays Meet (9am – 3pm)	Newtown Park
1-4 March	NZ Masters Championships	Newtown Park
16 March	Requested Events	Newtown Park
22-24 March	NZ Track & Field Championships	Auckland

Black Programme:

Time	Track	Field
1.30pm	100m	Shot Put
1.50pm	3000m Track Walk	
2.00pm		Triple Jump
2.15pm	Sprint Hurdles Request	
2.20pm	800m	
2.40pm	400m	Discus
3.00pm	3000m/5000m	Pole Vault
3.30pm	200m	

Gold Programme:

Time	Track	Field
1.30pm	100m	Hammer
1.50pm	5000m Track Walk	
2.00pm		Long Jump
2.25pm	300/400m Hurdles on request	
2.35pm	1500m, or 1 mile, or 2000m (request)	Javelin
3.00pm	200m	High Jump
3.15pm	Steeplechase 3000m or 1500m or 2000m on request. (Otherwise other distance event on request).	
3.30pm	400m	

Notes:

Only two throws per meeting have been programmed due to lack of sufficient officials to run the events. Athletes competing in any unscheduled throwing event are not entitled to any records that may be broken.

All field events will commence at set start time. Warm up 15 minutes prior to start times please.

Times for Black and Gold Programmes may be altered depending on attendances. Please do not assume that your favoured event will be run at the stated time.

WELLINGTON MASTERS ATHLETICS

10KM ROAD RACE AND WALK

(Incorporating the Wellington Masters 10km Championships)*

and

5KM ROAD RACE AND WALK

(Non-championship event)

SUNDAY 4th NOVEMBER 2012 at LOWER HUTT

START TIMES: Walkers 9.15am – Runners 9.45am

START/FINISH: Outside Sacred Heart College in Bellevue Road.

RACE HEADQUARTERS: Huia Indoor Swimming Pool, Lower Hutt – Entries will be taken on race day at the start area outside Sacred Heart College.

COURSE: The race starts outside Sacred Heart College, travels down Bellevue Road, turn left into Ludlum Crescent, then into Puriri Street along to the end, then left into Pohutakawa Street and continue along past the Waterloo Interchange into Oxford Terrace – turn at the cone and retrace course back to start/finish at Sacred Heart College.

5km turn will be around the vicinity of the Waterloo Interchange – turn at the cone and retrace course back to start/finish at Sacred Heart College.

SHOWERS: will be available at the pool – free of charge.

REFRESHMENTS: Tea and Coffee will be available after the race in a meeting room upstairs at the pool also used by Hutt Valley Marathon Clinic, which has kindly agreed to act as host for the race. Lunch will **NOT** be available. Tea and Coffee with light refreshments will be covered by your race entry fee.

PRIZEGIVING: Will take place in the meeting room at the Huia Pool with each 5-year age group being recognised.

***CERTIFICATES:** Will be posted out after the event to all place-getters in each 5-year age group.

ENTRIES: For this event entries (runners & walkers) will be received from both members and non-members of New Zealand Masters Athletics provided that they meet the minimum age requirements:

<u>MEN:</u>	Pre Master -	30 years of age on 4/11/2012
	Master -	35 years of age on 4/11/2012
<u>WOMEN:</u>	Pre Master -	30 years of age on 4/11/2012
	Master -	35 years of age on 4/11/2012

ENTRY FEE:

10km: Member of WMA - \$10 no late entry fee is payable.

5km: Member of WMA - \$5 no late entry fee is payable.

Non-member of WMA - \$15 - no late entry fee is payable.

Please turn over for Entry Form

ENTRY FORM

(Please Print Clearly)

NAME: _____

ADDRESS: _____

MALE/FEMALE: _____ AGE ON RACE DAY: _____

EMAIL: _____

TELEPHONE: (home) _____ (business) _____

CLUB: _____ RUNNER/WALKER (delete or circle one)

EVENT: 5km 10km

ENTRY FEE: **10km** - \$10 – Members of NZMA – no late entry fee applies.

5km - \$5 – Members of NZMA – no late entry fee applies.

