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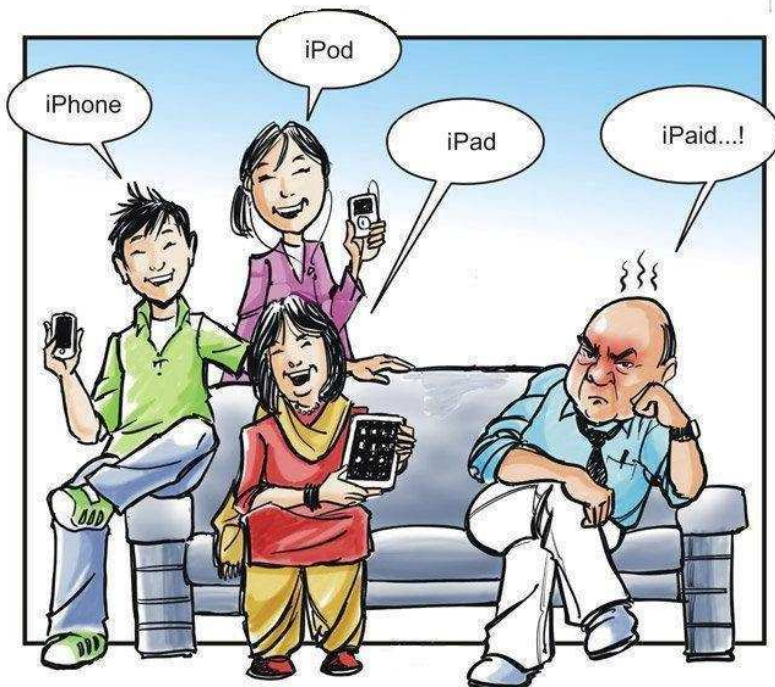
MASTER

COPY

Newsletter of the Wellington Masters Athletics Inc.

Volume 12 Issue 1

February 2013



WELLINGTON MASTERS ATHLETICS INC.

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V.President:	John Hammond	04 292 8030
Secretary:	Albert Van Veen	563 8450
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COMMITTEE:

Barbara Tucker	027 271 5177
John Palmer	479 2130

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WELLINGTON MASTERS ATHLETICS INC.

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

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

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME.

FROM THE PRESIDENT

I had never been to Europe or Britain before so on the 24th of August 2011, Catherine my wife and I left Auckland for Singapore and England. A year and a bit have gone by since then. Where has the time gone? Whilst in England we visited Bath, (an active volcano), Portsmouth, (Nelson's Flagship the Victory), and the Isle of Wight, (original experimental station for guided rockets and missiles). Most of our time in England was spent in London visiting Buckingham Palace, Westminster Abbey, St. Paul's, the Changing of the Guard, Tower Bridge, Madame Tussauds, London Eye, Kensington Palace and Gardens and a trip on the Thames. The UK country side is much different to NZ as it is flatter, (they call hills mountains), and has rock walls or hedges around the paddocks rather than our types of fences.

We did a bus tour around Europe, visiting several countries including France, Belgium, Germany, Austria, Italy, Switzerland, and then back into France. We saw a lot on our 9 day tour. One of the highlights was going up the Rhine for a couple of hours which was something I had always wanted to do. While in Italy we went to Venice where we had a ride in a gondola. In Switzerland at Lucerne we went up a 6,500 foot mountain, first starting in a Funicular then on a Gondola. We had a great view and a great ride, looking out over the mountains and 100km of lakes and flat land which was the best panoramic view I have ever seen. You had to be fit on these trips, as I worked out we walked about 10km a day. Not all at once of course, but on an average day we were up at 5:30am or 6am to have breakfast then on the road by 7am or so. We travelled on the bus about 600km a day. After 2 hours or so, we would stop at a town or city or a bus park, walking a km or so into the centre of town, then after about 2 hours or so back to the bus. This happened a few times during the day, so it did not take long to walk the kms. We were the oldest on the tour as most of the other tourists were 18 to 60 years old. After about 6 days, people on the bus complained about being tired and as much as we enjoyed the trip, we also found it tiring.

An interesting thing, anywhere we went, but especially in London, were the number of runners we saw. Most runners were between 20 to 60 years old. They were not jogging, but running very steadily and training by the look of them, at any time during the day.

Our next bus trip was for 7 days, and started from London. It then went to Salisbury Cathedral and onto the plains to see Stonehenge where people started building 4200BC, over 6000 years ago which was very hard to comprehend. Then to Bristol, Cardiff in Wales, over to Ireland, and back to London. We had a great time and saw a lot of different things and places including going round The Ring of Kerry which is 160km and supposedly the most beautiful scenery in the world according to our guide. But then he has never been round Pukerua Bay. Then attending a banquet in a 15th century castle, drinking spiced honey mead and being entertained with harps and madrigals with everyone wearing medieval costumes. It was fantastic food and entertainment. A 300 year old Irish pub had sawdust on the floor and there was much singing to the fiddle and harmonica. In Wales we traveled by canal boats on canals built from 1790 to 1805 which are still in use today. There are 2500 miles of canals in England which is more than anywhere else in the world and the feats of engineering are astounding. At one stage we were on a viaduct which crossed a valley at 426 feet over the valley and was over 1000 feet long.

After London it was on to Birmingham which was supposed to be the highlight of the trip, to visit the Jaguar factory. At the beginning of the tour it was amazing to see a piece of alloy on the shop floor which is the start of a car, and after the hour and a half tour ends, you see a complete car ready to go on the road. All Jaguar cars are made of alloy.

Next stop was Scotland to meet my brother and sister-in-law. We stayed in Kilbirnie in Ayreshire for 10 days which was a good rest after the bus trips. We saw a lot of Scotland's ancient ruins, crofts and keeps. In Glasgow the museum was amazing, as was Stirling Castle, Loch Lomond, Falkirk Wheel, Largs and the nuclear power plant where the devastation caused by the radioactivity, even though there are thick concrete walls, is terrible and worse, no one knows what to do with the waste. Catherine noticed how the coastline had changed since she was there 10 years before.

We then caught the overnight bus from Glasgow to Heathrow to finish our adventures with three days in Singapore. The traffic there is frightening with 6 lanes bumper to bumper and when we went in a rickshaw which was hilarious, all the traffic stopped as the rickshaw had the right of way.

The one thing we will never forget even when other events grow dim in our minds, are the toilets. They came in every shape and size from holes in the floor to bathtubs divided by galvanized iron. The cost was 30p in England, 70p in Europe and 1.5 Euro (NZ\$3) in Venice to use the facilities. When the bus stops on your tour the toilet attendants were crafty. You paid for the loo and got a docket which was refunded when you spent money in the shops and cafes. Catherine was escorted by armed police from a toilet in Verona because she went into the men's by mistake. That has made for a great dinner story now that we are home.

This trip was the greatest highlight of my life and can never be surpassed. The people, the countries, the hotels, the bed and breakfasts, the meeting of family, and making new friends was just WOW! But the best of all was coming home as there is no place like New Zealand and the trip, made me appreciate it even more.

Brian Watson

HEALTH

SPICE UP YOUR LIFE

By Pip Taylor

Embrace these healthy herbs and spices in your diet

Herbs and spices are loaded with nutrients and antioxidants yet add next to nothing calorically. They can literally transform a dish – both in taste and nutritional content. Here are a few herbs and spices you should get more familiar with.

SAGE

Extracts from sage leaf have shown promise in increasing long-term memory and cognitive function, and the antioxidants might help protect against neuronal degeneration. Along with parsley and rosemary, components in sage may also promote bone health.

Use it: Fresh is best, and the soft grey-green leaves are most classically paired with pork, apple, chicken and fish as well as tomato-based dishes.

