

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

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John Wood (Wellington Masters member) proudly displaying his gold medal for winning the 75-79 age grade at the recent World Duathlon Championships held in Pontevedra, Spain.

WELLINGTON MASTERS ATHLETICS INC.

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Jim Blair (2004); Bruce Perry (2008) and John Palmer (2010).

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COMMITTEE MEETINGS 1st THURSDAY OF EACH MONTH AT 139 HOMEBUSH ROAD, KHANDALLAH,
COMMENCING AT 6:00pm.

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME.

PRESIDENT'S MESSAGE

The harrier season is in full swing and many of us have been enjoying ourselves in the mud of cross country. It's actually been a reasonably dry cross country season so far, with only the Vosseler testing our ability to run in treacherous conditions.

Talking of cross country, we attracted a reasonable turnout for the Classic Relay this year despite the conflicting events of the Rotorua Marathon and T42. Former President Brian Watson acted as race director, which was very much appreciated at a time when so many of our officials were unavailable. Hutt Valley Harriers were brilliant with their support of the event, entering three teams and fielding the fastest runner overall. The only major club that failed to enter any teams was Wellington Harriers, whose absence from this event is a regular thing. Hopefully we can get them involved in future years as there's nothing like a bit of healthy cross-club rivalry and we know they have some strong masters' athletes.

Next year's date for the Classic Relay has been set. In setting the date, we examined the dates that fall between Shaw Baton Relays and the Dorne Cup. The aim was to avoid clashing with local events of significance, such as Varsity Relays, Ekiden Walking Relays and the Vosseler Shield. In addition, we wanted to stay away from the weekends with popular events elsewhere in the country such as the Rotorua Marathon, Nelson Half Marathon and Christchurch Marathon. The Vosseler is the trickiest to avoid as our enquiries revealed it is not programmed to a predefined pattern (e.g. third Saturday or penultimate Saturday in May) and we won't know until early next year on which weekend it will be held. With the best information available to us and the list of available dates for Trentham Memorial Park, we have selected and booked Sunday 24 May for the 2015 event.

Athletics Wellington held their inaugural annual athletics awards last month and it was pleasing to see several of our members included in the nominations. Andrea Lambert received two nominations, one for her volunteer services and the other for her achievements in middle distance events. I was also nominated in the middle distance category and made-up one third of an all-masters line-up of nominees in the long distance category, where I was joined by Tony Price and Todd Stevens. Jacqueline Wilson was nominated in the walker's category and the Wellington Scottish Masters Women Team was nominated for the teams award. Mark Harris, who coaches three of the nominated masters, not to mention some of the juniors, was nominated for coach of the year award. The awards ceremony was held over dinner where we enjoyed the success of Todd Stevens, Jacqueline Wilson and Mark Harris. Geoff Henry, a stalwart of athletics whose services we all enjoy, most notably at Newtown Park, was given the lifetime award for his contribution to our sport. Congratulations to all winners.

I would like to see as many of you as possible at Johnsonville on 3 August to run, walk or even just to cheer on the competitors in the road race. It is the event's 30th anniversary, meaning it is only five years away from being mature enough for recognition as a master itself! To celebrate the occasion, we will be rewarding this year's age group winners with something a little extra. Come along and find out how.

In the meantime, happy competing.

Michael Wray,
President

TRAINING

Cross Training

Many runners aren't sure which alternative forms of exercise are best for their running. Below are some of the types of cross-training that can be performed to help improve performance or maintain fitness when recovering from an injury.

Swimming

In swimming, the arms produce far more force than the legs. For this reason, swimming has less crossover fitness benefits for runners than other forms of cross-training activities. However, it still remains one of the best forms of cross-training.

Swimming enables runners to build muscular strength and endurance while improving flexibility. It is especially recommended for those who want to prevent injury, or are pregnant, recovering from an injury, suffering from joint or bone conditions, or overweight and want to exercise in a weightless environment. For the compulsive runner who has a hard time taking a rest day, swimming gives those fatigued leg muscles a breather while at the same time providing an excellent upper-body workout.

Compared to other cross-training activities, your heart-rate may not reach as high a level while swimming (typically 10 to 20 beats per minute less than what it is for dry land activities), but it does give the cardiovascular, metabolic, and endocrine systems a proper workout without stressing the tissues of the legs. Nevertheless, what truly counts is that the heart, lungs, and muscles are still processing oxygen.

Additionally, water is considered a healing medium, and provides a therapeutic effect for all muscle groups. Swimming as a form of cross-training is recommended to runners who have serious injuries that make it inadvisable or impossible to perform leg reliant activities, or simply those who enjoy it more than other forms of endurance cross-training exercises. Runners without injuries would do best to choose a different activity for cross-training workouts.

Resistance Training

This form of cross-training involves the use of bands, tubes, weights and weight machines as resistance to create strength, power and endurance gains within the body. By strengthening muscles, bones and connective tissue, resistance training not only helps to prevent injury, but also acts to reduce the severity of injuries when they do occur. Studies have shown that as little as six weeks of resistance training can significantly reduce or completely relieve many common running related injuries, most particularly kneecap pain or "runner's knee". Also, resistance training performed in a circuit-type manner can provide a decent cardiovascular workout that helps to maintain aerobic fitness.

In addition to injury prevention, resistance training improves performance. Many scientific papers have linked resistance training with a 4% improvement in running economy, reduced heart rates while running and improved race times at distances ranging from 5km through to marathon. By improving running economy, a runner should be able to run faster over the same distance due to a decrease in oxygen consumption. Improved running economy also increases a runner's time to exhaustion.

In Summary

Cross-training programs are most effective when they are tailored to meet the needs and interests of the individual. By no means are

the exercises listed in this article the only forms of cross-training methods available to runners.

To receive the maximum benefit while minimising your chances of incurring injury, it is also very important that you perform these activities utilising proper technique. Before commencing your workout, it would best to seek the advice of an experienced user, coach or a certified fitness instructor. ¥

Sharpen Your Kick

The most shocking thing about US track star Galen Rupp's silver medal in the Olympic 10,000m was how he won it. Rupp had a reputation for not finishing strong, but in London, his ferocious speed in the final lap carried him past all but one of the world's top distance runners (his training partner, the UK's Mo Farah). Conventional wisdom says that fast finishers are born, not made – but Rupp and his coach, Alberto Salazar, proved otherwise. Here's how you, too, can sharpen your kick.

TRAIN YOUR MIND

Since 1921, nearly every male who set a 5000m and 10,000m world record accelerated in the last kilometre. The pattern is evidence that the brain withholds some energy during a race, releasing it when you're about to stop. To develop a stronger finish, you need to train your brain to release those reserves earlier. Gear-change workouts teach you to accelerate when you're tired, and ingrain the habit of a sustained finishing kick. Schedule one of these four weeks out and another two weeks out from a goal race.

The Workout: Run 4 x 800m with three to four minutes of rest between efforts. Start each repeat at 5k pace; in the first one, accelerate after 700m and go all-out to the finish. In the second effort, accelerate after 600m; in the third, after 500m; in the final repeat, go as hard as you can after 400m.

BUILD YOUR STRENGTH

Salazar told British reporters that Farah's weakness when he joined the training group was a lack of muscular strength. When he tried to sprint at the end of races, his form fell apart and his arms flailed. The solution: 3.5 hours of work in the gym each week.

The Workout: Once a week, complete a full-body circuit that includes the following: Squats - Do three sets of 10; gradually incorporate single-leg squats and work up to three sets of 10 on each leg. Push-ups - Perform one set to failure, rest for two minutes and then do another set. Squat jumps - Crouch down, and then leap powerfully as high as you can 10 times.

MAKE THE CONNECTIONS

Just days before the Olympic final, Rupp did a workout that reportedly included a 100m sprint in 11.0 seconds. Even with a running start, that sort of sizzling turnover is almost unheard of for a long-distance runner, and it's the type of speed training many of his competitors neglect. Short, all-out bursts improve how messages are carried from the brain to the muscles, so more fibres contract with greater force when your mind says, Sprint!

