

THE

MASTER

COPY

Newsletter of Wellington Masters Athletics Inc.

Volume 13 Issue 6

December 2014



*Wishing all
members a very
Merry Christmas
and a Happy and
Prosperous New Year*



WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2014-15

EXECUTIVE:

President:	Michael Wray	471 2775
V.President:	John Palmer	479 2130
Secretary:	Albert van Veen	563 8450
Treasurer:	Graham Gould	973 6741

COMMITTEE:

John Hammond	04 292 8030
Tineke Hooft	237 9676
Barbara Morrison	027 271 5177
Sharon Wray	471 2775

IN THIS ISSUE . . .

Committee & Club Coordinators	2
From the President	3
Training – Crash Training & 180 Strides	4
Salvage Your Season & Better with Age	5
Training Tips – Basic Walking Training	6
Nutrition & Food	7
Recipe & Strength Training	8
The Athletes Kitchen	9
The Athletes Kitchen cont. & Track Attacks	10
6 Ways to Get High on Hydration	11
Injury Prevention – The Rhomboids Muscle	12
Hip Weakness & Forward Lean while Running	13
Athlete of the Year	14
What is Achilles Tendinitis? & Reducing Cancer	15
Miscellaneous	16
Why Racewalk?	17
Greyhairs have Destroyed the Planet	18
Coming Events	IBC

WELLINGTON MASTERS ATHLETICS INC.

COMMITTEE MEMBERS 2014-15

PATRON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	473 0877
PRESIDENT:	Michael Wray	24 Fitzroy Street, Wadestown, Wellington 6012	471 2775
IMM. PAST PRES:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
VICE PRESIDENT:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
SECRETARY:	Albert van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
TREASURER:	Graham Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
COMMITTEE:	Tineke Hooft	1 Tombane Lane, Papakowhai, Porirua 5024	237 9676
	Barbara Morrison	15 Brees Street, Epuni, Lower Hutt 5011	567 7896
	Sharon Wray	24 Fitzroy Street, Wadestown, Wellington 6012	471 2775
SUBSCRIPTIONS:	Veronica Gould	PO Box 5887 Lambton Quay, Wellington 6145	973 6741
EDITOR:	John Palmer	122 Onslow Road, Khandallah, Wellington 6035	479 2130
MASTERS RECORDS:	Peter Hanson	Apt 206, Summerset Village, 15 Aotea Drive, Porirua 5024	237 0958

LIFE MEMBERS

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

CLUB CO-ORDINATORS

AURORA HARRIERS:	Peter Wrigley	42 Judd Crescent, Naenae, Lower Hutt 5011	973 6637
H V HARRIERS:	Albert van Veen	95 Kamahi Street, Stokes Valley, Lower Hutt 5019	563 8450
H V MARATHON:	The Secretary	PO Box 30926, Lower Hutt 5040	021 689 183
KAPITI:	John Hammond	148 Wellington Road, Paekakariki, Kapiti 5034	04 292 8030
LEVIN HARRIERS:	Brian Watson	14 Hewson Crescent, Otaki Beach, Otaki 5512	06 364 7758
MASTERTON:		PO Box 375, Masterton 5840	021 456 675
OLYMPIC:	Tineke Hooft	1 Tombane Lane, Papakowhai, Porirua 5024	237 9676
	Annie van Herck	53 Kanpur Road, Broadmeadows, Wellington 6035	478 6775
SCOTTISH:	John Hines	Flat D1003 Central Park Flats, 20 Nairn St, Wellington 6011	384 3231
TRENTHAM UNITED:	Diane Rogers	42 Elmslie Road, Pinehaven, Upper Hutt 5019	528 2316
UNIVERSITY:	Richard Brandon	PO Box 6108, Wellington 6140	476 5758
WAINUIOMATA HARRIERS:	Rob Hannan	63 Bull Avenue, Wainuiomata, Lower Hutt 5014	972 6472
WGTN HARRIERS:	Neil Price	11 Hurman Street, Karori, Wellington 6012	476 6956
WGTN MARATHON:	Bruce Perry	Apt 512, 134 Burma Road, Johnsonville, Wellington 6037	473 0877
WGTN MASTERS:	Jim Blair	Flat 4, 39 Kiln Street, Silverstream, Upper Hutt 5019	528 2992
WGTN TRI CLUB:	The Secretary	PO Box 2201, Wellington 6140	

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

CLUB REPRESENTATIVES AND MEMBERS ARE ALWAYS WELCOME

FROM THE PRESIDENT

I've just returned from the North Island Masters, which can only mean one thing - another calendar year has almost passed. The winter season has been completed and the summer track and field activities are well under way. So far this season we've had members participate in Regional League meetings, the Wellington 5000m Champs, North Island Masters and the local black & gold track programmes. We've only just begun our track and field season; there are lots of good events to participate in over the coming months.

One thing that has stood out to me is the number of Masters who provide voluntary services officiating at these meets. The other thing I notice is that the age of these officials is heavily weighted towards the upper age groups. I know that David Lonsdale has expressed concern about the average age of officials, citing a figure around 78 years for the regulars. We need to attract new officials from the ranks of the 30s, 40s and 50s in order for the officiating lifeline to have continuation through the next decade. Athletics Wellington offer courses to anyone wishing to be further involved.