CINNAMON

Research has shown that eating cinnamon, which comes from the bark of a tropical tree, is an effective way to boost insulin activity and reduce blood glucose levels as well as lower triglycerides and cholesterol. While high doses have been used in studies, regular consumption of this powerful antioxidant (just half a teaspoon has as many antioxidants as a half-cup of blueberries) may still be of benefit.

Use it: Sprinkle liberally on yoghurt or fruit, even add it to your tea – cinnamon tastes naturally sweet and can be used to replace or reduce sugar. Also try using in savory dishes such as stews and casseroles to add dimension and enhance other flavours.

CHILLI, PAPRIKA AND CAYENNE PEPPER

All contain capsaicin (where the heat comes from), an antioxidant with anti-inflammatory properties. It's great for boosting immunity and clearing congestion – add to soup for beating off a cold. Chilli may also boost metabolism, curb hunger and aid in weight loss. Chillies vary widely in their "hotness", so be careful when selecting. The hottest parts are the seeds and white membranes. Remove these for a milder flavour and be sure to wash your hands after handling hot chillies.

Use it: Add fresh chillies, chilli powder or paprika to curries, stews, eggs and salsas. Chilli also goes well with chocolate – try adding a pinch next time you make a dark chocolate dessert to enhance flavour.

OREGANO

Perhaps the most potent of the herbs, oregano contains four times more antioxidants than blueberries. Active components include thymol and carvacrol, antibacterial agents that help fight off infection. Oregano is also a good source of vitamin K (essential for bone and heart health), fibre and several minerals including manganese.

Use it: Oregano is common in Mediterranean cooking – use fresh for maximum benefit and pair with tomatoes, egg plants and grilled or roasted meats. Or use in salad dressings, marinades and sprinkled onto eggs.

GINGER

One of the main active ingredients in ginger is gingerol, a compound that inhibits inflammation and can be useful in managing chronic pain such as arthritis and migraine pain. Ginger also aids in digestion and relieves nausea, which is why some pregnant women swear by it to aid morning sickness while others consume it to avoid motion sickness.

Use it: Ginger has a wide range of application, from sweet to savory: Grate fresh ginger into soups, stir fries, marinades and salad dressings, make tea from large slices and use the dried form in rubs and desserts.

ROSEMARY

Studies have shown that rosemary could lead to a reduction in tumor growth and inhibition of tumor cell activity for both breast and skin cancers in rats. It may also help promote bone health, and the aroma alone has been shown to improve alertness and mental acuity.

Use it: Rosemary can be used fresh as well as dried – think roasted vegetables, roasted chicken and meats, as well as tomato sauces and marinades.

TURMERIC

The active phytochemical in turmeric is curcumin, which has antioxidant properties that prevent the formation of free radicals and neutralize existing ones. Studies have shown that curcumin can reduce inflammation, aiding in the recovery and regeneration of tissue – the main goal following training.

Use it: The most common use of this spice is as the main character in curried meals. The rhizomes have a ginger-pepper flavour that is used to flavour curry powder, prepared mustard, dressing, cheeses and butter.

Pip Taylor is an Australian Professional Triathlete who races around the world in her quest to become the best in her chosen sport. She has a Post Graduate Diploma of Sports Nutrition (IOC – International Olympic Committee Medical Commission) and a B.Science (Human Life Sciences) (Curtin University, Australia) and has experience and education within the fields of nutrition and sports nutrition has worked in a number of different avenues including: personal consultant to individuals and teams; Contributing Editor (Nutrition) for Triathlete Magazine (USA); contributing writer for various national and international publications and websites; chapter author in a popular sports nutrition publication; presenter and speaker for groups, clubs and corporations on health, fitness and nutrition.

BITS and PIECES

MEMBERSHIP

Our current membership stands at 101 members. Welcome to new members or returning members Jack Powell (WMA); Gabby O'Rourke (WHAC); Wayne Holmes (Kiwi); Jenny Mason (Scottish); Teresa Cox (Trentham United); Kevin Pugh (Olympic); David Lane (Kiwi); Simon Keller (Scottish); Robert Slade (Levin Harriers); Mandy Simpson (Scottish); Todd Stevens (Scottish); Peter Orman (WMA); Brian Hayes (WHAC); William Taramai (Upper Hutt Athletics); Gaylene van Wijk (Athletics Wairarapa) and Craig McLean (Scottish).

* * * *

NEWTOWN PARK ALL WEATHER TRACK

A few ground rules, from the start:

- No vehicles, bicycles, scooters, skateboards, rollerblades inside the arena fence. (The only approval is for our quad bike and their mower!).
- Animals are strictly prohibited.
- No Smoking.
- No food or drink inside the arena fence.
- No smoking, spitting, chewing gum or glass.
- Practice block starts from the blue line.
- There are (or will be!) signs on the pole rail indicating the various starts, including 150m, 5 x 80m relays etc.

THE NEW TRACK - SPIKE RULES

(Coaches and event managers MUST ensure compliance)

Sporting Technology International [STI] only permit 'Pyramid' or 'Christmas Tree' spikes (also called compression tiered spikes) to be used on the track for athletic activity.

These spikes will provide ideal performance for athletes on the Rekortan® surface and certainly result in less damage due to flatter profile and therefore lower point load. They are designed to compress the surface rather than dig in, providing energy restitution to the athlete, especially for sprinting events.

NOTE: 'Needle' or 'Pin' spikes are strictly not allowed and usage of these spikes will affect our warranty.

Maximum length spikes are essential to performance and track longevity:

Running activity - maximum of 6mm.

Throw and Jump activity - maximum of 9mm.

PEDESTRIAN GATE KEY

Your current pedestrian gate key will give you access to the track from Monday 28 January, until the lock has its annual change on Tuesday 2 April. As usual, new keys will be available to purchase from Newtown Library, and the Service Centre (101 Wakefield Street), from mid-March.

CONGRATULATIONS TO . . .

Jackie Wilson who has managed to achieve rankings in both the 5000m Track Walk and 10K Road Walk in the W65-69 in 2012 in the World Masters Athletics Rankings. These rankings can be found at the following sites:

http://www.mastersathletics.net/fileadmin/html/Rankings/Rankings_2012/20125000walkw.html

http://www.mastersathletics.net/fileadmin/html/Rankings/Rankings_2012/201210kWalkw.html

* * * *

Better Breakfast Burns Fat

Slow-burning carbohydrates can enhance the fat-burning impact of later exercise.

Change the kind of carbs you start your morning with and you could double the amount of fat you use during your subsequent run, walk or work-out, according to a study from the University of Nottingham in England. Earlier research found fit athletes maximize fat burning when they switch their carbs. This new study, in beginning exercisers, shows the rest of us can reap the benefit too.

An added bonus: you'll feel less hungry later in the day when you eat the right breakfast, the study suggests. The key: choose carbs that are digested slowly - that is, unrefined carbs that are high in fibre - instead of ones that your body will burn fast for energy.

Low-carb morning foods:

Instead of:

Corn, rice, wheat or bran flakes with raisins

Try this:

Kellogg's All-Bran cereal with strawberries or peaches

Instead of:

½ bagel or English muffin with jam

Try this:

A whole-grain pita with peanut butter

Instead of:

Pancake with syrup

Try this:

1 egg, a slice of whole-grain toast and an apple.

* * * *

You never really learn to swear until you learn to drive.

FUEL – NEED A REFILL?

A refresher course on how much – and what – to drink on hot summer runs

By Dimity McDowell

During the blazing days of summer, you need more than sunscreen to protect your body from the sun. “Hydration becomes most important during intense exercise in the heat,” says Douglas Casa, Ph.D., who heads the University of Connecticut’s Korey Stringer Institute, which studies heatstroke and other causes of sudden death in sports. “If you’re not adequately hydrated, your blood volume drops, which means your heart has to work harder to power your muscles and keep you cool. When that happens, your running performance suffers.”