The Workout: Once a week after an easy run, find a hill that takes you about 10 seconds to climb. Sprint up it, going all-out. Walk down, and recover for two minutes. Start with three repeats, and work up to eight. - *From Runners World, June 2013 edition.* ¥

Run - Rub – Repeat

By Kelly Bastone

Research finally reveals just what massages can - and can't - do for runners

THERE IS GOOD REASON massage therapists are part of an elite runner's entourage. And why the lines for a post-race massage seemingly extend for kilometres. A rubdown - even a deep, intense one - feels great. Runners report that massages help lessen muscle tension and improve range of motion, while also making them feel relaxed and rewarded for their hard efforts.

Yet despite massage's popularity and positive reputation, there's been little scientific evidence to support why athletes feel so good when they hop off the table. "It can be hard to merge basic science with alternative medicine," says Justin Crane, Ph.D., a McMaster University researcher who conducted some of the first objective studies on massage in 2012. Practitioners say massage relieves muscle soreness, promotes circulation, flushes toxins and lactic acid from the body, and eases joint strain - claims supported by centuries of anecdotal evidence from China, Sweden, and around the globe. But science hadn't confirmed just what massage actually achieves - until now. Recent research has sorted out what's true and what's not.

Studies show that massage after exercise reduces delayed onset muscle soreness

First, let's set the record straight: Science doesn't support some ingrained beliefs about massage. "It can't push toxins out of the muscles and into the bloodstream," says JoEllen Sefton, Ph.D., associate professor of kinesiology at Auburn University, who has practiced massage therapy. "There's no physiological way that can happen." Nor does it appear to flush lactic acid from muscles, says Crane, who analysed muscle samples after subjects cycled to exhaustion and then received a 10-minute massage. "People assumed that because lactic acid feels burny, and massage reduces pain, then it must clear away lactic acid," he says.

THE HAPPY NEWS

What massage *does* do is apply moving pressure to muscles and other tissues such as tendons, ligaments, and fascia (which sheaths muscles like a sausage casing). "That energy softens fascia tissue and makes clenched muscles relax," Sefton says. It also removes adhesions between fascia and muscles (places where the two stick together and restrict muscles' movement). That's especially great news for runners, who rely on limber joints and muscles for pain-free peak performance.

Science's biggest discovery is what massage can do for athletic recovery. Studies published in the *Journal of Athletic Training* and the *British Journal of Sports Medicine* found that massage after exercise reduced the intensity of delayed onset muscle soreness (DOMS) - that is, the peg-legged feeling you get two

days after your marathon. And other research suggests that it improves immune function and reduces inflammation. Emory University researcher Mark Rapaport, M.D., found that just one massage treatment resulted in an increased number of several types of lymphocytes (white blood cells that play a key role in fighting infection) while also decreasing levels of cortisol (the "stress hormone" linked to chronic inflammation). "More research is needed, but it's reasonable to think that massage could help runners taxed from exertion," Rapaport says.

It may also help curb chronic diseases. "We know that systemic inflammation is associated with a lot of deleterious effects, such as heart attack and stroke, and that it predisposes people to cancers," he says.

Crane's research, published in *Science Translational Medicine*, found less inflammation in massaged limbs - and 30 per cent more of a gene that helps muscle cells build mitochondria (the "engines" that turn a cell's food into energy and facilitate its repair). "What we saw suggests that massage could let runners tolerate more training, and harder training, because it would improve their recovery and speed up their ability to go hard two days later," he says.

Studies on rabbits confirm Crane's prediction. At Ohio State University, Thomas Best, M.D., Ph.D., put a device on exercised animals that simulates massage and records the applied pressure. "We've shown a 50 to 60 per cent recovery in muscle function compared with no massage," he says.

BOOK AN APPOINTMENT

The new evidence is so convincing that even the researchers have made massage a regular part of their routines: Crane, Rapaport, and Best have all become devotees as a result of their findings, and they recommend that runners follow suit. Regular massage can boost recovery and be a valuable training tool to help you run your best. "Muscle stiffness can throw off your gait, which leads to problems over time," Sefton says. "And by getting a sense for how your body should feel when everything is in balance, you're more likely to notice small issues before they turn into chronic problems." Even beginning runners can benefit from massage, because alleviating the soreness that comes with starting a new sport makes people more likely to stick with it.

Can't afford weekly treatments? Self-massage with foam rollers and other tools like tennis balls can be beneficial in between visits. They can also help runners prep for workouts, since they loosen muscles. "Just don't overdo the pressure," says Sefton, who notes that even a person's body weight on a foam roller sometimes applies too much force (and causes muscles to tighten in defense). "Bodywork just before a race or hard workout should be light," says massage therapist Anna Gammal, who worked with athletes at the 2012 Olympics. "We don't want muscles to feel sore or overworked."

After a race or gruelling workout, a therapist may go deeper in order to help with recovery - or not. It all depends on the individual, Gammal says. "Through talking with the athlete and using touch, a therapist will determine the state of the muscle and if it's best to use light strokes or deep-tissue techniques to treat an athlete in a safe and productive way." ¥

TRAINING TIPS

What Foods Help Speed Up Recovery?

When

For the best recovery, refuel within 15-30 minutes of a run. Make it a priority!

How much

Aim for a post run appetizer (about a tennis-ball size amount of food), not a full meal. Often, you may finish a run without an appetite, so remember less is more.

Recovery can also carry into the following meal. Your post run meal should include ¼-½ of a plate full of carbs (rice, pasta, potato, bread, tortilla or cereal), ¼ plate full of protein (lean meat, poultry, fish, soy foods, beans, eggs, low-fat dairy), fruits/vegetables for the remainder of the plate, plus some fat (oil, avocado, nuts, nut butters).

What

Be prepared. Bring non-perishable snacks to store in your car or locker so you don't have to wait until you get home or to a restaurant to start refueling. Follow this trifecta for optimal refuelling: replace 710ml of fluid for every 450g lost during a run, eat 12-15 grams of protein, and 35-50 grams of carbohydrates immediately after a run.

If you're too tired to chew, you can refuel with beverages (provided they're other than plain water). A 355ml glass of low-fat flavoured milk, a ½ cup of trail mix of roasted soynuts/dried fruit and cereal, or a sports bar with enough carbs and protein (but under 840 kilojoules) should work fine.

A few special items of interest to consider:

Ginger may help to prevent delayed onset muscle soreness, so you could add ginger to a stir-fry, or mix a little candied ginger into a trail mix, or even add ginger root to tea. To expedite recovery, think about the type of carbs you choose: higher glycemic index items such as cereal, crackers, or a small amount of honey/syrup may aid in faster muscle glycogen recovery. You don't need a special recovery product, or supplements. Just time it right, and in terms of the quantity – keep it light.

Recover, Restore, Replete!

* * * *

QUICK TIP: SHOULD I BREATHE DIFFERENTLY WHEN IT'S REALLY COLD OUTSIDE?

No, although you may instinctively take shallower breaths if you're running in temperatures below zero degrees. Really cold air tends to be very dry, which in turn can dry out your throat and induce a cough. You can minimise this chilling effect: periodically during your run, pull a light scarf or neck-warmer over your mouth and nose and breathe into it for five to 10 seconds. This will warm and moisten the air going into your lungs. Your cardio-respiratory system should adapt after about a week or two of cold-weather running. ¥

Winter Blues?

By Jeff Galloway

It is common to have "low" weeks during the winter and during the heat of the summer. The best way to counter this is to stay mentally focused so that you are using your conscious brain instead of letting your subconscious brain be the default controller (which we do regularly). You gain control by having a cognitive strategy, as I explain in my *Mental Training for Runners*. This shifts control out of the subconscious brain and into the frontal lobe where the executive brain takes over. You have to take positive mental action and go through simple, cognitive steps.

1. Have some positive mantras when you don't feel like working out. Write them down and read them over and over. Focus on the thoughts in the mantras.
2. Cognitive thoughts shift you out of the emotional subconscious brain and into the frontal lobe where you can take positive mental action.
3. Have a simple, step-by-step plan for getting the workout started. In most of my books you'll find this in the mental chapter.
4. Focus on each step and then the next, not looking ahead at the end. Rehearsing the steps makes it easier to do this each time you use it.
5. Use some mental tricks for getting started:
 - * Focus on working out 5-10 minutes. You will do more once you start but this gets the workout started.
 - * Focus on variety when it's cold: walking indoors for 5 minutes, treadmill for 5 minutes, outdoor for 5 minutes, stairs for 5 minutes, elliptical for 5 minutes, then repeat.
 - * Long runs - tell yourself that you will walk the whole way. Once you start, you will keep going and usually do some running but, even if you walk the whole way, you will get all of the endurance.