Talking of track competition, I notice the Potts Classic in Hastings on 17 January is specifically offering a masters category on their entry form. If anyone fancies the opportunity for a decent 800m, I recommend making the trip. While the weather didn't cooperate for the North Island Masters Championships (hail storms, thunder, lightning and high winds – and that was just day one), I can recommend their facilities and I'm sure the summer weather will be an improvement on spring. The Allen & Sylvia Potts Memorial 800m is the headline event, but there are also sprint distances and field events on offer. Entries close on 24 December.

Closer to home, we will hold our 10000m centre champs on 31 January, with the remaining track and field events over the weekend of 14 February. And remember, this Valentine's Day nothing says I love you more than flowers and a card inscribed with "will you be my lap counter in the 3000m?"

Finally, don't forget that the entries for the 2015 NZMA Championships close next month. These are in Tauranga and the last championship they hosted was the 2012 Oceania championships, which was very successful. I hope to see you there, proudly competing in your Wellington Masters Athletics singlet or shirt.

*Michael Wray,
President*



TRAINING

Proof That Crash Training Doesn't Work

By Scott Douglas

A new study backs nine-time New York City Marathon champion Grete Waitz's advice about the best way to progress as a runner: hurry slowly.

In the study, when runners did 24 hard workouts over an eight week period, their fitness improved throughout, and they peaked with a 10% increase in VO2 max, a measure of aerobic capacity. In contrast, when runners did the same 24 hard workouts in a three week period, their fitness declined during the training block, and improved only after almost two weeks of no running.

The full Waitz quote is, "Hurry slowly. Be dedicated and disciplined and work hard, but take your time. Move ahead, but be patient."

That counsel might be hard to accept when, for whatever reason, an important race is imminent and you're not in the shape you'd hoped to be. In such situations, it's tempting to think that crash training will do the job.

Sorry, but not so fast, the study found. As described above, Norwegian researchers divided runners into two groups, what we'll call the sane-training group and the crash-training group. The workout they all did 24 times was 4 x 4.00 hard, with a 3.00 recovery jog, at 90% to 95% of VO2 max, an effort level that roughly corresponds to a little slower than 5k race pace. All of the workouts were done running uphill on a treadmill. (So maybe the two groups should be insane-training group and really-insane-training group.)

At the beginning of the study, the runners were of similar fitness, as measured by VO2 max. After the sane-training group had done eight of the hard workouts, their VO2 max improved 2.3%, and after 16 of the 24 hard workouts, their VO2 max had improved 7.1%. The crash trainers, in contrast, showed almost no improvement after eight hard workouts, and a slight decline in VO2 max after 16.

"Our results show that the highly intensified training load experienced by the [crash-training] group was too severe to progressively adapt compared to the [sane-training group] program," the researchers wrote. Granted, the crash-training group's program was extreme even for crash training, with an average of more than one hard workout per day for three weeks. But most runners who have tried to cram too many hard sessions into a short time would agree with the point about not being able to adapt.

The study also found that, even in the sane-training group, the full benefits of their training were available only after they stopped doing the hard workouts.

After their last hard workout, both groups stopped running entirely. Four days later, the sane-training group recorded their highest VO2 max values, an average improvement of 10.7% over their pre-study fitness. Four days after their last hard workout, the crash-training group still showed no improvement, presumably because of lingering fatigue. The crash trainers finally showed improvement 12 (non-running) days after their last hard workout. Even then,

their improvement was 6.1%, less than the sane trainers experienced after 16 of the 24 workouts.

Overall, it's fair to say the crash trainers got much less return for their efforts than the sane trainers.

That the sane trainers' VO2 max peaked after four days of rest is consistent with most good training programs, which schedule the last hard workout before an important race four to seven days before. The study's version of a taper – no running at all – is unlikely to work for most regular runners. Most good coaches advise short, easy runs during that time, with a light turnover session, such as strides or 200 metre repeats, one or two days before to maintain a feeling of sharpness. ¥

Simple Truths about 180 Strides Per Minute

By Amby Burfoot

It seems that I can't turn around without reading another article about runners aiming for 180 strides per minute, or at least for an increased stride turnover. Many recreational runners are probably in the 160s, and have gotten the message that they should try to bump this up a little.

But it's not quite that simple. You need to figure out your goals first. Are you trying to run faster? Or are you trying to reduce injuries? The two might require different strategies.

TO GET FASTER

If you increase your stride frequency, probably by decreasing your stride length, you won't run any faster. That's because 2 x 3 and 3 x 2 both equal six. You'll run at about the same speed, or possibly even slower, since studies have shown that short, choppy strides are often inefficient – they lower your running economy. Elite runners are fast because they have high frequencies and long, efficient strides, and they train very hard and very specifically to maintain or improve both turnover and stride length.

Bottom line: Increasing your stride frequency isn't likely to make you faster unless you are a hard-hitting heel striker who "reaches" too far with your front foot.

TO REDUCE INJURIES

Increasing your stride frequency could help you reduce injuries. This isn't firmly established, but it makes a lot of sense, as a shorter stride should produce lower forces with each footfall. Those who believe in a midfoot strike, which is easier to achieve when your front foot isn't reaching too far, believe that midfooting also offers some injury protection.

Bottom line: A higher stride frequency, more like 180 per minute, might reduce the forces that contribute to injuries.

But here's another subtlety when it comes to this discussion. High forces sound bad, right? Because they lead to injuries.