While it’s important to stay relatively hydrated during exercise, it’s impossible to create one-size-fits-all drinking guidelines. Every runner’s needs are different. Your body weight, sweat rate and effort level, along with the temperature, humidity and elevation, affect how much you should drink. That doesn’t mean you should leave your hydration plan up to chance. These strategies can help ensure you drink the right amount before, during, and after every run.

Before Your Run

One of the best ways to limit the effects of dehydration during a run is to start ahead of the game and drink enough before it. “Checking your urine pre-run is an easy way to see if you’re prepared,” says Anthony Meade, Adelaide-based sports dietitian. “If it’s clear and copious, maybe you’re drinking too much. If it’s the colour of iced tea, you need to drink more. If it’s a pale lemonade or straw colour, you’re probably adequately hydrated.”

How much you should drink depends on how soon you’ll be running, what your stomach can tolerate, and how hydrated you are. “Typically, most people can handle 180-240mL right before a run,” says Meade. With the exception of alcohol, which has a diuretic effect, all beverages, including water, sports drink, coffee, tea, juice and milk, can help keep you hydrated throughout the day.

If you find you’re often dehydrated before a run, think about consistent fluid intake throughout the day and make sure to have a beverage with all your meals. Have a water bottle handy and visible so it reminds you to drink.

During Your Run

If you’re heading out for a 30K, drinking mid-run is a no-brainer. But what if you’re going for an hour? Or doing 45 minutes of intervals? “There have been a range of recommendations during the past two decades,” says Meade. “One of the alternatives brings us back to basics: drink to your thirst.” It’s advice backed up by the International Marathon Medical Directors Association and Tim Noakes, M.D., author of *Waterlogged: The Serious Problem of Overhydration in Endurance Sports*. “Your thirst mechanism is exquisitely tuned to your body,” says Dr. Noakes.

“Some runners get thirsty quickly; others can go hours without feeling the need to drink much. If you drink when you’re thirsty, you’ll stay adequately hydrated.” That said, Casa and Meade suggest always drinking on runs 90 minutes or longer.

The American College of Sports Medicine offers another approach; it recommends drinking enough so you don’t lose more than three per cent of your weight through sweat. “Lose more than that and your performance starts to falter,” says Casa. One way to figure out how much you lose during an hour of running is to weigh yourself naked pre- and post-run (don’t forget to account for any fluid you take in during that time). Losing 450 grams means you sweated 450mL in one hour. “The goal isn’t to match that loss during a run, but to come within a reasonable amount,” says Meade.

Should you choose sports drinks or water? On runs longer than 60 minutes, sports drinks are a good idea. They have valuable carbs that your muscles need for energy. Meade notes they also contain electrolytes like sodium and potassium, which are lost through sweat but are integral to the absorption and retention of fluids, and contribute to your body’s water balance.

After Your Run

When you come in from a run, drink until you’re satisfied, but don’t rest on your laurels. “Using thirst as your guide and consuming liquids with your meals is adequate after shorter runs,” says Meade. If your face has white salt streaks on it post-run, it means you’ve lost quite a bit of sodium, so it’s best to have a sports drink, or water along with food that contains sodium, says Meade.

After especially long or hard runs, you also need protein to help your muscles recover. That’s why recovery drinks are ideal – they provide protein and fluid to help you rehydrate. “Chocolate milk is a proven choice,” says Meade. “The carbs-to-protein ratio is perfect for recovery.”

If you’re working out again within 12 hours – say you ran at night and you’re planning to run again in the morning – try to be more diligent about rehydrating. Sip liquids regularly until your urine is back to pale or straw yellow and your weight returns to normal.

To help reduce the chance of an upset stomach during a race, practice your hydration plan on training runs that mimic your race-day pace.

Reproduced from the January 2013 issue of *Runner’s World*.

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Meats, fish, dairy products, eggs, legumes, nuts and mushrooms are naturally high in branched chain amino acids, which may reduce muscle damage and speed recovery, according to a study published in the *Journal of International Society of Sports Nutrition*.

A Quick Fixx

Long after its debut, the book that sparked a running boom hasn't lost a step

By Peter Sagal

Those of us who write about running have to mine endless complexity out of the simplest of activities. Recently, reduced to contemplating a column on “right-left-right vs. left-right-left,” I got to thinking about the man who looms high above us all in the firmament of running writers and writing runners – the man whose book, in terms of its power to inspire people to run, was the equivalent of a pursuing bear. “Fixx,” I say to the librarian, “with two X’s. First name Jim.”

“Ah, yes,” she says. “We have it, *The Complete Book of Running*. But I can’t help but notice the copyright date is 1977. We have another book, copyright 2012, *Running for the Indolent: A Complete Training Guide*. Would you rather have the more recent one?”

“Oh, no,” I say. “I’m interested in Mr. Fixx.”

Initially, it was his legs. In the late 1970s, as a pudgy teenager, I would pull out the red hardcover from my father’s bookshelf and admire them, there on the cover: the right leg, in the background, tucked up toward the shorts, the foot blurred in motion as it finished its upward arc; and then the left leg in midstride, pushing off the ball of a Onitsuka Tiger racing flat, the whole photo a Michelangelo masterpiece of delineated muscle. I would look at my doughy thighs and search for any hint of any strength within. It was like looking for a needle in a stack of jelly.

The legs are still there, on the library copy’s cover, unchanged by time, protected by a plastic sleeve. On the back flap, the owner of those legs, Jim Fixx, comes running straight at you as if he can’t wait to give you the good news. Like all of history’s greatest evangelists – see Saul of Tarsus – Fixx was a convert. “When he started running several years ago,” the flap copy reads, “Jim Fixx weighed nearly 100 kilograms and breathed hard just thinking about exercise. Today, at 72 kilograms, he has been declared medically fitter than many college athletes... and has run the equivalent of once around the equator.”

I leaf through the book, remembering. There are the illustrations; those particularly mid ’70s-ish black ink drawings, coincidentally and uncomfortably like the ones in *The Joy of Sex*. There are skinny guys with sideburns and girls with ponytails, in cotton T-shirts and blissed-out faces. And then, of course, there is the heart of the book: *The Promises*.

Fixx didn’t call them that, of course, but to me that’s what they were; promises of what would happen if you – if I – would only run. Running will make you healthy and slender (Chapter 1), happier and more peaceful (Chapter 2), and far more likely to enjoy that peaceful, happy life long into old age (Chapter 4). With enough kilometres, he writes, runners can achieve “a mental plateau where they feel miraculously purified and at peace with themselves and the world.” To reach this nirvana,

all you need are a pair of good running shoes and shorts. That’s it. For men, he felt, shirts were optional.

I turn to what had been my favourite part – “Chapter 14: Eat to Run – Good News if You Really Love Food.” As a teenaged food lover in need of good news, I used to read that chapter over and over; gazing at the ink drawing of the huge plate of spaghetti and meatballs, imagining the orgiastic meals enjoyed guiltlessly by runners. Fixx praises the then-new idea of carb-loading, and even though I had yet to run a step, or even imagine that I could, I had a head start on that particular athletic protocol.

The Complete Book of Running was the bible of the ’70s running boom, of which my father was a part, and, eventually, inspired in part by *The Promises*, so was I. Fixx went from being an obscure author of puzzle books to becoming a million-copy-selling author. Why in the world would so many people follow this suburban guy, this jogger, down so many roads? He wasn’t a champion marathoner, the kind of celebrity author/athlete whose books promise the way to equivalent glories. In searching for an answer, I came upon somebody who ran along with him.

Buzz McCoy met Fixx on the streets and trails of suburban Connecticut in the US, where they both lived and ran. He says Fixx was a social runner, talented but never intensely competitive, the kind of man who would jog in the last few kilometres of a race with a friend rather than blaze ahead to get a better time. He seemed embarrassed by his fame... complaining to McCoy, not entirely in jest, about having become a “sex symbol to 40-year-old divorced women.” But it was his lack of ego, McCoy believes, that made his book so successful.