* * * *

MOTIVATIONAL QUOTE:

"If YOU wait for PERFECT conditions, you'll never get anything done."

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NUTRITION & FOOD

SMART FUEL

By Liz Applegate

Enhance your diet for a healthier brain - and a better run

YOUR NOGGIN is not only responsible for memory and cognition - it also plays a critical role in dictating fatigue levels during a run. And just as fuelling the muscles is critical to performance, nourishing the brain with key nutrients boosts its overall function. The result? You feel more alert at your desk - and on a run. Moreover, certain foods can also help ward off age-related memory loss. Here's a short list of the top brain foods.

ALMONDS

As one of the richest sources of vitamin E, almonds make for a smart snack. Researchers have found that vitamin E combats oxidative stress and also acts as a potent protector for the brain's omega-3-rich cell membranes.

EAT IT - Use to top yoghurt or hot cereal, add to trail mix or enjoy 30 grams of unsalted almonds as an easy filling snack.

EGGS

Choline, a nutrient that's rarely talked about, helps keep your brain's messengers (called neurotransmitters) signaling properly. While our bodies make choline, scientists believe that production is spotty at best for some individuals, particularly pregnant women, so include it in your diet.

EAT IT - Make eggs part of recovery meals, or hard-boil them for salads - but be sure to use the whole egg; the choline is in the yolk.

KALE

Kale is loaded with lutein, which can keep the eyes safe from oxidative damage. Oxidative damage can be caused by pollution and heavy breathing (i.e. hard running) and scientists believe oxidative damage is linked to poor cognitive function, early memory loss and Alzheimer's disease.

EAT IT - Add to soups, stir fries and casseroles, or serve in salad.

SALMON

The membrane of brain cells is made primarily of omega-3 fats - the same fat in salmon. Studies show that consuming omega-3 fatty acids (fish oil) makes these cells more supple, optimising your processing power. Omega-3s may also delay memory loss as you age and boost cognitive function in kids and teenagers.

EAT IT - Salmon and other oily fish such as sardines and mackerel contain the most omega-3s, but all seafood has it; aim for two to three 150 gram servings a week. You can also try walnuts or omega-3 enriched eggs, or put flaxseed oil on salads or pasta.

WHEY PROTEIN

One of the main proteins in milk and other dairy foods, whey may save the brain. Scientists found that when mice consumed whey, their brain cells were better able to process oxygen, a sign of optimal brain function.

EAT IT - Make a protein recovery drink: Mix a scoop of whey powder (20-25 grams of protein) with water, or mix in a blender with a banana and cocoa for added flavour, potassium and antioxidant power.

YOGHURT

Research suggests probiotics - beneficial bacteria found in some yoghurts - may affect brain function. Subjects in a study at the University of California, US, who ate yoghurt with probiotics twice daily for four weeks showed better connectivity between brain regions than a control group.

EAT IT - Aim for several servings of yoghurt weekly (look for "live cultures" on the label). Probiotics are also in fermented milks such as kefir and other foods with live bacteria.

Don't Forget

Foods That Boost Memory

BRUSSELS SPROUTS

The vegetable is loaded with vitamin K, which researchers believe may be linked to verbal memory skills in healthy older adults.

CHOCOLATE

Adults who drank a flavanol-rich cocoa daily for a month performed better on memory tests compared with similar subjects drinking a low-flavanol cocoa.

OLIVE OIL

Study subjects who used extra-virgin olive oil with food over six years had better scores on memory tests compared with subjects who ate a low-fat diet.

Liz Applegate is a Senior Lecturer in the Nutrition department at UC Davis and is known for teaching the classic course Nutrition 10. She has a Ph.D. from UC Davis.



Members of the NZ Team at the World Duathlon Champs being interviewed by South Africa Triathlon.



RECIPE

Pea and Parmesan Risotto

Get ready to race with this carbohydrate-rich dinner which is guaranteed to fill you up!

Ingredients:

2 tsp olive oil
1 onion, finely chopped
1 garlic clove, chopped
200g Arborio rice
125ml white wine
600ml hot vegetable stock
200g peas, cooked
50g parmesan, grated
50g baby spinach leaves
Salt and pepper

Method:

1. Heat the oil in a large saucepan then add the onion, cooking until soft and translucent. Add the garlic and cook for a further minute. Next, add the rice and turn up the heat, stirring continuously. The rice will begin to fry a little and start to look translucent. Once at this stage, add the wine and stir until it has evaporated.
2. Add a ladle of hot stock. Keep stirring until it has reduced and then add another ladle, repeating until all the stock is used, and the risotto is cooked and has a creamy texture. It should take about 15 to 20 minutes.
3. Fold through the cooked peas and parmesan. Finally, add the spinach, and season well with salt and pepper.

Tip:

If you run out of stock, use boiling water.

Running benefits:

Providing vitamins A, C and E to bolster your immune system, this dish will top up your carbohydrate stores and give you half of your daily allowance of zinc, to support immunity and energy levels, and have you ready for the starting line!

Per person:

1055 kilojoules
10.42g protein
26.18g carbohydrate
9.31g fat (2.58 polyunsaturated, 3.08g monounsaturated, 3.65g saturated)
3.55g fibre

Preparation time:

Serves: 4
Preparation: 10 minutes
Cooking: 30 minutes

AVOCADO

- Because of its high carbohydrates and protein content, mashed avocado is the perfect nourishing food for babies who are beginning to take solids.
- Next to the olive, the avocado is the second fruit with the highest monounsaturated fatty acids content at 20%. This amounts to almost twenty times that of any other fruit.
- The potassium content and calories of an avocado is three times that of a banana. Other essential minerals are iron and copper for the blood, phosphorus and magnesium.
- It is also one of the richest sources of fiber among all fruits and vegetables. Packed with vitamins A, several B-complex, especially B3 (folic acid), powerful anti-oxidants like vitamins C and E, calcium, iron, potassium.
- The avocado is one of the best natural mouth wash and a remedy for bad breath. It is effective in removing intestinal putrefactions or decomposition which are the real cause of a coated tongue and this unpleasant condition.
- The high potassium and folate content in avocado helps to regulate blood pressure, protecting your body against circulatory diseases, heart problems and stroke.
- An avocado contains oleic and linoleic acids that are effective in lowering the LDL cholesterol and increasing the healthy HDL cholesterol.
- Studies have proven that when even a small amount of avocado is consumed together with other fruits and vegetables, the absorption of phytonutrients are a few times higher than when consumed on its own. This alone makes it worthwhile to be eating avocados regularly.
- The avocado oil is beneficial in the treatment of psoriasis. Apply regularly on affected parts to remove the scales.
- The high potassium content helps balance our body's electrolytes, aids muscle activity, nerve function and energy metabolism.

* * * *

SILVERBEET

Add silverbeet to your daily diet and reap the rewards. Just one cup of cooked silverbeet will boost your fibre, folate, iron and potassium levels along with providing more than 100 per cent of your daily vitamin A requirements.

Vitamin A stimulates the growth of new cells and keeps them healthy. Fibre in your diet is important to maintain a healthy digestive system. ¥

GREEN VEGES FOR IMMUNITY

Scientists have shown that a chemical compound found in green vegetables helps immune cells in the gut work properly – and is an important component of a fully functioning immune system. Mice fed a vegetable-poor diet for two to three weeks lost 70 to 80 per cent of the immune cells in their gut, throwing out the balance of their intestinal bugs, ultimately weakening their immune system. ¥

THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, April 2014



Carbohydrates: Why are they so confusing?

Carbohydrates seem to be a source of confusion for marathoners and fitness joggers alike. Due to the *Paleo Diet*, *Grain Brain*, *Wheat Belly*, and other trendy diet books, many runners don't know what to eat. They just think they should avoid pasta, bagels, juice, bananas and sugar — even if these foods are non-problematic for them. Yet, most of the *carbs are evil, fattening & bad for you* hype is targeted not to runners but to the masses of overfat, underfit people whose bodies do not handle carbohydrates as healthfully.

What are “carbs”?