Perhaps in some runners, but not in all. Indeed, if you don't break down, high-force production is your best friend. Usain Bolt probably produces more force than any other runner in the history of the world. His competitors would love to crank it out like he does.

As long as they didn't get injured. Ultimately, that's our goal as runners: to produce absolutely as much force as we can, without falling apart. It's a fine line, and we all have to find our own balance point.

SALVAGE YOUR SEASON

How to reset your race goals when your training goes off the rails

DECIDING whether to pull the plug on a race is never easy, and not just for elite runners whose livelihood depends on good results. No runner likes giving up entry fees, fitness, and the chance to chase a goal. But forging ahead is not always smart. When training hasn't gone as planned, here's how to decide what to do based on the warning signs you encounter.

Adjust Your Goals

If you miss a few weeks with a minor injury or illness, and then fully recover, you can still run your planned race with a revised time goal. You can afford to miss two weeks completely, or train at a reduced level for up to four weeks. Similar rules apply if you have to miss training because of work or family commitments. As a rough guideline, slow your goal pace by five to 10 per cent for at least half of the race. If you feel good at that point, you can pick it up. If you've set a big goal and your training just isn't going as well as hoped – you're missing your paces in workouts or having to cut long runs short – and you've ruled out possible medical issues like anaemia, then it's a good idea to race. Resist the urge to bail on competing just because you're afraid you'll fall short.

Postpone Your Peak

By finding a later event, you can miss a week or two of training without scaling back your goals. Give yourself time to catch up to the training you missed. For every week of training you miss completely, postpone your goal race by three weeks. For every week of subpar training (with a cold, for example), postpone by one week.

The trickiest situation is when you're feeling excessively fatigued. There's a fine line between overreaching and full-blown overtraining. If your training times have been getting worse for several weeks and you're constantly tired, try reducing your training volume by 30 to 50 per cent for up to two weeks and stick to easy running. If you start feeling better, aim to race, but later than planned. If you don't, see below.

Abort and Refresh

Sometimes you just have to stop. Major injuries like stress fractures don't allow any bargaining, but even less severe injuries like shin splints or plantar fasciitis can be season ending. If an injury lingers for longer than four weeks, cancel upcoming races and shift your focus to getting healthy.

Warning signs of overtraining are easier to miss. Watch for slower training times, difficulty sleeping, persistent fatigue, and irritability. If two weeks of reduced training don't start to reverse the symptoms, try a week off.

If that doesn't help, cancel upcoming races and resume training only when you feel ready. It may be physically possible to push through overtraining, but you'll never perform your best if you don't get to the starting line with a healthy body, clear mind, and fresh legs. ¥

BETTER WITH AGE

Want to get fitter and healthier as you get older? A few guiding principles for runners past 40

MASTERS ATHLETES are proving that as much as 50 per cent of age-related decline, maybe even 70 per cent, is not because of ageing but to deconditioning – losing physical fitness by doing very little. When scientists probe the bodies of endurance athletes, they discover 80-year-olds with muscles and cardiac capacities akin to those of 20-year-olds. And elite women masters (past 40) runners, especially, are turning in performances that force us to redefine how long our so-called athletic prime can last. Consider the world record for the 50 plus age group in the marathon, the 2:31:05 set by Ukraine's Tatyana Pozdnyakova. That time would have put her in the top half of finishers in the 2012 London Olympics. "We're just learning what the human body is capable of," says Greg Wells, PhD., author of *Superbodies: Peak Performance Secrets from the World's Best Athletes*. "We have to throw out our preconceived notions about ageing."

Wells argues that exercise can improve our bodies at any age, hailing it as the most powerful tool we have to forestall ageing and prevent and even treat just about every chronic disease that exists today. "If we had a drug that did what exercise did, it would be the biggest revolution ever and would be promoted all over the world. And all you have to do is go out for a run."

Indeed, tests of masters' athletes in their 70s have revealed that their VO2 max, muscle mass and athletic performance can in fact be similar to those of people in their 20s. "A lot of research now shows that training – aerobic, anaerobic and strength – has effects on the human body at any age," Wells says. "Exercise can help keep you young." Of course our bodies will still age eventually, that's unavoidable. But runners who stick with the program can delay the decline. We have to work for it, but it's worth it.

Excerpted from *Older Faster Stronger: What Women Runners Can Teach Us All About Living Younger, Longer* by Margaret Webb.

* * * *

During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person to empty the bathtub."

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No" he said. "A normal person would pull the plug. Do you want a bed near the window?"



TRAINING TIPS

Basic Walking Training

When you're training for a walking event, there are eight basic training principles you should never forget

If you're serious about racing, training and proper technique, the key to success is ensuring that your training program maximizes speed and endurance, while at the same time minimizing the risk of injuries or illness.