“His personality, his unassuming nature, his modesty – it made running not a he-man thing, but something for 40-year-old divorced women, and for young women, and people who had beer bellies, people who couldn’t walk in a straight line – it opened it up to them.”

And, I could have added, to pudgy teenagers.

Fixx died in 1984 at the age of 52 of a massive heart attack suffered while on his daily 16-kilometre run. There were those who cried, “Ha! Running will kill you!” And others who pointed out that Fixx had inherited the same congenital heart defect that had killed his father at an even younger age. Some smugly pointed their fingers at Fixx’s dismissal of careful nutrition – maybe runners can’t, or at least shouldn’t, eat anything they liked. McCoy says that for all of his friend’s obsession with running as a pathway to health, Fixx himself never saw, or even knew, a doctor.

There might have been, somewhere, one or two people who read Fixx’s obituary, hung up their running shoes, and went back to the couch. But they were left behind by the millions who read the book, started running, and kept running, and for whom *The Promises* came true. Not all of them, and perhaps not to the extent Fixx rhapsodically predicted... but enough. That parade of runners, that stampede coursing through the streets from his day to this, is his posterity and his legacy.

continued on next page.

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There's lots of data in the book, and anecdotal wisdom, and most of it holds up quite well. Running does seem to improve health, fitness, mood, and longevity, and it's true – just as Fixx promised – that any kind of running, competitive or not, can be beneficial. Sure, we're now sceptical of enormous plates of pasta right before a race, and we don't talk as much about purity and peace as we used to. But the central message – that the potential of transformation lurks within us all – endures, because it comes from a man who had been an overweight smoker, and yes, because it comes from a man who loved and cherished and practised our discipline until the abrupt end of his life.

His legs endure, too. I put the library book down and step over to the mirror. I lift one foot back, as if in midstride, and flex the other on the ground, pretending to push off. I examine my legs in the mirror. Not yet. Not yet. But getting there.

Peter Sagal is a 3:09 marathoner.

Reproduced from the January 2013 issue of *Runners World*.

* * * *

Curves Ahead!



Your spine is made up of interconnected bones that provide numerous benefits to the body including:

- Shock absorption
- Balance
- Flexibility
- Movement

The spine delivers these benefits through its spinal curves.

During embryonic development, the spine has only one curve, called a kyphotic curve. Later, as a baby begins to experience significant motor development, such as sitting, crawling and walking, muscles begin to develop. As these muscles strengthen, they cause the formation of secondary curves, called lordotic curves.

Four types of spinal curves:

- Cervical Lordosis
- Thoracic Kyphosis
- Lumbar Lordosis
- Sacral Kyphosis

These curves are important because they allow the spine to support 10 times more weight than it could if it were straight. This is why it is important to follow the procedures for proper

lifting. If you bend at the waist to pick something up, the spine straightens, putting you at far greater risk for injury than if you bend at the knees, maintaining the spinal curves, when lifting.

* * * *



RECIPÉ

Sesame Beef Patties

A few Asian flavours transform these simple beef patties. To make the mix go further you can add breadcrumbs or egg.

Ingredients:

- 1 kg good quality beef mince
- 2 spring onions, finely chopped
- 2 double kaffir lime leaves, central rib removed and leaves finely chopped, or finely grated zest of 1 lime
- 2 tbsp black bean sauce
- 2 cloves garlic, crushed
- 2 tsp sesame oil
- 1 tsp salt
- 1 tsp fine white pepper
- 2 tbsp chopped coriander leaves
- ¼ cup sesame seeds
- 1 tbsp neutral oil, for frying

Method:

Place all ingredients except sesame seeds and neutral oil in a large bowl and mix by hand. Form into 8-10 balls. Dip each ball lightly into sesame seeds then press flat to about 1cm thickness, sprinkle sesame seeds over uncoated side and press to secure. The patties can be made in advance and kept covered in the fridge for up to 24 hours until needed.

Heat a lightly oiled frypan or barbecue hotplate to medium-high heat. Cook patties until golden-brown and done to your liking (about 2 minutes each side for medium-rare). They will be juicier if cooked to medium-rare rather than well done.

Prep Time: 10 minutes

Cook Time: 4 minutes

Serves 8-10.

* * * *

Paddy's in jail. Guard looks in his cell and sees him hanging by his feet.

"What on earth you doing?" he asks.

"Hanging myself" Paddy replies.

"It should be around your neck" says the Guard.

"I know" says Paddy "but I couldn't breathe".

Continued from previous page

There's lots of data in the book, and anecdotal wisdom, and most of it holds up quite well. Running does seem to improve health, fitness, mood, and longevity, and it's true – just as Fixx promised – that any kind of running, competitive or not, can be beneficial. Sure, we're now sceptical of enormous plates of pasta right before a race, and we don't talk as much about purity and peace as we used to. But the central message – that the potential of transformation lurks within us all – endures, because it comes from a man who had been an overweight smoker, and yes, because it comes from a man who loved and cherished and practised our discipline until the abrupt end of his life.

His legs endure, too. I put the library book down and step over to the mirror. I lift one foot back, as if in midstride, and flex the other on the ground, pretending to push off. I examine my legs in the mirror. Not yet. Not yet. But getting there.

Peter Sagal is a 3:09 marathoner.

Reproduced from the January 2013 issue of *Runners World*.

* * * *

Curves Ahead!



Your spine is made up of interconnected bones that provide numerous benefits to the body including:

- Shock absorption
- Balance
- Flexibility
- Movement

The spine delivers these benefits through its spinal curves.

During embryonic development, the spine has only one curve, called a kyphotic curve. Later, as a baby begins to experience significant motor development, such as sitting, crawling and walking, muscles begin to develop. As these muscles strengthen, they cause the formation of secondary curves, called lordotic curves.

Four types of spinal curves:

- Cervical Lordosis
- Thoracic Kyphosis
- Lumbar Lordosis
- Sacral Kyphosis

These curves are important because they allow the spine to support 10 times more weight than it could if it were straight. This is why it is important to follow the procedures for proper

lifting. If you bend at the waist to pick something up, the spine straightens, putting you at far greater risk for injury than if you bend at the knees, maintaining the spinal curves, when lifting.

* * * *



RECIPÉ

Sesame Beef Patties

A few Asian flavours transform these simple beef patties. To make the mix go further you can add breadcrumbs or egg.

Ingredients:

- 1 kg good quality beef mince
- 2 spring onions, finely chopped
- 2 double kaffir lime leaves, central rib removed and leaves finely chopped, or finely grated zest of 1 lime
- 2 tbsp black bean sauce
- 2 cloves garlic, crushed
- 2 tsp sesame oil
- 1 tsp salt
- 1 tsp fine white pepper
- 2 tbsp chopped coriander leaves
- ¼ cup sesame seeds
- 1 tbsp neutral oil, for frying

Method:

Place all ingredients except sesame seeds and neutral oil in a large bowl and mix by hand. Form into 8-10 balls. Dip each ball lightly into sesame seeds then press flat to about 1cm thickness, sprinkle sesame seeds over uncoated side and press to secure. The patties can be made in advance and kept covered in the fridge for up to 24 hours until needed.

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ARE YOU TOO COMPETITIVE?

Whether you're training or racing, you should try to be competitive as possible, right? Not always, say the experts, and new research shows that finding the right competitive balance can be the key to performing at your peak.

"Overly competitive people often lose sight of the fact that striving for excellence and beating others are two different things", says Alfie Kohn, author of *No Contest: the Case Against Competition*. Numerous studies show that when you spend your time focusing on what others are doing, it takes attention and energy away from your own performance, he says.

Another problem with being too focused on winning is that you're gauging your success on something you have no control over, says veteran triathlete and trainer Duane Franks, because you don't get to decide who is racing against you. Winning a single race doesn't always give you any useful information about your own performance. You can perform poorly and still get to the podium if the competition isn't very strong, and you can get a PB and still come in near the middle of the pack if the competition is stiff.