Some runners are confused about carbs because they do not even know what carbohydrates are. One marathoner claimed he “stayed away from carbs.” Yet, he routinely ate oatmeal for breakfast, whole wheat wraps for lunch, and sweet potato with dinner. He failed to understand that oatmeal, wraps, and potatoes are carbohydrates. He was actually limiting his intake of *refined sugars*; there is a big difference! Here's what he needed to know about *Carb Biochemistry 101*:

- Carbohydrates include both sugars and starches. Carbs are in fruits, vegetables, grains, and milk (lactose). These carbs all digest into the simple sugar glucose. Glucose travels in the blood and, with the help of insulin, is taken up for fuel by the muscles. Runners who restrict carbs pay the price — “dead legs” and inability to perform at their best.
- All carbs — both sugars and starches — are equal sources of muscle fuel. Regardless of whether you eat a starchy potato or sugary candy, the end product is the simple sugar glucose. Some of that glucose feeds your brain; some of it fuels your muscles; and some gets stored in muscles as glycogen, ready to be used for fuel during hard and extended exercise.
- Sugars and starches are biochemically similar. For example, an unripe banana (or any fruit) is starchy. As it ripens, it becomes sweeter; the starch converts into sugar. In comparison, peas (and other vegetables) are sweet when young and their sugar converts into starch as they mature.

Are carbs bad for you?

Regarding health, some carbs are better for you than others because they offer more nutrients. For example, the sugar in sport drinks provides “empty calories” with no nutritional value (unless they are fortified to give a healthier appearance). The sugar in orange juice is accompanied with vitamin C, folate, potassium, and many other vitamins, minerals, and plant compounds that contribute to good health.

While juice offers slightly less nutritional value than you'd get by eating the whole fruit, most anti-juice hype is targeted at overfat people. Liquid calories from juice, soda and sports drinks do not contribute to satiety (fullness). Hence, drinking sugary beverages with meals adds extra calories that can contribute to undesired weight gain. Yet, for active people who want to gain weight, juice can help a skinny runner easily boost calorie intake while simultaneously adding carbs for fuel that enhances muscle-building workouts.

Even though refined sugar adds “junk calories” to a sports diet, you need not eat a sugar-free diet to have a good diet. A fit and healthy runner's menu can accommodate 10% of calories from refined sugar (World Health Organization's guidelines). Yet, if you frequently consume sports drinks, gels, and sports candies — as well as other sweets — you can easily consume more than 250 to 350 calories (10% of calories) from refined sugar. Please don't displace too many fruits, veggies and whole grains with empty calories from sugar...

What about high fructose corn syrup?

High fructose corn syrup (HFCS) also deemed evil and fattening, is less evil and less fattening than portrayed by the media ⁽¹⁾. (Ninety percent of 567 media reports on HFCS since 2004 replaced science with opinion and were biased to the erroneous ⁽²⁾.) HFCS is a double molecule comprised of 45% glucose, 55% fructose — the same as honey and similar to white sugar (50% glucose, 50% fructose). The negative hype about HFCS applies primarily to overweight folks who consume excessive calories of sweets, soda, candies and processed foods sweetened with HFCS. While no one needs excessive, lack-luster calories that could be better spent on nutrient-rich fruits, veggie and whole grains, does an athlete really need to fret about a few calories of HFCS in ketchup?

Are carbs fattening?

Despite popular belief, carbohydrates are not inherently fattening. *Excess calories* are fattening. Excess calories of carbs (bread, bagels, pasta) are actually less fattening than are excess calories of fat (butter, salad oil, cheese). That's because storing excess calories of sugar as body fat requires more energy than does storing excess calories of dietary fat as body fat. This means, if you are destined to be gluttonous and want to suffer the least weight gain, indulge in (high carb) frozen yogurt instead of (high fat) ice cream!

What about sugar “highs” and “lows”?

Sugar “highs” and “lows” can easily occur in overfat, underfit people. Most runners, however, can metabolize sugar without problems. That's because exercise enhances the transport of sugar from your blood into your muscles with far less insulin than needed by the body of an unfit person. The unfit body contributes to the rise in blood sugar that triggers the need for excess insulin and leads to the “crash.”

continued on next page

Continued from previous page

The most common reason for “sugar crashes” (hypoglycemia) among runners relates to running out of fuel. The shakiness and sweats are because the athlete did not eat enough carbs to maintain normal blood glucose levels and the brain is now demanding sugar. One marathoner thought the 100-calorie gel he took at mile 16 caused him to “crash.” More likely, he needed 200 to 300 calories to meet his energy needs, not just 100 calories.

You are an experiment of one

If you have intestinal distress relating to wheat, gels, onions, milk or any of a multitude of fruits, veggies and grains, your best bet is to figure out how much (if any) you can tolerate. The dose might be the poison. If you need to eliminate wheat due to celiac disease or gluten intolerance, you might have trouble getting enough carbs to fuel your muscles. That is, you'd need to eat 3 cups of blueberries to replace one bagel. Not only is that expensive, but also puts you at high risk for undesired pit stops. Consulting with a registered dietitian (RD) can be a smart idea! The referral network at SCANdpg.org can help you find a local sports RD who can address your food concerns and take the confusion out of carbohydrates.

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1. Lowndes, J, S Sinnett, S Pardo, V Nguyen, K Melanson, Z Yu, B Lowther, J Rippe. The effect of normally consumed amounts of sucrose or high fructose corn syrup on lipid profiles, body composition and related parameters in overweight/obese subjects. *Nutrients* 2014. 17; 6(3):1128-44.
2. <http://www.forbes.com/sites/trevorbutterworth/2014/02/06/sweet-and-sour-the-media-decided-fructose-was-bad-for-america-but-science-had-second-thoughts/>

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.

Ed: - This article has been reproduced with the kind permission of Nancy Clark. For more information on this article and others relating to sports nutrition etc. visit the websites listed above.

* * * *

5 steps to looking and feeling your best!

By Claire Turnbull

With life being so busy it can be really easy to forget about how important it is to make a little time and space for yourself. With work, relationships and family commitments it can be so easy to always put the needs of others first, but what can happen in the process is that you can easily wear yourself out!

It is time to see yourself as a priority, you matter and when you look after yourself, it is amazing what you can do in the world and what you can achieve. Here are some things you can do to make it happen...

Step 1: Nourish your body from the inside out

Eat more of the food which your body LOVES.

- Up your veggies big time – aim for at least 4-5 handfuls a day.
- Where you include grain based foods (like breads and cereals), opt for wholegrain versions where you can.
- Look to include pulses each week – it might be having chickpeas in a salad, adding cooked lentils into a mince dish or an extra can of kidney beans into a chilli – they are high in fibre, low GI and all-round good for you!
- Where you have fats in your diet – go for healthy ones too – nuts and seeds are a great way to include healthy fat with the added benefit of being packed with fibre too.
- Be sure to have 2-3 servings of dairy products each day to make sure you are getting enough protein and calcium! A serving is a cup of milk, a pottle of yoghurt or 2 slices of cheese. Opt for low fat options where possible.
- Keep yourself well hydrated, a vital step to help you look and feel good.

Your body does amazing things for you and deserves looking after.

Step 2: Time out before snooze time

Allow yourself time to be away from your computer, phone or TV before bed to disconnect and unwind and get yourself into a good sleeping routine. Your body and mind need this space.

Step 3: Be in nature

I absolutely believe that many of us suffer from a ‘nature deficit’, not spending enough time outside, in the fresh air and natural daylight, simply walking through the trees, playing on the grass and running bare foot in the sand. Connecting with nature, the real beautiful world in which we live in is very powerful and allows us to connect with what is really important, and that's not money, things or stuff.

Step 4: Find out what feels good

Write down a list of things you love doing and make you feel good. I know winning the lotto and a luxury holiday might be the first things that come to mind, but I am talking about free or very low cost things. Like having flowers in your lounge, cooking a healthy dinner for your friends, or watching a comedy. Focus on some of the little things. How good it feels to give someone a gift, call a friend or try something new. Every day plan to do at least one thing which you know makes you feel good.

Step 5: Surround yourself with amazing energy

Spend time with people who support you and lift you up. You become like the people with whom you spend the most time and they will influence who you become. Choose wisely. Spend more time with the right people. There are times when you can't always choose who you spend time with, at work for example or the members of your family. You can however choose how much they impact on the way you think.

Claire Turnbull, NZ Registered Nutritionist, AUT/Millennium Institute. For more information about Claire, visit her website: www.claireturnbull.co.nz

Run with Ease – Run for Your Life

The more we run, (or the older we get while we run!), the more we need to look after both the motor and the machine – that's us and our brains and bodies.