Regardless of the walking distances you train for, you should keep the following guidelines in mind when planning your training program:

1. **The 10% rule.** Ensure that your weekly distance does not increase by more than 10% compared to the preceding week. Going too far too fast will soon bring on tiredness, soreness, injury and a premature end to all your good intentions. If you have had to shelve your training for a while, perhaps due to illness, injury or vacation, make sure that you start back at a much lower level and build up again.
2. **The hard-easy rule.** Ensure that every hard workout is alternated by either a day of rest, an alternative form of exercise or by a slower, less intense, easy walk. This allows your muscles to recover and recuperate from the previous day's hard training. A hard workout means anything that involves you walking faster, harder or longer than what is normal for you.
3. **Weight training and flexibility exercises.** In race walking, the body's total muscular system comes into play, much more so than in running. Good flexibility is also extremely important because of the style that is required in proper race walking. Consult a good walking coach or reputable gym supervisor who should be able to prescribe a suitable program of exercises for you.
4. **A stretching regime.** As with any endurance activity, walking doesn't do much for your muscles' ability to stretch. Therefore, stretching exercises are vital to remaining injury-free. If you don't stretch those muscles that work hard during race walking, they'll tighten up and will lead to injury.

5. **Correct footwear.** Buy the best walking shoes that you can afford. You need to look for good heel cushioning, a flexible forefoot, lots of room in the toe-box so that toes can spread during the powerful push-off, and a stable and supportive heel. Proper race walking shoes should have flattish soles to better skim the ground and to accommodate the increased ankle flexion during heel-strike.
6. **Correct technique.** Developing and maintaining good style and walking technique is essential to maximize pace and prevent disqualification. And the best way to develop good technique is simply to practice, practice, practice. The advice of a knowledgeable coach can be a great help in preventing bad form from becoming habit. You can also continually check your own style and form during training by watching your reflection in shop windows and walking on road or track-lane markings.
7. **Maintain good form at high speeds.** If you are unable to maintain good style and technique when your pace increases, or towards the end of a long race when you are tiring, disqualification will often result. Endurance and strength can be built by covering the race distance at least once a week during training (except of course, if you are training for very long endurance events). Speed can be increased by regularly scheduling speed workouts such as fartlek, track intervals or time trials into your training program.
8. **Listen to your body.** When your body tells you it needs a rest, listen to it. Taking heed of your body's warning signals can mean the difference between getting injured or ill, and walking pain-free and staying healthy. Listen to the little aches, niggles and twinges in your joints and muscles. If something aches or hurts for more than two or three days, consult a sports practitioner. Monitor your waking pulse rate. If it is five to ten beats higher than normal, take a rest day.

* * * *



Adprint Ltd

Commercial Printers

Kind supporters of Wellington Masters
and printer of "The Master Copy"
magazine.

60 Cambridge Terrace, Wellington

Telephone: 04 384 2844

Fax: 04 384 3265

NUTRITION & FOOD

Salmon

Rich in vitamins and minerals and great for restoring muscles post-workout, this fish is ideal for runners.

Versatile, quick to prepare, tasty and nutritious, this popular fish is a must for your superfood shopping list. It's an important source of healthy fats as well as other nutrients, and could make a real difference to your running performance.

What is it?

Salmon belongs to the Salmonidae family. It's classified as an oily fish, thanks to its rich content of health-protecting omega-3 fatty acids. Wild salmon are born in freshwater, migrate to the ocean (Atlantic or Pacific) and return to freshwater to reproduce.



Why eat it?

The benefits of salmon lie in its rich supply of muscle-restoring protein, healthy fats and key vitamins and minerals. Take vitamin D: as well as being important for a healthy immune system, it allows the body to absorb and use bone-strengthening calcium, and a recent scientific review at Atascadero State Hospital in California linked ideal blood levels of vitamin D to optimal athletic performance.

Most of your vitamin D comes from gentle exposure to sunlight on the skin (athletic performance has been shown to be at its best when sunlight-induced vitamin D levels peak). Salmon, and other oily fish, are some of the few good food sources. A 100g portion of cooked salmon provides more than 100 percent of the Recommended Daily Allowance (RDA) of vitamin D.

Salmon also supplies omega-3 fatty acids, best known for helping keep the heart healthy and joints supple. Omega-3 fatty acids also appear to optimise brain cell communication and blood flow: good for your mood and memory! Salmon is rich in selenium and iodine, both needed for the production of metabolism-regulating thyroid hormones, and B vitamins, which allow the body to release the energy locked inside the food you eat.

The Heart Foundation recommends two to three 150g serves of oily fish – for example, salmon, mackerel, trout, sardines, pilchards – per week. This could be fresh, canned or smoked. Enjoy as part of a balanced post-run evening supper, or in a lighter meal. Canned salmon provides more calcium, especially if it contains small edible bones. To keep salt intake down, rinse and drain salmon canned in brine.

How to eat it?

Salmon is surprisingly easy to cook. It holds its shape well, making it easy to grill, bake, steam or pan-fry. Serve with vegetables or salad and carbs (potatoes, noodles, Basmati rice, pasta or grainy bread), or try these ideas:

- Mix a small can of salmon with a little light mayonnaise. Spread down the centre of a tortilla wrap or flatbread, top with salad and roll up.
- Place a salmon fillet on a large square of foil. Top with chopped garlic, teriyaki marinade and black pepper. Wrap in foil and bake at 180°C for eight minutes.
- Use canned or smoked salmon in a sandwich, salad, jacket potato, frittata or fish pie.

Mercury in Fish

Mercury occurs naturally in the ocean and is often found in fish. Most people can safely eat 2-3 serves a week of most types of fish. However, because of the presence of higher levels of mercury in some fish there are a few types you should limit in your diet, especially if you are pregnant. Developing fetuses are more vulnerable to the effects of mercury, which may cause developmental delays. Fish that contain higher levels of mercury include shark (flake), ray, swordfish, barramundi, and southern bluefin tuna. However, salmon is one of the fish that contain lower levels of mercury.