"Failure is just feedback," he says. "You can learn a lot from a poor performance."

Of course, not being competitive enough can also work against you. For one, it keeps you from the training, knowledge and experience that come with competing in races regularly.

"Our insecurities keep us in a 'safe place' and off the playing field where the chance of failure lurks," says Joy DiPalma, a trainer and coach from Los Angeles. "If you approach an event knowing that you trained as well as you could, you should feel confident and just take the race head on."

You know you've struck the right competitive balance when you're setting reasonable but challenging goals, training hard but at your own pace, and focusing on the process over the outcome. "Don't be a calf watcher, just keep reminding yourself that nothing builds fitness like a race, and always keep in mind why you fell in love with the sport in the first place."

* * * *

QUICK RACE TIP

Want to keep your race number from rustling around in the wind when you race? Crumple it into a ball and flatten it back out. Then pin it to your race top or attach it to your race belt.

THE WONDEROUS FOOT

The human foot comprises 26 bones and 20 muscles and is capable of absorbing three to six times your body weight each time you strike the ground while running or jumping. Because of the way its bones are aligned, the foot acts as a shock absorber, retaining some of the energy it absorbs like a spring with the ability to expend it again when pushing off.

Fractures, especially those that interfere with how this spring mechanism functions, can have long-lasting effects from which recovery may be impossible. That's precisely why dialing in on the perfect shoe fit for your foot structure and stride is worth the extra effort and expense.

* * * *

A Blonde died & upon arrival, a concerned St Peter met her at the Pearly Gates. 'I'm sorry,' St Peter said; 'But Heaven is suffering from an overload of goodly souls & we've been forced to put up an Entrance Exam for new arrivals to ease the burden.'

'That's cool' said the blonde, 'What does the Entrance Exam consist of?'

'Just three questions' said St Peter.

'Which are?' asked the blonde.

'The first,' said St Peter, 'is, which two days of the week start with the letter 'T'?

'The second is 'How many seconds are there in a year?'

'The third is 'What was the name of the swag-man in Waltzing Matilda?'

So the blonde gave the questions some considerable thought and when St Peter asked her 'Which two days of the week start with the letter T?'

The blonde said, 'Today and tomorrow.'

St Peter pondered this for some time & decided that indeed the answer can be applied to the question.

St Peter then asked her 'how many seconds in a year?'

The Blonde replied, 'Twelve!'

'Only twelve?' exclaimed St Peter, 'How did you arrive at that figure?'

'Easy,' said the blonde, 'there's the second of January, the second of February, right through to the second of December, giving a total of twelve seconds.'

St Peter said shaking his head. 'I'll allow the answer to stand, but you need to get the third question absolutely correct to be allowed into Heaven.'

Now, can you tell me the answer to the name of the swagman in Waltzing Matilda?'

The blonde replied; 'Of the three questions, I found this the easiest to answer.' 'It's Andy.'

'Andy?' said St Peter as he paced this way and that, deliberating the answer.

Finally, he could not stand the suspense any longer & turning to the blonde, asked 'How in God's name did you arrive at THAT answer?'

'Easy' said the blonde, 'Andy sat, Andy watched, Andy waited til his billy boiled.'

RUNNING TECHNIQUE

By Bevan McKinnon

In the last article on running trends I wrote specifically about footstrike and the barefoot running craze. In this article I'll cover running technique which is still hotly debated but will stick to the areas that have some basis in terms of pure physics or optimal biomechanical movement.

I'm sure that when you watched the recent Olympics the majority of runners moved along with similar technique, however, when you have a look outside at all the runners going by you'll see a thousand different styles. We may remember being first taught to swim or ride a bike but we all taught ourselves how to run and maybe we could do it a little better!

THE HEAD AND SHOULDERS – THE SOURCE OF RELAXATION

The head and shoulders tell the body what 'mood' to be in. Tension often originates in the head, face and shoulders and simply consciously relaxing here can have the effect on the rest of the body. Fluid, economical runners never look like the upper body is 'working' whilst the legs are moving.

So the key is to relax. Start with the mouth, jaw, neck and shoulders. Many athletes, particularly as novices, suffer from cramp and pain in the shoulders - that's nothing more than tension. Drop your arms, don't hunch the shoulders and just let the arms hang loosely, and that goes away.

THE ARMS – DICTATE RHYTHM

In long distance running, the arms obviously play a far lesser role than in sprinting. Perhaps the two biggest factors to think of here are fatigue and tension. The hands in particular are important - clenched fists, tight, rigid wrists are all signs of tension, so try to consciously relax these areas and if the arms become tense, it once again 'filters' to the rest of the body.

The actual position of the arms is up for debate but I encourage the arm to be loosely held by your side with the elbow driving backwards rather than out away from the body and the hand naturally swinging forward but not out too far in front or up and across you. The key is to just relax and let the arms hang in a natural position close to your side.

HIPS – THE CENTRE OF MASS

The hips are one of the more important parts to consider because they are more or less where the centre of mass is. If your footstrike lands well in front of your centre of mass, you decelerate. That's one reason why when you run downhill, you feel like you are jarring much more.

If you want to speed up simply lean forward. Not at the shoulders, but by getting your whole body tilted - 'falling' forward just a little and this forward lean starts from the ankles not the waist. That means getting your hips out in front. Slowing down involves 'sitting back', or dropping the hips slightly.

Keeping your hips 'high' helps to put you in this position. In other words, don't 'sit' and run at the same time - get your centre of mass up and forward, if you can. This is not easy, it requires quite strong core muscles, and that's why runners often benefit from some strength training in this area. But the take home message is the same - get the hips up and lean forward if you want speed.

One of the biggest mistakes made by runners is to lean forwards at the shoulders. The problem if you do this is that your hips actually go backwards! This means that by putting the shoulders forward, you're even less likely to be in a position to harness gravity to go forward.

To initiate this forward lean I get runners to stand with both feet together and lean slightly forward, staying tall, whilst keeping their heels on the ground. There will be a point that momentum forces you to take a step (so you don't fall over!) and you continue into running whilst harnessing the forward momentum. It sometimes even helps to pull your shoulders back to keep the torso upright and strong as you lean forward.

SHORTENING THE LEVER (LEG)

A misconception after pushing off is to leave the leg 'long' and keep feet close to the ground to minimise effort. This is not true as the effort required to then swing this long lever through for the foot to strike the ground is not only taxing but slows your turnover, decreases stride length and therefore inhibits speed.

Think of it like a golfer holding a club. When he swings the club from start to finish it travels at a defined speed. If the golfer then shortened the club by six inches it is now easier to swing and he can swing it faster. Each time the club is shortened it becomes easier and easier to swing.

Therefore, after toe off (pushing off the ground) employ the simple concept of pulling your heel towards your buttocks to compact the leg, making it easier to swing through underneath you, increasing stride and length. Trying to get the shin up to at least vertical to the ground is a good starting point. The faster you run the higher you'll be able to pull the foot towards the buttock. Finally, perhaps the most important thing of all - don't worry about how your foot is landing. The moment you start becoming pre-occupied with how the foot is landing you're in trouble. Trying to change your natural footstrike is a recipe for injury, because your mental concern about landing causes you to be tense on landing, and a tense muscle is not able to cope with the repetitive strain it needs to.

Concentrate on your feet not slapping the ground loudly. Good running is springy and quiet.

When running with the proper stride length, your feet should land directly underneath your body. As your foot strikes the ground, your knee should be slightly flexed so that it can bend naturally on impact. If your lower leg (below the knee) extends out in front of your body, your stride is too long.

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To run well, you need to push off the ground with maximum force. With each step, your foot should hit the ground lightly - landing between your heel and midfoot - then quickly roll forward. Keep your ankle flexed as your foot rolls forward to create more force for push-off. As you roll onto your toes, try to spring off the ground. You should feel your calf muscles propelling you forward on each step.