Coaches and trainers are now saying that movement versatility and coordination are more important for good running than drills and regimentation.

(See link to article <http://balancedrunner.co.uk/>).

Knowing how to adapt and simplify the way we run leads to greater efficiency, less risk of injury, and a rediscovery of the simple youthful joy that running holds for us.

That's the sort of experience we provide with these "runshops" in the Run for Your Life series.

The next ones are coming up:

Exploring Running Form (with Rupert Watson, Feldenkrais runner and practitioner – **Sunday 20th July**).

Intelligent Movement for Runners (with Femke Koene, Exercise Kinesiologist – **Sunday 3rd August**).

The sessions work together, but are separated in time for better absorption of the material. **Both are at Newtown Park, from 10am to 12 noon on their respective Sundays.**

Cost is \$55 for both; or \$30 for one, if that's all you can manage right now.

To book email Rupert at watson@slingshot.co.nz

Please pass on to friends who you feel may benefit from these courses.

For really good writing on running form and issues that relate to our approach to better running, look up Jae Gruenke at www.balancedrunner.com

Regards
Rupert Watson
Feldenkrais, Run with Ease, Massage
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027 585 3822
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* * * *

What You Should and Shouldn't Eat Before a Workout

By Jennifer Vimbor, MS, RD, LDN

Have you ever had a bad workout but just couldn't explain why? You got enough sleep; you let yourself rest the appropriate amount of time, but your energy was low and you still struggled to get through the exercises.

It's time to put more thought into what fuels you. Just like a car, you need proper fuel to function efficiently. This especially rings true when it comes to energy for a workout.

Food is fuel. When you eat, your body has to break down the food, and digest and absorb the various nutrients in order to produce its end product, energy. If you're about to hit the gym, why wouldn't you fuel up your body with the best stuff for the most effective, energetic workout?

Get the most bang for your buck by choosing the right nutrients and avoiding the ones that will bring you down and hinder your workout.

Let's break it down

The goal is to fuel efficiently. If you take in complicated nutrients that need to digest before a workout, the body has even more work to do and can't focus all of its energy on the workout itself. It's like your body is multitasking. It's breaking down the food while trying to put energy into the workout as well. Fuel is more effective if digestion is complete prior to exercise.

Avoid Fats and Proteins

Consuming fat and protein prior to exercise is a no-no. They break down slowly while your body absorbs the nutrients over a longer period of time. This is great at other times of the day when you want to feel satisfied longer, but it's not ideal right before a workout.

If you have 30 to 60 minutes before exercise, avoid things like nuts, nut-butters, seeds and Greek yogurt.

More: [How to Fuel Your Body for Energy](#)

More: [How Athletes Can Choose the Best Dietary Fats](#)

About the Author:

Jennifer Vimbor, MS, RD, LDN, is the founder of [Nutrition Counseling Services](#) in downtown Chicago. An avid runner, marathoner and triathlete, Jennifer has first-hand knowledge of the nutritional needs of athletes, and has been helping athletes reach their goals since 2003. She was the nutritionist for the New York Runners Only Club, and has worked with Chicago Area Runners Association. Jennifer advises athletes, from novice to professional, in groups and privately.

* * * *

A Testimony to True Mateship

A man brings his best mate home for dinner unannounced at 5.30 p.m. after work.

His wife screams at him as his friend listens in, "My hair and makeup are not done, the house is a mess, the dishes are not done, I'm still in my pyjamas, and I can't be bothered with cooking tonight!

What the hell did you bring him home for?"

"Because he's thinking of getting married."

* * * *

QUESTIONS YOU JUST CAN'T ANSWER

Why do we press harder on a remote control when we know the batteries are flat?

Why do banks charge a fee on 'insufficient funds' when they now there is not enough?

Why do Kamikaze pilots wear helmets?

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

INJURY PREVENTION

Strained (Pulled) Hamstring

THE SYMPTOMS

Tightness or pain, sometimes severe, when you apply pressure to the hamstring or load the muscle group.

WHAT'S GOING ON IN THERE?

When the hamstring is injured, the key to fixing it is to first recognize the injury. A hamstring strain is typically the result of pushing too hard and, most importantly, not paying enough attention to pain cues.

FIX IT

Stop. Trying to push through it will only make it worse.

Employ dynamic rest. Avoid hamstring-loading activities and do intense upper-body and core workouts to maintain fitness.

Ice it. As soon as you can after the injury, start applying ice to the muscle for 15 minutes at a time four to six times a day for the first two days.

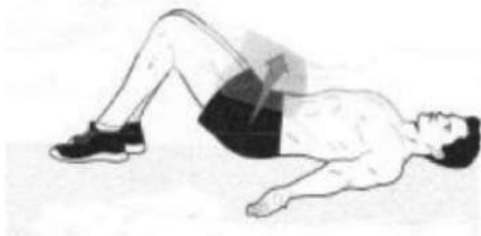
Stretch it - gently. After a few days, perform gentle hamstring stretches several times a day. Depending on the severity of the strain, expect a healing time of anywhere from two to eight weeks.

Work it - gradually. As the pain recedes, ease yourself back into activity, particularly speed and hill work. If you feel pain, don't push it.

PREVENT IT

You need to work your glutes, hip flexors, quads and core as well as your hamstrings if you want to prevent a pulled hamstring. All these muscles work together and need to be strong, flexible, and balanced. Isolated hamstring curls can work the hamstrings alone, but for better results, stick with multi-muscle exercises.

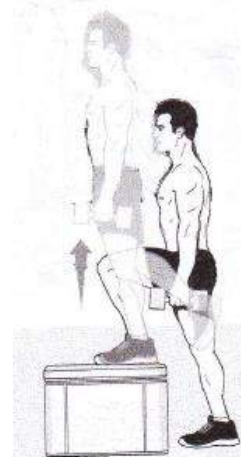
EXERCISES & STRETCHES:



HIP RAISE

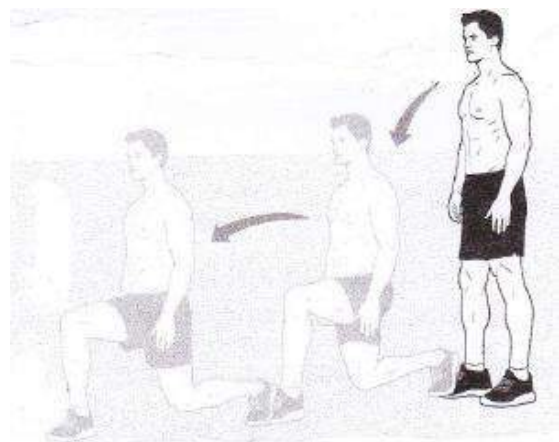
Lie face-up on the floor with your knees bent and your feet flat on the floor. Place your arms out to your sides at 45-degree angles, your palms facing up. Raise your hips so your body forms a straight line from your shoulders to your knees.

Squeeze your glutes as you raise your hips. Make sure you're pushing with your heels. To make it easier you can position your feet so that your toes rise off the floor. Pause for five seconds in the up position, and then lower your body back to the starting position. Do 15-20 reps.



DUMBBELL STEP-UP

Hold a pair of dumbbells at arm's length at your sides. stand in front of a bench or step and place your left foot firmly on the step. The step should be high enough that your knee is bent 90 degrees. Press your left heel into the step and push your body up until your left leg is straight and you're standing on one leg, keeping your right foot elevated. Lower your body back down until your right foot touches the floor. That's one rep. Do 10-15 reps with your left leg, then do the same number with your right leg.



WALKING LUNGE (DUMBBELLS OPTIONAL)

Perform a lunge, but instead of pushing your body backward to the starting position, raise up and bring your back foot forward so that you move forward (as though you're walking) a step with every rep. Alternate the leg you step forward with each time. Complete 10 total steps forward, then switch to backward walking lunges to return to your starting point.

INJURY PREVENTION

Runner's Knee

THE SYMPTOMS

Pain beneath the kneecap that's worse after you finish an activity. It's especially sore going up or down stairs, tends not to swell, and typically becomes most aggravated after about an hour of running, when your quads start to tire.

WHAT'S GOING ON IN THERE?

Patellofemoral knee pain (runner's knee) is the most common type of knee pain. The patella is located inside the patellar tendon and connects to the quadriceps muscle group, the most powerful group in the body.