* * * *

PEAK NUTRITION

Wholegrain Pasta

Pasta has long been a runner's best friend because it contains easily digestible carbs that help restock spent glycogen stores. Wholegrain versions are a must over refined pastas because they contain more fibre to fill you, additional B vitamins that are crucial to energy metabolism, and disease-fighting compounds.

Pasta makes a complete one-pot meal when tossed with vegies, lean meat, seafood or tofu. Or combine with a light sauce and add a touch of your favourite cheese.



RECIPE

Soy Glazed Roast Salmon

Ingredients:

2 tsp freshly grated ginger
2 tsp finely diced garlic
1 chilli, finely diced
4 tbsp. soy sauce
Zest of ½ lime
2 salmon steaks or fillets (approx. 200g each)
Favourite roast vegetable

Method:

- Preheat the oven to 125 degrees C.
- Combine ginger, garlic and chilli with the soy sauce.
- Place the salmon in baking paper (enough so you can fold into parcels later), glaze with soy sauce mixture and grate the zest of the lime.
- Wrap the fish so that you form a parcel and cook in the preheated oven for fifteen to twenty minutes or until cooked to your liking (the thicker the salmon fillet, the longer it may take).
- Serve with your favourite roast vegetables (see an option below), rice or salad. ¥

Cooked Crispy Paprika Potatoes

The best roasted potatoes are cooked twice, or even thrice, so to make crunchy roasted potatoes the trick is to boil the heck out of them first. These roasted beauties, spiked with paprika, are immensely pleasurable and add a comforting, tasty crunch to any meal.

Ingredients:

2 peeled Agria potatoes per person (or other roasting potato), cut into chunks
¼ cup rice bran oil
½ tsp paprika
Sea salt
Juice of one lemon

Method:

- Pre-heat oven to 220 degrees C.
- Boil the potatoes in well-salted water until they are rough around the edges and nearly falling apart – about 20 - 30 minutes.
- Drain potatoes and transfer to a roasting pan.
- Toss with oil, paprika and salt until potatoes are well coated with the oil and seasoning.

- Roast for 30 minutes or until potatoes are crispy on the outside.
- Remove from oven and whilst still hot, squeeze over lemon juice before serving.
- These potatoes can be served hot, warm or even cold. ¥

And now the Dessert

Fruit Crumble

Ingredients:

1 cup flour
½ cup rolled oats
½ cup walnut pieces
¾ cup sugar
100g butter
4 apples sliced (or alternatively tinned or stewed apples but not too runny)
¼ cup water (if you are using tinned or stewed apples this is not required)
1 cup mixed berries (either fresh or frozen)
Orange zest
1 tsp cinnamon

Method:

- Preheat the oven to 180 degrees C.
- Slice apples and line pie dish with apples and pour in water. Add berries.
- Sprinkle a teaspoon of cinnamon over the fruit.
- In a separate bowl cream butter and sugar until light and fluffy.
- Sift the flour and then mix into the creamed butter and sugar with the other dry ingredients until it has a crumble texture.
- Add in orange zest to your crumble mixture.
- Sprinkle crumble mixture over your fruit.
- Bake for 20 - 30 minutes until golden brown on top.

* * * *

Strength Training Reduces Pain

If you sit at your desk for hours on end or spend most of your time sitting in bumper-to-bumper traffic, it's more than likely you will suffer some degree of shoulder and neck pain. But by doing specific strength exercises for your upper back, shoulders and neck, you can reduce your pain by up to 50 per cent and increase shoulder strength by as much as 53 per cent.



THE ATHLETE'S KITCHEN

Copyright: Nancy Clark MS RD CSSD, September 2014



To Eat — or Not to Eat: The Pre-Run Question

What should I eat before I run?

That's the question runners of all ages and abilities most commonly ask when I'm presenting a sports nutrition workshop. While most people expect a simple response, such as "Eat a banana" or "Have a slice of toast," the answer is actually complex and depends on many factors. After all, we are each an experiment of one.

The following information can help you figure out the best way to fuel your body before you exercise.

Does what you eat within 30 minutes of run offer performance benefits?

Your body can actually digest and use the food you eat before you run as long as you are exercising at a pace you can maintain for more than 30 minutes. Research also suggests that eating a snack just five minutes before moderate exercise can improve performance compared to exercising on empty. Yet, if you will be doing intense exercise — a track workout, hill repeats, or heavy weight lifting session, you should experiment to determine the best time to eat. You will likely feel more comfortable allowing two or three hours for your pre-exercise food to digest and empty from the stomach.

Will pre-run food cause heartburn or nausea?

While many runners can comfortably tolerate pre-exercise food, others experience stomach distress. If the food you eat within the hour pre-run "talks back to you," figure out:

1. Does the discomfort happen if you allow two or more hours for the pre-exercise food to be digested?
2. Does the type of food cause the problem? That is, do a few pretzels settle well but a cup of yogurt feels acidic?
3. Did you eat too much? Would half a bagel with a skimming of peanut butter digest better than the whole bagel?
4. Are you doing very high intensity work? If so, your stomach will shut down and your body will want to get rid of the contents....

What if I run in the early morning, before my stomach is awake?