So, in summary these are the essential basics to focus on without over-complicating things. If you can focus on these areas you should find yourself running with greater economy, lower injury risk and hopefully a bit more speed.

Bevan McKinnon was voted Tri NZ Coach of the Year in 2011-2012 and is an accredited Level 2 coach and is the Director of Fitter a coaching clinic for triathletes catering for all levels from beginners thru to elite athletes.

* * * *

Does Age Have to Slow You Down?

By Joanna Zeiger

A COMPLAINT I HEAR over and over is: "Once I reached 40, everything changed." And, for those of you over 50, the sentiment about diminished performance is even stronger. Mounting research on Masters' athletes has delved into the particulars of the changes in performance with age.

Initially, peak performance slowly drops with age, but the process of performance loss accelerates from year to year. According to a 2008 study, there are relatively modest decreases until 50-60 years of age, with progressively steeper reductions after that. No one is immune from this: Males and females, elite and non-elite athletes show similar patterns in all three disciplines.

Another important question was asked in a study just last year: what are the sport-specific and distance-specific declines with age? Perhaps unsurprisingly, cycling showed the least amount of age related changes, and there was less of a steep decline in overall performance in the Olympic distance compared to Ironman. Swimming showed the highest rate of decline in performance.

Why do these drops in performance occur with age? There are three factors to consider:

VO2MAX

It has been shown that VO2max is the best predictor of age-related changes in performance. VO2max declines with age by approximately 1 percent per year after the mid-30s. Interestingly, this drop is even higher in well-trained athletes compared to sedentary individuals.

"We do not completely understand the mechanism by which VO2max declines with age," says Dr Phil Skiba, who currently works in the University of Exeter's Jones Lab, the world's leading Centre on oxygen transport and use. "However, it's possible to slow the decline by as much as tenfold through hard, consistent training."

LACTATE THRESHOLD

Lactate threshold (LT) denotes the point at which the muscles begin to become progressively more inefficient in terms of oxygen use, and begin to use progressively greater amounts of carbohydrates for fuel. "LT is a very good predictor of endurance performance - in some ways more important than VO2max," says Skiba. "It does not seem to decline in the same way with age, especially in athletes who remain fit and well trained."

EXERCISE ECONOMY

This is a measure of the amount of oxygen the body uses to do a task. If two athletes weigh the same and are running at the same speed below LT, the athlete using less oxygen is the one who is more economical. This does not seem to change much with age, which is good news indeed!

More good news: These are generalisations, as not everyone experiences the same rates of decline for the same reasons. And many athletes report personal bests later in life, which suggests that most athletes are working so far below their true potential that they can improve performance in the face of a declining physiology. Skiba uses this analogy: "Imagine that your fitness is a ladder. The top of the ladder is VO2max. With age, you lose rungs from the top of the ladder. If you keep training, you can still climb higher and higher. Most people never get anywhere near the top, so they keep setting PBs. They never realize they have lost the rungs above because the ladder was so tall to begin with."

* * * *

Things to Ponder

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

If a deaf person has to go to court, is it still called a hearing?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

How come we choose from just two people for President and fifty for Miss America?

If a 111 operator has a heart attack, whom does he/she call?

I signed up for an exercise class and was told to wear loose-fitting clothing. If I HAD any loose-fitting clothing, I wouldn't have signed up in the first place!

Wouldn't it be nice if whenever we messed up our life we could simply press 'Ctrl Alt Delete' and start all over?

Stress is when you wake up screaming and then you realize you haven't fallen asleep yet.

Just remember ... if the world didn't suck, we'd all fall off.

Why is it that our children can't read a Bible in school, but they can in prison?

If raising children was going to be easy, it never would have started with something called labour!

Brain cells come and brain cells go, but fat cells live forever.

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, January 2013



Injured Runners: Nutrition Tips to Hasten Healing

Being injured is one of the hardest parts of being a runner. If you are unable to exercise due to broken bones, knee surgery, stress fracture, or tendonitis, you may wonder: *What can I eat to heal quickly? How can I avoid getting fat while I'm unable to run? Should I be taking supplements?* This article will address those concerns, plus more.

Don't treat good nutrition like a fire engine

To start, I offer this motherly reminder: Rather than shaping up your diet when you get injured, strive to maintain a high quality food intake every day. That way, you'll have a hefty bank account of vitamins and minerals stored in your liver, ready and waiting to be put into action. For example, a well-nourished runner has enough vitamin C (important for healing) stored in the liver to last for about six weeks. The junk food junkie who gets a serious sports injury (think bike crash, ACL repair, or even car accident) and ends up in the hospital has a big disadvantage. Eat smart every day!

Don't diet

A big barrier to optimal fueling for injured runners is fear of getting fat. Please remember: even injured runners need to eat! I've had a marathoner hobble into my office on crutches saying, "I haven't eaten in three days because I can't run." He seemed to think he only deserved to eat if he could burn off calories with purposeful exercise. Wrong! Another athlete lost her appetite after having foot surgery. While part of her brain thought "what a great way to lose weight," her healthier self realised that good nutrition would enhance recovery.

Despite popular belief, your organs (brain, liver, lungs, kidneys, heart, etc.) — not exercising muscles — burn the majority of the calories you eat. Organs are metabolically active and require a lot of fuel. About two-thirds of the calories consumed by the average (lightly active) person support the resting metabolic rate (the energy needed to simply exist). On top of that, your body can require 10% to 20% more calories with trauma or minor surgery; major surgery requires much more. Yes, you may need fewer total calories because you are not training hard, but you definitely need more than your sedentary baseline. Your body is your best calorie counter, so respond appropriately to your hunger cues. Eat when hungry and stop when your stomach feels content.

Here are two other weight myths, debunked:

Muscle turns into fat. Wrong. If you are unable to exercise, your muscles will shrink, but they will not turn into fat. Wayne, a skier who broke his leg, was shocked to see how scrawny his leg muscles looked when the doctor removed the cast six weeks later. Once he started exercising, he rebuilt the muscles to their original size.

Lack of exercise means you'll get fat. Wrong. If you overeat while you are injured (as can easily happen if you are bored or depressed), you can indeed easily get fat. Joseph, a frustrated football player with a bad concussion, quickly gained 8 kilos post-injury because he continued to eat lumberjack portions. But if you eat mindfully, your body can regulate a proper intake. Before diving into meals and snacks, ask yourself, "How much of this fuel does my body actually need?"

When injured, some underweight runners gain to their genetic weight. For example, Jessica, a 15-year-old high school runner, perceived her body was "getting fat" while she recuperated from a knee injury. She was simply catching up and attaining the physique appropriate for her age and genetics.

Do eat "clean"

To enhance healing, you want to choose a variety of quality foods that supply the plethora of nutrients your body needs to function and heal. Don't eliminate food groups; they all work together synergistically! Offer your body:

Carbohydrates from grains, fruits, vegetables. By having carbs for fuel, the protein you eat can be used to heal and repair muscles. If you eat too few carbs — and too few calories, your body will burn protein for fuel. That hinders healing.

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Protein from lean meats, legumes, nuts and low-fat dairy. Protein digests into the amino acids needed to repair damaged muscles; your body needs a steady stream of amino acids to promote healing (especially after physical therapy). You need extra protein post-injury or surgery, so be sure to include 20 to 30 grams of protein at each meal and snack. A portion with 20 to 30 grams of protein equates to one of these: 3 eggs, 1 cup cottage cheese, 110 grams of meat, poultry, or fish, two-thirds of 260 grams of firm tofu, or 1.25 cups of hummus. While you might see ads for amino acid supplements including arginine, ornithine, and glutamine, you can get those amino acids via food.