Pain can come from several causes. One is an injury to the cartilage under the patella. Poor running or biking mechanics resulting from weak or tight muscles weak or tight muscles can contribute.

Here's how: Ideally, your pelvis remains in a steady, level state as you run. But if your muscles are under-conditioned, your pelvis will wobble as you run. This stresses the knees and can cause runner's knee.

FIX IT

Employ dynamic rest. As you work to rehabilitate the injury, stay fit with vigorous upper-body work, plus pool running and/or biking if you can do so without knee pain. Meanwhile...

Strengthen your knees, quads and hips. Weak or inflexible quads are a particular source of knee pain, but upping your strength and flexibility throughout these areas will help both ease the pain and improve your form once you return to your normal training. Avoid hamstring-loading activities and do intense upper-body and core workouts to maintain fitness.

Work on body mechanics. Poor running form can bring on this condition. Have a friend record you running toward a video camera or camera phone - you may see things you never realised you were doing. Concentrate on proper form or seek out a coach to help you retrain yourself.

Try Orthotics. Arch supports and motion control shoes can help with over-pronation.

WHEN TO CALL A DOCTOR

If pain persists after two months of disciplined home-based treatment or if swelling appears, you could have a different problem and a doctor should evaluate you.

PREVENT IT

Runner's knee is only sometimes caused by a literal knee problem. More likely muscle imbalances, tightness or bad conditioning is the issue. The stretches and exercises below all target your quads and hips and can be added to any workout.

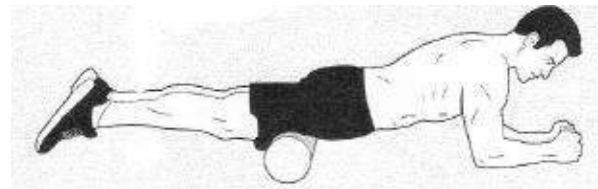
EXERCISES & STRETCHES:



Prisoner Squat - Stand tall with your feet spread shoulder-width apart. Place your fingers on the back of your head and stick out your chest. Lower your body as far as you can by pushing your hips back and bending your knees. Pause, then slowly push yourself back to the starting position.



Bulgarian Split Squat - Stand in a staggered stance, your left foot in front of your right, 2 to 3 feet apart. Place just the instep of your back foot on a bench or chair. Pull your shoulders back and brace your core. Lower your body as deeply as you can, keeping your back foot on the bench. Keep your shoulders back and chest up through the movement. Pause, then return to starting position.



Quadriceps and Hip Flexors Roll - Lie face down on the floor with a foam roller positioned above your knee. Roll your body back and forth up to the top of your thigh.

Strong Core, Strong Back



Have you experienced back pain in some form during your life?

Consider this...

Your body's core, also commonly known as your torso, supports your entire body. Therefore, a strong core could mean less injury and pain elsewhere, including your back!

Your posture is also greatly affected by the strength of your core.

Without strong abdominal muscles to help hold your back, shoulders, neck, and head into their proper positions, you'll find yourself slouching. This may cause pain and injury throughout your body.

Stretching and weight training are two ways you can help your core be as strong as possible. There are levels of exercises appropriate for anyone, from gentle yoga to heavier strength training programs.

Are you looking to get healthy and stay healthy? Start with a strong core.

* * * *

Live a Long and Healthy Life

You're a leader. You're a hero. You're a brother, father and friend.

Everyone needs you around for a long time. So pay attention and set yourself up for a healthy life.

Take care of your heart. Cardiovascular health is crucial. Prioritise your cardio exercise, eat fibre, monitor your salt intake and pass on the sugar so your heart can be as strong as possible.

Pay attention to prostate health. Prostate cancer is all too common for men, so get your zinc, vitamin C and limit the trans saturated fatty foods. Remember your prostate exams should start between ages 40-50 depending on your family history.

Maintain a sturdy spine. Long workdays, piggyback rides, heavy lifting and life in general are hard on the body but good for the soul.

Cheers to a healthy and inspired life!

* * * *

Too Much of a Good Thing: Caffeine

It helps you go. It cheers you up. It's everywhere.

Its caffeine and most love it. Coffee, soft drinks, energy drinks and even some painkillers... caffeine is everywhere. And, while a little is fine, we often over-do it without noticing.

The good. Caffeine in moderation helps increase alertness, mood, concentration and performance, helps your bowels stay active and provides antioxidants.

The bad. Too much can amplify stress levels, blood sugar swings and irritability.

The ugly. Over time, caffeine can cause cardiovascular and gastrointestinal problems, adrenal exhaustion, increased aging and other specific health problems.

How much is just right?

While everyone's body is different, they say that health benefits of caffeine begin around 250mg and become unhealthy at 400mg (roughly 4 cups of coffee) per day.

So find your balance and enjoy today's tastiest brew.

Ed: These three article have been reproduced with the kind permission of Dr. Louise Hockley, Back to Living Chiropractic, Level 1, 50 The Terrace, Wellington 6011, phone 04 499 7755 or visit the website www.chiro.co.nz

* * * *

Should I Stretch Before or After My Runs?

By Jennifer Van Allen

You've seen the iconic image of a runner bent over and touching his toes. You've probably seen plenty of runners doing this before races. So it may surprise you to hear that this so-called static stretching – attempting to lengthen muscles and tendons to increase flexibility – is generally not recommended.

Stretching has been hotly debated in recent years. There is no evidence that static stretching prevents injury or improves performance, experts now say. In fact there's some evidence that it can hurt. When it comes to staying injury-free, functional range of motion is more important than flexibility.

"If you can run comfortably, and without injury, there is no need to stretch," says William O. Roberts, professor in the Department of Family Medicine and Community Health at the University of Minnesota Medical School, U.S.

Before your workout, your time is better spent warming up with dynamic stretching.

These moves, which include butt kicks and walking with high knees, improve range of motion and loosen up muscles that you're going to use on the road. They also increase heart rate, body temperature and blood flow so you feel warmed up sooner and run more efficiently.

After your run, if you have an area that still feels tight – the calves, hamstrings, hip flexors, IT bands and quads tend to be tight after running – a little stretching may be in order. But it is not necessary. You might try a standing quad stretch, stand on one leg, bend opposite knee raise lower leg and hold it around the ankle.

The stretch should give you the feeling of slight discomfort in the muscle; however, do not stretch to the point that you feel a sensation that is sharp or intense. If you do, be sure to back off.

2014 World Duathlon Championships

Pontevedra, Spain – Sunday 1st June

I along with Maryanne were fortunate enough to be part of the NZ team to travel to Spain to take part in the World Duathlon Championships in Pontevedra, Spain. Also from the Wellington region were Ann Bould from Kapiti and fellow Wellington Master John Wood from Lower Hutt. Maryanne and I left NZ on 25th May and after 54 hours on planes and in airport lounges finally arrived in Pontevedra, Spain. For the first few days the weather was cool with showers of rain (just like Wellington before we left) but we managed to get out with the other team members who were staying with us at the same hotel, for a couple of runs and bike rides over the course. The NZ team was a small team consisting of 14 members (1 para athlete, 2 doing the sprint distance and the remaining 11 competing in the standard distance).

The standard distance duathlon is a 10k run followed by a 40k bike then to finish, a 5k run. On the Saturday the weather had improved and was warm for the para athlete in the NZ team to race over the sprint distance of 5k run 20k bike and 2.5 run. We went down to the stadium and supported our NZ athlete and it certainly was an eye-opening experience to watch the athletes with some form of disability take part in this event.

On Sunday morning we walked down to the stadium and put our bikes into the transition area and went back to our hotel to have breakfast and wait for the start at 12 noon. The 2 sprint distance competitors raced first on Sunday morning before the standard distance competitors had to assemble at 11.45am and then each age grade (5 year grades) went off from 12 noon at 5 minutes intervals. The run course was 4 laps of 2.5k starting in the stadium and going thru the streets of the "old city". The course was flat for about the first 800m then a small hill of about 150m after which you ran over a section of small cobblestones into the old city. After winding thru the streets you came to another small climb where you turned down towards the river and back to the stadium where you started your second lap. The weather for the start of our event was extremely hot and we had to take fluid on at each of the two drink stations on the run course. I reckon the temperature was around 25 degrees when we were running and one of the NZ competitors who had raced in the morning and was supporting in the stadium said that he got a reading of the temperature being in the early 30s. The support around the run course was unbelievable with thousands of people lining the whole of the run course and yelling support for all the runners – no matter what country you were from.