If you drag yourself out of bed to exercise early, before your body and your mind are fully awake, you might not want to eat much of anything. I know of many runners, swimmers, rowers and ice hockey players who eat their breakfast the night before. That is, instead of eating a bowl of cereal at 5:30 a.m., they enjoy it at 10:00 pm, before going to bed. This food helps them wake up in the morning with a normal blood glucose (blood sugar) level, and provides energy for an enjoyable and effective workout.

What if pre-run food contributes to diarrhea and undesired pit stops?

Food generally takes one or two days to travel through the intestinal tract. Hence, an undesired pit-stop during a long run on Sunday might relate to food that you ate the day or two before. That is, if you ate an unusually large bowl of high-fiber bran cereal on Saturday when carbo-loading for the Sunday long run, you might end up wishing you'd carbo-loaded on low-fiber corn flakes or Rice Chex. Or maybe that bean burrito on Friday night caused the problem? You can try tracking your food and fiber intake, looking for suspicious patterns.

In general, exercise speeds up intestinal motility. With time, most bodies can adjust if you train your intestines to handle pre-exercise food. For example, one runner started by nibbling on one pre-exercise pretzel, and then two, and gradually built up his tolerance to the suggested 100 to 300 calories of carbs consumed within the hour pre-exercise. He enjoyed the benefits of feeling stronger at the end of his runs.

Should I purposefully not eat before I exercise because I want to lose weight while I exercise?

One client reported she didn't eat before she went to the gym because she was exercising to burn calories. Why would she want to add calories to her diet? Wouldn't that defeat the main purpose of her workouts?

Think again: If you consume 100 to 300 calories before you train, you will be able to run harder, longer, or at higher intensity and burn more calories than if you schlep through the session on fumes, with little enthusiasm or enjoyment. (Plus, you will not be as hungry afterwards and will be able to refrain from over-indulging.) Trust me, the plan to exercise-on-empty is hard to sustain; it is not fun. Just notice the drop-off in attendance at the gym between Jan. 1 and Feb. 1...

Food is fuel. As a runner, you need to fuel your body appropriately — including pre-exercise. Just as you put gas in your car before you take it for a drive, you want to put fuel in your body before you embark on a busy day. Be as nice to your body as you are to your car, please!

Continued on next page . . .

Continued from previous page

By eating nothing before my morning run, won't I burn more fat?

You may have heard you can burn more fat during low-level "fat burning exercise" if you do not eat beforehand. Yes, you might burn more fat than carbohydrates, but *burning* fat differs from *losing* body fat. You lose body fat when, at the end of your day, you have created a calorie deficit. That is, you will lose body fat (weight) if you have eaten only 1,800 calories by bedtime, even though you burned off 2,200 calories during the day. By fueling pre-exercise, you can have a better workout — and perhaps burn more calories than if you were to run on fumes.

To lose body fat, I suggest you fuel adequately by day, so you will have energy to enjoy an active lifestyle, and then lose weight at night by eating a lighter dinner. Fueling by day and dieting by night (so you lose weight when you are sleeping), is far preferable to restricting by day only to over-indulge at night due to extreme hunger.

Can running on empty enhance endurance?

Some recent research suggests that highly competitive athletes might be able to enhance their performance if they train under-fueled a few times a week. These depletion workouts can alter muscle metabolism so that the muscles are able to compete better when fully fueled.

If you want to "train low," be sure to do your important high intensity workouts when you are well fueled. You cannot (enjoyably) exercise hard when you are running on fumes. Your performance will suffer unless you do some high quality hard runs when you are well fueled.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her private practice in Newton, MA (617-795-1875). For information about her *Sports Nutrition Guidebook* (2014) and food guides for runners and marathoners, see www.nancyclarkrd.com. For online education, see www.NutritionSportsExerciseCEUs.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.

* * * *

Avoiding a Track Attack

Running alone late at night or early in the morning can also provide more opportunity for potential attackers to strike. Here are some basic steps everyone can take to minimise the potential for attack.

1. Vary your running route and also the times that you run. It's an old military tactic to avoid ambushes, and it can work for you too. Try not to run the same route at the same time every day, and try to vary both as much as possible.
2. Try not to run alone, especially at night. If you don't have a big dog, try and run with a friend, or with a group of friends. Not only will running in numbers discourage

potential attackers, but will keep you more committed to regular running. Running clubs are also a great way to make friends and run safely at the same time.