Plant and fish oils. The fats in olive and canola oils, peanut butter, nuts and other nut butters, ground flaxseeds, flax oil, and avocado have an anti-inflammatory effect. So do omega-3 fish oils. Eat at least two or three fish meals per week, preferably the oilier fish such as salmon and tuna. Reduce your intake of the omega-6 fats in packaged foods with "partially hydrogenated oils" listed among the ingredients, and in processed foods containing corn, sunflower, safflower, cottonseed, and soy oils. Too much of these might contribute to inflammation.

Vitamins. By consuming a strong intake of colorful fruits and vegetables, you'll get more nutrition than in a vitamin pill. Fruits and veggies have powerful antioxidants that knock down inflammation. Don't underestimate the healing powers of blueberries, strawberries, carrots, broccoli, and pineapple. Make smoothies using tart cherry juice, pomegranate juice, and grape juice.

Minerals. Many runners, particularly those who eat little or no red meat, might need a boost of iron. Blood tests for serum ferritin can determine if your iron stores are low. If they are, your doctor will prescribe an iron supplement. You might also want a little extra zinc (10 to 15 mg) to enhance healing.

Herbs, spices and botanicals. Anti-inflammatory compounds are in turmeric (a spice used in curry), garlic, cocoa, green tea, and most plant foods, including fruits, vegetables, and whole grains. For therapeutic doses of herbs and spices, you likely want to take them in pill-form. Yet, consuming these herbs and spices on a daily basis, in sickness and in health, lays a strong foundation for a quick recovery.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, and

cyclists offer additional information. They are available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

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GIVE YOUR ENDURANCE PERFORMANCE A JOLT



By Robert Portman, PhD

A cup of coffee is a pre-workout ritual that jumpstarts many athletes. Coffee-loving athletes feel that it improves their performance and research bears this out. As early as 1960, scientists showed that caffeine boosts performance in other ways as well.

Although the glycogen-sparing effect is well documented, scientists suggest that caffeine may also extend endurance through a different mechanism – blocking fatigue signals emanating from the brain. This “central” effect may explain why caffeine increases speed and power output in short sprints as well as longer efforts.

The case for caffeine is made even stronger by the work of English researchers. They found that when caffeine was combined with carbohydrate in a sports drink it stimulated the utilization of carbohydrate as an energy source. Additionally, caffeine increased the absorption rate of carbohydrates, resulting in faster delivery of energy to muscles.

And that's not all. A 2009 study found that taking caffeine before a high-intensity ride significantly reduced muscle soreness after the ride. This suggests that caffeine is more than just a performance enhancer – it is also a recovery booster.

The Bottom Line

- Caffeine can significantly improve endurance performance;
- Caffeine in doses up to 500 mg is safe for most individuals; and
- Caffeine is more effective when combined with carbohydrate or carbohydrate/protein.

Dr Robert Portman, is a well-known sports science researcher, is co-author of *Nutrient Timing* and *Hardwired for Fitness*.

When to Train – Morning, Noon or Night?

Written by Dr Philo Saunders, Australian Institute of Sport

Is there an optimal time to train? Most of us don't have the luxury of revolving our lives around running – we fit it in when we can.

A variety of factors need to be taken into consideration when determining the best time to train during the day. These factors include your work/study schedule, type of session to be undertaken, whether you run once or twice a day, previous training/race stress, temperature and daylight, as well as upcoming competition conditions. Another important factor influencing training time is the body's circadian rhythm. Circadian rhythm is the term used to describe the daily cycle of physiological, biochemical and behavioural processes in a living organism. These processes are synchronised to a solar (24 hour) day. The body clock, through transmissions from the brain, controls temperature regulation, hormone release, hunger, sleep and waking (2). The majority of components of sports performance, for example, flexibility, muscle strength and short term high power output, vary with time of day in a sinusoidal manner being lowest in the early morning and peaking in the early evening close to the daily maximum in body temperature (1). The benefits and disadvantages of training at different times of the day will be discussed, as well as advice as to which types of training are more appropriate at particular times of the day for maximum training gain.

Morning:

Training in the morning can be perfect for many reasons, but does take a strong commitment.

Training first thing in the morning is essential if training twice a day and can either be an easy jog or the main run/session on double training days. If you have to go really early to fit in with work/study, it is advised to do the easy run in the morning before breakfast. If you have more time in the morning, the main run or session can be completed, especially if you are busy during the day and may be tired for an evening session. For an interval type session, it is usually beneficial to get out of bed at least 30 minutes before warming up for the session to allow your body to wake up and for the muscles to become activated prior to intense exercise. Remember that body temperature is at its lowest point in the morning. For optimal performance in sessions body temperature needs to be elevated, which can be achieved by getting up long enough before the session and completing a sufficient warm up. Intake of food and drink is also advisable for a session or long run to ensure you have enough energy and hydration for the session. For single run days, morning runs are good as long as you have not trained too hard the evening before. In this case, it is probably better to go at noon or in the evening to give your body more recovery, especially if the run is at a high intensity. Training in the morning is perfect on the weekends, on training camps and if you don't have excessive work/study commitments. This is because you can do your main run or session in a recovered state after a good night's sleep and

consume pre-run food and drink to optimise session performance. In addition, you have the remainder of the day to recover for the next run.

Noon:

Lunchtime training can be great to break up a long work day!

Lunchtime runs or sessions are great during the winter in colder climates when training once a day, as recovery from the previous day's training is maximised. It can also be the best part of the day to train temperature wise. Longer runs or sessions in the summer months can be important for acclimation for hot weather competitions, although as mentioned in previous issues, care must be taken to maintain hydration and glycogen levels, avoid sunburn and incorporate recovery strategies after training in hot conditions. There is some evidence that performance variables such as muscular strength experience a lull in the middle of the day, which may be worth considering for important sessions. Lunchtime training can also be great to break up a long work day or avoid getting up really early or training late in the evening when tired from work.

Night:

The body's natural circadian rhythm means running performance is at its peak early in the evening.

For those who work/study during the week and have early starts, main sessions are probably best done in the evening. The natural circadian rhythm also sees most body functions important to running performance at their peak early in the evening. This means for those really high quality sessions, the evening may be the best time to train. Longer runs can be done in the evening if you have trained hard the night before to allow maximal recovery time between sessions. Evening sessions usually allow a bit of respite in summer to avoid excessive heat stress while training. Evening sessions can sometimes be compromised if you are really busy during the day but can be better than going very early in the morning to avoid dark, cold training sessions when the body is not ready to train hard.

Conclusion:

This article has summarised some important points when planning your training program and deciding when in the day to train. Although the body functions best in the early evening and worst in the early morning, other factors such as work, previous training, number of sessions required for a specific day, daylight and temperature need to be considered when working out your training schedule. Most runners can train well at all times of the day with sufficient preparation. Working in with your training group, specifically preparing for the time of your major up-coming race or other commitments will usually decide the time of day you train during a training week.

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2. **Reilly T.** Human circadian rhythms and exercise. *Crit Rev Biomed Eng* 18: 165-180, 1990.

Eat Out and Still Eat Well

Who doesn't like to dine out? And with so many two working parent families and single working parents, it's often easier to pile everyone into the car and hit the nearest restaurant for dinner. Not to mention those who live alone find it difficult to cook for only one. Question is - is it really possible to eat well when you eat out?

The answer is yes, if you rule out fast food restaurants - major contributors to weight gain and the growing problem of worldwide obesity, especially among children and teenagers. Eating all the wrong foods can also affect your energy levels, strength and mental and emotional well-being.

One of the biggest offenders? Sugar-laden carbonated beverages that cause weight gain and interfere with the absorption of calcium. The sugar-free stuff is even worse.

What can you do to make better choices when you're eating out?