Once you completed your 10km run you then started the bike leg which was an out and back leg of 10k which you did twice to give you the 40k. The first part was relatively flat with some slight undulations before you started a gentle climb which gradually transcended into a 3km climb to the turn-round point. You then had a good down-hill back to the city where you could certainly make up some time. You then started the second lap of the bike course and this is where I came to grief.

Owing to the hot temperatures I had consumed more fluid than I would normally on the first bike lap and realised that I was out of fluid for the second bike leg. I had to do the second leg conservatively owing to having no fluid. Starting the second run I realised that I was in a little trouble dehydration wise and took on plenty of fluid at each of the aid stations. It was part way thru the first lap that Maryanne came past me and slowly disappeared into the distance. On the start of the hill in the second lap my dodgy hip started hurting so I had a couple of periods in the hilly parts of the course where I walked to ensure that I would manage to get to the finish. Maryanne had a good race and finished strongly even though the heat took a bit of a toll on her also. We both got quite badly sunburnt on our shoulders.

The small NZ team did reasonably well with 2 gold medals being picked up by some of the more mature members of the team (Ann Bould and John Wood in their respective age groups) and our para athlete was placed 4th in his race. Maryanne and I were both pleased with our finishing places as we both improved on our 2012 result in France. Next year the World Duathlon Champs are in Adelaide so I guess it will be off to Taupo in August to try and qualify for 2015. The Americans and British were impressed by the New Zealand team owing to the distance and may hours we had to travel to get to Spain for this event.

We then spent a few days in Pontevedra with some of the other team members before everyone dispersed to different parts of the globe (some returning back to NZ). Maryanne and I then went onto Barcelona for 5 days before an even longer flight back to NZ as we had an extra stopover in Bangkok on the return flight to NZ.

We really enjoyed Spain with the great food (which we found to be really cheap), the friendly people and the great climate. Daylight to 9.30pm at night when all the people seem to come out of the woodwork. They still have siesta time in Pontevedra where the shops shut for 3 hours from 1pm (except cafes and eating places) but Barcelona, where they don't have siesta time, the shops aren't open on Sundays. We went on a bus trip which was a really great experience and it went past the Olympic Stadium where the Barcelona Olympics were held. We then ran up there a couple of days later and went inside as it is open to the public (no charge) to go in and have a look at this complex. A boat trip on the day before we were due to fly out was the climax of our trip away.

We would both go back to Spain for a holiday and would recommend to anyone if they wanted a nice climate with good food and friendly people - then try Spain. We were warned about the pick pockets in Barcelona but didn't venture into any of the areas where they frequent. We were warned on the bus by the guide to be careful especially when we went into the big cathedral that is being constructed as some of the pick pockets actually buy a ticket to gain admission and be amongst the throngs of tourists for easy pickings. – John Palmer

MISCELLANEOUS

MEMBERSHIP

Our current membership stands at 86 members. No new members have joined since the last newsletter was published.

* * * *

CONGRATULATIONS

To Judy Hammond on winning the following medals at the World Masters Indoor Championships held recently in Budapest.

Silver: 60m and Long Jump.

Bronze: High Jump and 100m.

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RECORDS

The committee recently had some records submitted for ratification, one which was over 12 months since the competition where the record was set. The committee has decided that all records for ratification must be sent in within 30 days of the event, along with the completed paperwork to Peter Hanson (the Records Statistician) who will then forward them on to the committee for ratification.

* * * *

WINTER TRACK & FIELD SERIES

Web site for entries and information

<http://www.sportsground.co.nz/matsteamwairarapa/113912/1>

Time: 1.00pm – 2.30pm

Venues: Pelorus Trust Athletics Track, Colin Pugh Sports Bowl, Masterton.

Palmerston North Athletics and Harrier Club, Palmerston North.

Meetings:

~~18th May – Masterton – Series 1~~

~~15th June – Palmerston North – Series 2~~

~~6th July – Masterton – Series 1~~

3rd August – Palmerston North – Series 2

31st August – Masterton – Series 1

21st September – Palmerston North – Series 2.

EVENTS:

The events are as follows:-

Series 1

TRACK

1.00pm 100m

1.20pm 3000m

1.50pm 1500m

2.10pm 400m or 2 x 200m

FIELD

1.00pm Discus

1.00pm Long Jump

1.00pm High Jump

1.45pm Shot

Series 2

TRACK

1.00pm 60m

1.20pm 5000m

1.50pm 800m

2.10pm 200m or 2 x 100m

FIELD

1.00pm Shot

1.00pm Triple Jump

1.00pm High Jump

1.45pm Discus

1.45pm Long Jump.

COST

Will be \$5 per person per series and you must register your name online on the online entry form (via the web page) or at the venue and pay the entry fee. Entering one event does not guarantee your entry for the next, you must ensure you have entered and paid your entry fee. You are more than welcome to pay your entry for all events at the start.

If you require further information please contact:

Mark Harris

PO Box 2106, Masterton

Phone: +64 6 378 6384

Mobile: +64 21 300 380

Email: mark@maharris.co.nz

* * * *

History of Indoor Track and Field

New Zealander Grant Birkinshaw has just released a book on the History of Indoor Track and Field 1849 to 2013.

The book was launched at the Indoor World Championships in Sopot, Poland to rave reviews from Track and Field fans.

The book breaks the history down into three distinct eras, Early, Classical and Modern. It includes every major indoor track and field milestone as well as profiles on athletes.

The cost of the book is \$39.00 plus postage.

Contact Grant Birkinshaw to get your copy.

* * * *

My phone died so I spent some time with the family today. They seem like nice people.



MISCELLANEOUS RESULTS

The Tearle Trophy Handicap Walk

Saturday 12th April, 2014

Results:

Pl.	Name	Est. Time	Race Time	Act. Time
*1.	Murray Gowans	44:50	47:07	43:32
2.	Chris Harp	35:25	47:12	34:12
3.	Fraser Samson	31:23	47:44	30:42
4.	Bob Gardner	33:37	47:50	33:02
5.	John Leonard	33:37	47:56	33:08
6.	David Fisher	36:19	47:59	35:53
*7.	Barbara Morrison	35:25	48:02	35:02
*8.	Geoff Iremonger	37:13	48:08	36:56
*9.	Robyn Iremonger	45:44	48:41	46:00
10.	David Cooke	35:52	48:44	36:11
*11.	Peter Tearle	47:05	49:05	47:44
12.	Sean Lake	31:50	49:50	33:15
13.	Leeanne Palmer	36:19	50:38	38:32

*Member of Wellington Masters.

* * * *

ANZAC Day Road Races

Dalefield Hall, Carterton 25th May 2014

Just over a 100 competitors participated in the 2km, 5km and 10km events which raised over \$1200 for Child Cancer.

10km Run:

6	Glen Wallis (1M50)	42.14
10	Brian Hayes (1M60)	43.02
35	Maryanne Palmer (1F60)	54.27
38	John Palmer (2M60)	56.07
41	Jane Flowerday	57.36

10km Walk:

9	Peter Tearle (1M85)	92.02
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* * * *

World Duathlon Championships

Pontevedra, Spain

Sunday 1st June, 2014

Maryanne Palmer	3:02:31	6F60-64
John Palmer	3:17:43	22M65-69
John Wood	2:42:17	1M75-79

* * * *

Athletics Wellington Awards

Top athletes rewarded in inaugural awards

Distance Runner of the Year: Todd Stevens

Todd is the NZ Masters and North Island Masters Cross Country Champion, and came 2nd in the NZ Master Road Championship. At a provincial level he won every Masters

event: the Vossler Shield, the Dorne Cup, Wellington Cross Country Championship, and Wellington Road Championships.

Walker of the Year: Jacqueline Wilson

Jaqueline Wilson has NZ records in the 5000m track walk (32:08.32), and also the 3000m track walk (18:41.98) in the women's 65-69 grade where she collected a bronze in the WMA champs in Brazil in October 2013. She also came 4th in both the 10k and 20k road walks with times of 1:09.08 and 2:23.23 respectively.

At the Oceania Games in Australia in January she collected gold medals in the 10k road champs, the 3000m track walk (in NZ record time) - and a silver in the 5000m track walk in NZ record time. She also got silver in the NZ Team Medal 10k Road Walk, and followed that with gold in the NZMA track and field champs in Invercargill in the same event. Jaqueline also qualified for this year's Athletics NZ Track and Field champs, coming 5th in the 3000m Track Walk, clocking 18:49.63.