3. Check In. Let someone know where you're going and when you should be back, and check in with them when you're done. If you're using a personal safety app make sure you update your check-in contacts prior to running, and let them know what they should do if you don't check in on time.
4. Keep your ears open. Running to music can increase your enjoyment, but doing so also decreases your ability to hear potential attackers sneaking up on you. If you're running alone, at night, or in an unfamiliar location, take your headphones off and use your hearing for early warning.
5. Exercise in well-lit or public places. If you stop and do resistance training during your run do it in an area that is well lit, and has a high amount of foot traffic past it. Try and choose an area where you can observe anyone coming toward you and can't get "boxed in", and always have a choice of multiple escape routes.
6. Treat everyone as a potential threat. Attackers will use any number of tricks to try and lure you into lowering your guard. These can include asking for your assistance in locating a lost dog, lost child, helping with an injury, or in extreme cases may use a female partner to increase your level of trust before attacking. Treat everyone as a potential threat, especially those that attempt to engage you in conversation while you're running.
7. Learn some basic self-defence moves. You don't have to become Bruce Lee, but it's a great idea to learn some basic strikes, hold breaks, and where the best targets are on an attacker's body. Reality based self-defence courses generally offer basic lessons to help you get out of trouble if things turn nasty.
8. Carry your phone with you, and make sure you have emergency services on speed dial. Obviously you can use it to call for help if you can get to it in time, but there are number of personal safety apps you can use that can call for help with the push of a button, or send alerts if you can't get to your phone, however you have to have your phone with you for the apps to work effectively. At the very least you can use your phone as a weapon if needed.
9. Know your area. If you plan to run in an unfamiliar location, for example while on a holiday or business trip, try and get a feel for the area beforehand. If possible to do a day run first or contact runner's forums in the area to see if there are any places you should avoid. Most local police are happy to give you some guidance if you ask.
10. Trust your gut. Your instinct to avoid danger has been finely honed over tens of thousands of years, and just because you don't run the risk of being eaten by a sabre-toothed tiger any longer doesn't mean that your instinct is any less effective. Sometimes a situation or person will look or feel wrong for no particular reason. Rather than write it off as you being paranoid, have faith in your subconscious and listen to it. Why risk it?

6 Ways to Get High on Hydration this Summer!

By Claire Turnbull

The majority of your body is made up of water and keeping well hydrated is absolutely vital to keep your body in good working order and to make sure you look and feel your best.

As you lose water every day through sweating, urine and breathing you need to make sure you are replacing what you lose. As the warmer months arrive, you are likely to lose more fluid each day through sweat than you do during the cooler times, so – that means it is more important than ever to focus on what you are drinking at this time of year!

Here are 6 things you can do to keep on top of your hydration:

1. **When it comes to staying well hydrated, water is best.** In the summer – flavour water with fresh mint leaves, sliced cucumber, ginger, fresh lemon or lime juice. You can also try sparkling water, herbal teas if you want something warm or make your own chilled iced teas (most of the ones you buy will have lots of added sugar). Having a glass of low fat milk is a great way to get some hydration and a boost of protein and calcium too. Tea and coffee do count towards your fluid intake, but ideally limit them to a couple of cups a day and have most of your fluid as water.
2. **There is no exact amount or guidelines for how much to drink** – it really does vary from person to person and is influenced by the environment where you work (air con or outside), the temperature of your environment and how much you normally sweat. Aiming for 2-3 litres a day as a starting point is a good idea, then drink the amount you need to be passing lots of pale coloured urine (without going to the loo every 5 minutes – that might mean you are overdoing it).
3. **Get into a drinking routine that works for you and that you can keep up.** You could set yourself a goal of having a glass of water when you first wake up then at 11am, 1pm, 3pm, 6pm and 9pm – or if the exact times don't work for you – then go for something else. Another thing you can try is to aim to fill a 750ml water bottle up 3-4 times throughout the day and drink it all.
4. **Aim for you urine to be pale straw coloured throughout the day**, it is likely to be more concentrated first thing in the morning, but after that – once you have started drinking – your goal is pale pee!
5. **Beware of high sugar drinks** – look at the back of the bottles before you buy them, you might be surprised – especially when you look at some fruit drinks, flavoured waters and tonic water. 4g of sugar is equal to 1 tsp so you can do a quick check next time you pick up a drink bottle. If you are having fruit juice, dilute it ½ and ½ with chilled still or sparkling water. Coconut water can be a nice refreshing drink for a change too.

6. **As the festive season is here, the wine and beer starts flowing.** To make sure you stay well hydrated and avoid the dehydrating effects of alcohol on your body – have several glasses of water before you have any alcohol and a glass of still or sparkling water alongside your alcoholic drinks. You can also mix wine with soda to make a spritzer if you like too. There are low alcohol beers and wines on the market now, so you can always look at those as an option to keep your total alcohol intake in check.

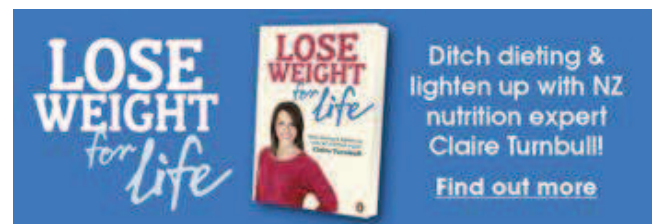
Ed: - This article has been reproduced with the kind permission of Nestle for whom Claire Turnbull writes regular articles. Claire Turnbull is a NZ Registered Nutritionist, AUT/Millennium. For more information about Claire, visit her website: www.claireturnbull.co.nz.

For more blogs on Claire and to receive your FREE 10 Step Plan head along to www.claireturnbull.co.nz/ten-steps.

For more "Eating for your Sport Nutrition Advice Sheets" and other general topics - many of these written by Claire, please go to the following links: http://www.nestle.co.nz/asset-library/documents/nutrition%20advice%20sheets/distance_runni ng_walking.pdf & <http://www.nestle.co.nz/csv/communityinitiatives/mish/eatingfor yoursport>

* * * *

Also available, written by Claire Turnbull



* * * *

JOINT EFFORT

Exercise helps keep your skeleton standing strong – even if you're already starting to feel the effects of osteoarthritis. In a Finnish study, women suffering from knee pain were assigned high-impact exercise three times a week for a year. Fast-forward that year, and the exercisers had increased mineral mass at the hips compared with the control group.