Non-member of NZMA **\$15** — no late entry fee applies.

Annual Subscription **\$50.00** (from 1 September 2012 to 31 August 2013).

TOTAL AMOUNT ENCLOSED: \$_____ Make cheque payable to Wellington Masters Athletics.

A range of WMA singlets (\$30) and Tee Shirts (\$50) will be available for purchase on the day

Post Entries to:

Wellington Masters Road Race,
C/- Graham Gould, PO Box 5887 Lambton Quay, Wellington 6145 – For any enquiries telephone (04) 973 6741

No postal entries after 31st October – please register on the day at the start area.

DECLARATION AND AGREEMENT TO BE SIGNED BY ALL PARTICIPANTS

I agree to abide by the following race rules.

1. I will follow the directions of race officials.
2. I acknowledge that I compete at my own risk.
3. There are **NO** road closures.
4. Runners and walkers must use the footpaths provided or where there is no footpath, run/walk as close as possible to the side of the road.
5. Privacy Act: Information concerning this event may be used by Wellington Masters Athletics for promotional purposes.

Signed _____

- COMING EVENTS -

2012

Nov

3-11	8 th Pan Pacific Masters Games www.mastersgames.com.au	Gold Coast, Queensland
4	Lower Hutt 10km Road Run and Walk	Huia Pool
10-11	North Island Combined Event Championships	Hastings
11	Scorching Triathlon	Scorching Bay
24	Lake Taupo Cycle Challenge	Taupo
23-25	North Island Masters Championships	Hamilton
30 Nov-		
2 Dec	South Island Masters Championships	Saxton Field, Stoke

2013

Jan

22	Cooks Classic	Wanganui
25	Capital Classic	Newtown Park

Feb

9	Buller Gorge Full and Half Marathons	Westport
17	NZ Half Marathon Championships	Wellington

Mar

1-4	NZ Masters T&F Championships	Newtown Park
11-14	Australian Athletics Championships	Sydney
22-24	NZ Track & Field Championships	Auckland (venue TBA)

May

5	Nelson Half, $\frac{1}{4}$ Marathon and 5km	Saxton Field, Stoke
12	Masters Classic Relay	Trentham Memorial Park

July

6-7	35 th Gold Coast Full & Half Marathon + associated events www.goldcoastmarathon.com.au	Gold Coast, Queensland
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Note: While every attempt is made to provide correct dates of events, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

CENTRE RECORDS:

IF YOU FEEL THAT YOU HAVE SET/BROKEN A CENTRE RECORD, PLEASE SEND THE APPROPRIATE PAPER WORK SIGNED-OFF TO THE SECRETARY FOR RATIFICATION BY THE COMMITTEE. THE SECRETARY'S CONTACT DETAILS ARE LISTED ON THE INSIDE FRONT COVER OF THE NEWSLETTER.

CHANGE OF ADDRESS:

If any member changes their address, it would be appreciated if they could notify the Subscription Secretary. This enables us to keep records that are accurate and up to date and ensures that you continue to receive your newsletter and any other Master's material. It is also important that Club Co-ordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

WELLINGTON MASTERS ATHLETICS INC.

**SUBSCRIPTION FOR THE 2012/2013 YEAR
(1 September 2012 to 31 August 2013) = \$50.00**

NAME(S): _____

ADDRESS: _____

BIRTH DATE(S): _____ **EMAIL:** _____

CONTACT PHONE No. _____ **CLUB (if any)** _____

How to Pay:

\$50 (\$100 for couple) - Cheque made out to Wellington Masters Athletics Inc. – (WMA Inc.) and send with form to: **VERONICA GOULD, PO BOX 5887, LAMBTON QUAY, WELLINGTON, 6145.**

Direct Credit to: Wellington Masters Athletics Inc., National Bank, The Terrace: **06 0565 0064415 00**
and forward a completed form to Veronica Gould at the above or email to:
gvgould@xtra.co.nz

NOTE: Wellington Masters Athletics singlets and T shirts are also available from Veronica Gould at a cost of \$30 and \$50 respectively.

Please advise any change of address as soon as possible

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