Volunteer of the Year: Jim McIlroy

Jim is a member of the Local Organising Committee with specific responsibility for recruiting and appointing officials, and official's communication. He has officiated at regional league meets, organised officials for Centre Champs, the Secondary School Champs, Cross Country Champs and the Junior Track and Field Champs, as well as Centre Meets and Secondary School events, including the North Island Secondary School Champs in Masterton.

At National level, Jim organised and officiated at the Nationals and at the NZ Special Olympics in Dunedin. Jim is an IAAF qualified lecturer, and delivered IAAF courses to North Island senior officials in June with the aim of promoting attendees to National Technical Official status.

Lifetime Award: Geoff Henry

Geoff Henry founded the Eastern Suburbs Children's Athletics Club in 1975, which merged with the Wellington Harriers Athletics club. A member since 1978, he has served on the committee for 15 years and as chairman for six years. He is a former President, Vice President, chair and current life member of the Wellington Centre and also served as the centre's development officer and coaching coordinator. In 2013 he setup the inaugural Kids Cross Country Series.

He is a member of the officials association, the veterans association and is considered the go to person for schools when they run their school, zone and regional events for athletics and cross country. Geoff was honoured in 2004 with the Rotary Paul Harris Fellowship for services to youth and the community, was the 2010 Sport Wellington's Volunteer of the Year, and received a certificate of achievement in the 2013 Kiwibank Senior New Zealander of the Year awards.

He has a wealth of knowledge that he is always more than happy to share.

* * * *

Junk is something you've kept for years and throw away three weeks before you need it.

29th Wellington Masters Classic Cross Country Relay

Trentham Memorial Park, Upper Hutt, Sunday 4rd May 2014

With most of the Wellington running and walking community away in Rotorua, others at Crazyman and even the T42, numbers were far lower than normal.

This year 9 teams (seven running and two walking) took part - down on last year where 15 teams took part.

Fastest laps for the runners were Mat Rogers (14:15) and Keryn Morgan (20:27). Fastest walker was Peter Baillie (23:56).

Open Men:

Scottish

Ian Stronach	0:19:17
Bruce McCallum	0:20:32
Rupert Watson	0:20:23
John Skinnon	0:18:34
Michael Wray	0:14:56
	1:33:42

1 of 1

250+

HVH

Marcus Smith	0:16:35
Richard Kellett	0:16:56
Paul Newsom	0:18:32
Glen Perkinson	0:19:38
Gail Kincaid	0:18:04
	1:29:45

1 of 2

Trentham

David Hood	0:16:30
Kerry Beaumont	0:18:30
Diane Rogers	0:27:32
Isobel Franklin	0:23:00
Paul Homan	0:18:12
	1:43:46

2 of 2

300+

Hutt Valley

John Wood	0:19:04
Peter Sparks	0:18:17
Graeme Burr	0:17:33
Steve Robertson	0:19:35
Paul Cavie	0:19:05
	1:34:34

1 of 2

Olympic

Peter Hanson	0:26:01
Brian Watson	0:22:48
Dave McIlwraith	0:21:08
Mark Anderson	0:16:09
Mark Handley	0:16:57
	1:43:03

2 of 2

Mixed

HVH

Mat Rogers	0:14:15
Keryn Morgan	0:20:27
Mark O'Sullivan	0:23:12
Liz Whiteside	0:20:47
Julia Baron	0:21:10
	1:39:51

1 of 2

Olympic

Julie Klein	0:23:36
Barbara Jennings	0:21:27
Ele Brown	0:23:51
Miles Coverdale	0:21:55
Girls?	0:23:29
	1:54:18

2 of 2

Open Walkers

Scottish A

Peter Baillie	0:23:56
Ian Morton	0:27:26
Bob Gardner	0:27:21
	1:18:44

1 of 1

150+

Scottish B

Peter Tearle	0:39:08
John Hines	0:35:08
Murray Gowans	0:34:59
	1:49:15

1 of 1

A big thank you to those members and non-members who acted as marshals on the day and to Trentham United Harriers for setting out the course and for the barbecue and sausages – much appreciated.

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NELSON HALF MARATHON

The conditions were ideal for the running of the 34th Nelson half marathon, ¼ marathon and 5km. There was no wind and the cool conditions made it perfect for running. This year the numbers were down from the previous year with the 50th Rotorua Marathon having an effect on the numbers especially with the walkers which seemed to be down quite significantly. There were 133 competitors in the half marathon, 60 in the 5km and 148 in the ¼ marathon plus two wheelchair entrants.

In the ¼ marathon, John Palmer ran 56:47 for 1st in the M60+ and Maryanne Palmer was 2nd in the F55+ in a time of 57:07.

Next year's event is to be held on Sunday 5th May.

30th ROAD RACE (8k) & RACE WALK (6.4k)

SUNDAY, 3rd AUGUST, 2014

Olympic Harrier Clubrooms, Alex Moore Park, Bannister Avenue, Johnsonville

Road Race: 5 laps = 8 km – Start 11.00 am **Race Walk:** 4 laps = 6.4 km – Start 10.45 am

Start and finish: Is in Kipling Street. The roads are **NOT** closed to traffic.

Prizes: Prizes will be awarded to the first place runner in each age group plus additional prizes where warranted.

Prizes for the first 3 Club teams.
(2 running teams and 1 walking team.)

Prizes for first two men and women in race walk plus additional prizes where warranted.

Teams: Running – Four to a team with at least one woman.
Walking – Three to a team (mixed team).

A light lunch will be provided.

A number of Spot Prizes will be drawn on the day.

Entries: Entry Fee: \$15.00
Entries received after 30th July: Late Fee: \$5.00

Non-members: \$20.00
Pre-Masters are welcome.

Make cheque payable to Wellington Masters Athletics Inc. or

Direct Credit to: Wellington Masters Athletics Inc., ANZ Bank, The Terrace: **06 0565 0064415 00**

Send entries to: Brian Watson, 14 Hewson Crescent, Otaki Beach, Otaki 5512 - Telephone 06 364 7758



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Wellington Masters 8k Road Race and 6.4k Race Walk

NAME: TELEPHONE No.

ADDRESS:

EMAIL:.....

CLUB: AGE ON RACE DAY:

RUNNER or WALKER (Please delete or circle one)

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 on the left hand side of the road.
5. Privacy Act: Information concerning this event may be used by Wellington Masters Athletics and its sponsors for promotional purposes.

Signed.....

- COMING EVENTS -

2014:

July

5	NI Cross Country Championships	Taupo
5-6	Gold Coast Marathon - Full & Half Marathon & 10km	Gold Coast, Queensland
19	Wellington Cross Country Championships	Waikanae

Aug

3	Masters 8km Road Race & Walk	Olympic Clubrooms
9	NZ Cross Country Championships	Christchurch
10	Scorching Duathlon	Scorching Bay
16	Bays Relay (Interclub)	Island Bay to Evans Bay
23	Wellington Road Running & Walking Championships	Wainuiomata

Sept

7	Scorching Duathlon	Scorching Bay
14	Pelorus Trust Half Marathon, 10km & 5km	McEwan Park, Petone
27	Child Cancer Handicap Half Marathon & Relay	Belvedere Hall, Carterton

Oct

4	NZ Road Relay Championships	Akaroa
5	Scorching Duathlon	CIT Campus, Upper Hutt
19	Masters 10k Road Race & Walk	Huia Pool, Lower Hutt

Nov

2	New York Marathon	New York
	Auckland Marathon	Devonport, Auckland
14	Queenstown International Marathon	Queenstown
28-30	North Island Masters Track and Field Championships	Hastings

2015:

Feb

14	Buller Gorge Full and Half Marathons	Westport
15	Round the Bays - Half Marathon, 10km & 6.5km	Frank Kitts Park

May

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

Oct

14-18	ITU World Duathlon Championships	Adelaide, South Australia
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2017:

April	World Masters Games	Auckland
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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 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@xtra.co.nz for ratification by the committee. His postal address is Apartment 206, Summerset Village, 15 Aotea Drive, Porirua 5024, and 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 2013/2014 YEAR
(1st September 2013 to 31st August 2014) = \$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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