- Order healthy salads to start, with the dressing on the side, so you can dip into instead of pour over.
- Order fish and meats that aren't fried.
- Pick fruit for dessert instead of a sugar-rich and fat-filled dessert - or order only one and share with the table!
- Avoid selections with mayonnaise, sour cream and butter.
- When you order pizza, ask for vegetable toppings instead of processed meats (pepperoni, sausage).
- Don't think you have to "clear your plate" just because it's in front of you - ask to take the leftovers home for another meal. Or two!
- Avoid bread and butter, fried potatoes, onion rings, cream soups, gravies, heavy sauces (Alfredo, hollandaise).
- Steer clear of the all-you-can-eat buffets and specials!
- Make sure you are not starving when you enter the restaurant. Much the same as food shopping on an empty stomach - you are apt to order everything on the menu!

Dining out should be social and enjoyable. Don't let bad menu choices ruin what should be a time to relax and unwind with friends and family. Remember, no one likes that feeling of fullness that accompanies an evening of overindulgence ... or the inevitable results the next day!

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Can You Be Fit AND Fat?



Sure, you exercise. But carrying around extra weight still puts you at greater risk for heart disease and diabetes.

With the obesity epidemic in full swing around the world, one question is often asked, "Is it possible to be fat and yet still be fit?" Or, perhaps a better question even, "Is it better to be fat and fit or lean and inactive?"

Dr. Rick Kausman, spokesperson for the Australian Medical Association, believes we need to look at fitness as a measure of true health, instead of merely focusing on one's body size. "We've been brainwashed to believe that healthy weight is a size 8. We're clearly not all meant to have a BMI of 22, or be a size 8 or 10," he said.

Kausman continued, "Human beings are meant to come in all shapes and sizes. We have to allow our weight to be the healthiest it can be to us, not to anyone else."

This message is the focus of Kausman's most recent book. He believes that physical activity and "little changes" to your lifestyle, such as reducing the amount of food you eat when you're really not hungry and "fine-tuning" your diet can help you reach a healthier body weight.

However long-standing wisdom and research supports the facts: those who are overweight carry an increased risk for heart disease, diabetes, and certain forms of cancer. Most experts have held this belief for years and evidence certainly supports this theory. So while it may be better to be slightly overweight and fit, rather than lean and unfit, this does not negate the negative effects of being overweight!

Physical activity is an important component of a healthy lifestyle no matter what you weigh. And while you may be fit and somewhat overweight now, there is no crystal ball that can tell you what effect that extra weight will have as you get older. Being overweight still carries an increased risk for cardiovascular illness as you age.

Therefore, those who fall into the "fat-but-fit" category would do themselves a favour to shed some of those excess kilos, and sooner rather than later. Start with 5 - 10% of your body weight as a goal, and move on from there.

What to do When You Can't Run

Don't let injury set you back. These alternatives will keep you in the game.

RESEARCH SUGGESTS THAT NEARLY HALF of all runners experience an injury every year. That's a whole lot of harriers sentenced to time off their feet. Lucky for all of us, there are a number of workout alternatives that allow you time to heal without sending you back to square one of your training regimen. "Using alternative means of exercise while recovering from running injuries can help maintain general fitness, while also providing an important psychological boost for athletes accustomed to training day in and day out," explains Adam Hodges, a multisport coach at Alp Fitness in La Crescenta, California.

Consider the following workouts for some of the most common running injuries. Hodges reminds runners, "the key for any of these injuries is to find an alternative form of exercise that the athlete is motivated to do and that doesn't aggravate the injury." Keep moving, listen to your body and you'll be back logging mileage in no time.

STRESS FRACTURE

Typical healing time: 6-8 weeks

Alternative: Deep-water running (aqua jogging). Allowing you to avoid all the pavement pounding, deep-water running still trains the running movement. Not only will this get your heart rate up, it'll strengthen some of the same muscles you'll use when you get back to land running.

Try this: Wear a flotation belt during your first workout, but once you master the form, consider shedding the belt for a more intense cardio session.

Warm up: 10 min easy aqua jogging.

Run slightly harder than 5km race effort for 1 min, 2 min, 3 min, 4 min, 3 min, 2 min, 1 min with half min rest jogging recovery between each.

Jog: 4 min recovery.

6 x 30 sec sprints with 30 sec active in between.

Cool down: 5 min.

IT BAND SYNDROME

Typical healing time: 2-6 weeks

Alternative: Cycling.

In addition to an aggressive stretching routine, cycling can provide a cardio exercise that avoids the repetitive movements that often cause IT band issues. Think of this as an opportunity to do a bike focused block of training.

Try this: Do a workout using varied cadences on either your bike outside or on a wind trainer, or, at the least a stationary bike with straps at the gym. Be sure to monitor the

per minute (RPM).

Warm-up: 10 min.

Ride at 80 RPM for 5 min.

Increase to 90 RPM for 8 min.

Increase to 110 RPM for 2 min.

Repeat 2-3 times.

Cool down: 5 min.

PLANTAR FASCIITIS

Typical healing time: 2-4 weeks

Alternative: Elliptical. This exercise will help you maintain your cardiovascular fitness, but requires less loading on the plantar fascia than running.

Try this: Experiment with the resistance on the elliptical machine. Be sure it's high enough that your heart rate is elevated and you're striding in a controlled fashion.

Warm up: 10 min.

Go at 5km effort for 10 min, 10 min, 8 min, with 3 min active recovery between each.

Cool down: 10 min.

ACHILLES TENDONITIS

Typical healing time: 4-12 weeks

Alternatives: Swimming.

Achilles injuries require you to rest the affected area, making swimming a great exercise option. Kicking will provide blood flow to the area without the demand it takes to push off the ground when running.

Try this:

Warm up: 15 min.

2 x 100 sprint with 1 min recovery.

2 x 100 kick sprint (with kickboard) with 1 min recovery.

5 x 50 sprint with 30 sec recovery.

5 x 50 sprint with 30 sec recovery.

Cool down: 10 min.

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"Success is 90 per cent physical and 10 per cent mental. But never underestimate the power of that 10 per cent."

Tom Fleming, two-time winner New York City Marathon, 1973 & 1975.

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Massage – Good for You

Californian researchers found that getting a massage raised levels of the hormone "oxytocin", which is thought to activate the immune system. Big news for runners, who can have a suppressed immune system up to 24 hours following especially tough workouts, like hard track sessions or unusually long runs, according to previous research.

- COMING EVENTS -

2013

Feb

9	Buller Gorge Full and Half Marathons	Westport
17	AMI Round the Bays - Half Marathon & 7km	Frank Kitts to Kilbirnie
23	New Balance Great Lake Relay	Taupo

Mar

1-4	NZ Masters T&F Championships	Newtown Park
3	Mountain to Surf Marathon, Half Marathon & 10km	New Plymouth
11-14	Australian Athletics Championships	Sydney
22-24	NZ Track & Field Championships	Auckland (venue TBA)

April

7	Marathon de Paris	Paris, France
15	Boston Marathon	Boston, Massachusetts

May

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

June

2	Christchurch Airport Marathon, Half Marathon & 10km	Christchurch
23	Armstrong Full Marathon, Half Marathon & 10km	Westpac Stadium

July

6-7	35 th Gold Coast Full & Half Marathon + associated events www.goldcoastmarathon.com.au	Gold Coast, Queensland
21	Masters 8km Road Race and Walk	Olympic Harrier Clubrooms

Aug

10-11	ITU Duathlon World Championships	Ottawa, Canada
18	Woodburne Half Marathon, 10km & 5km	RNZAF Base, Blenheim

Oct

13	Wairarapa Marathon, Half Marathon & 10km	Masterton
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Nov

3	Auckland Marathon, Half Marathon & 10km	Devonport, Auckland
3	Masters 10km Road Race & Walk	Huia Pool, Lower Hutt

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 RECORD:

If you feel that you have set/broken a Centre record, please send the appropriate paper work, completed and signed-off to Peter Hanson at phanson@extra.co.nz for ratification by the committee. His postal address is Apt 206, Summerset Village, 15 Aotea Drive, Porirua 5024, and his telephone number is 04 237 0958.

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