They also experienced no greater loss of knee cartilage than the non-exercisers – and no increase in knee stiffness or pain. So, dodgy joints don't necessarily mean the end of your running career. No bones about it.

* * * *

"Life is a marathon not a sprint; pace yourself accordingly." – Amby Burfoot

INJURY PREVENTION

Muscle In Focus – The Rhomboids

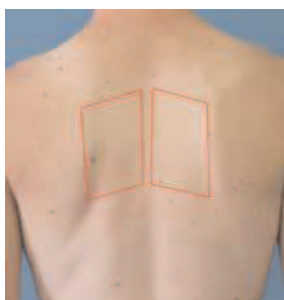


Fig 1

The rhomboids are a group of muscles located on your posterior thorax. They are split into the rhomboideus major and rhomboideus minor. The former originates on the thoracic spine at levels T2 to T5, while the latter attaches above rhomboideus major at levels C7 to T1 on your spine. Both of these muscles then insert into your medial scapula inside your shoulder blade (see Figure 1).

These muscles act to stabilise your scapula onto your rib cage. They do this by drawing the scapula toward your spine and keeping it close to your rib cage (avoiding “winging” – when your scapula protrudes off your rib cage).

Why is this stabilising action important? This action of stabilising the scapula onto your rib cage is very important for a number of reasons – even for distance runners. Unlike other bone-on-bone interactions in the human body, the scapula does not have a true “joint” with your rib cage. Where the femur of your upper leg forms a joint capsule with the tibia of the lower leg, your scapula literally just sits on your rib cage. Hence, the action of the stabilising muscles (rhomboids) to keep the scapula in a healthy position is paramount.

When these muscles become weak and allow the scapula to slide about all over the place, many possible painful consequences may occur. For the runner, this can be a jabbing, aching pain at the front of your shoulder when running. Although not common, this condition in a runner is definitely not rare. The symptoms are quite confusing for the runner. They come on without any trauma and the pain is often very difficult to locate exactly. The pain is enough, however, for many runners to seek advice on how to remedy the situation. And the answer is ... more exercises!

The rhomboids may be inhibited for numerous reasons, causing them to “turn down” their activity. This in turn allows the scapula to become unstable, eventually causing pain somewhere about the shoulder girdle. Let your physical therapist (soft-tissue therapist, physiotherapist, osteopath) ascertain what the cause of this is. In the meantime, you can start stabilising the scapula with a few home exercises.



Fig 2

The idea of the exercises is to contract the rhomboids, increasing their activity. The first exercise is called an “angel”. Do this by lying on your back on the floor. Have your knees bent to prevent your lower back from “arching” too much. Start with your arms above your head with your elbows and wrists touching the ground and elbows bent to 90 degrees. Now slowly begin to bring your elbows down towards your side, keeping them bent at 90 degrees and touching the floor along with your wrists. When your rhomboids (upper middle back) begin to contract (you will feel them working hard), hold this for 3-4 seconds and then slowly slide your arms back up to the start position (see Figure 2).



Fig 3

The next exercise is to do the same sequence but this time against a wall. This will change the forces of gravity and bring the exercise closer to a running position. Make sure when you lean up against the wall that you have your feet approximately 40cm from the wall so your lower back isn't too “arched”. Again, make sure you keep your elbows and wrists up against the wall when performing the exercise. When it becomes too difficult to keep your wrists on the wall, the exercise is over for you. Hold that position for 3-4 seconds and then move back to the start position (see Figure 3).

By Brad Hiskins – Brad is a Soft Tissue Therapist. For more information go to: www.softtissuetherapy.com.au

INJURY PREVENTION

Hip Weakness and Knee Pain

If you've got knee pain, you might need to strengthen your hips. That's an increasingly common prescription these days, thanks to a bunch of research over the past decade or so linking conditions like runner's knee (also known as patellofemoral pain, or PFP) and more recently iliotibial band syndrome to sub-par hip strength. But there's a key question lurking behind these studies: do you develop knee pain because your hips are weak, or do your hips get weak because your knees hurt and you're forced to alter your movement patterns?

A systematic review by Danish and Australian researchers, published recently in the *British Journal of Sports Medicine*, tries to answer this question by pooling the data from 24 different studies of hip strength and PFP. The headline result is that cross-sectional studies showed an association between hip strength and knee pain, but prospective studies didn't. In other words, if you take a group of runners at a single point in time, the ones who have weak hips will be more likely to have knee pain (and vice versa). But if you take a group of healthy runners, measure their hip strength, and then follow them over subsequent months and years, you won't be able to predict who will develop knee pain and who won't. That's precisely the pattern you'd expect if knee pain causes hip weakness, rather than the other way around.

But let's not get too carried away with this finding. As the authors are careful to point out, only three of the 24 studies are prospective. So the failure to find a statistically significant predictive relationship isn't that surprising, especially given the mixed study populations (one included adolescents, who have different characteristics). This ends up looking like one of those cases where there's insufficient evidence to say that weak hips cause knee pain, but also insufficient evidence to say that they don't. Here how the authors put it:

"Considering favourable clinical outcomes with hip strengthening protocols in individuals with PFP, the findings of this review do not bring into question the potential benefit of such programmes for symptom reduction. However, they do indicate that hip strengthening protocols may not be sufficient to prevent the occurrence or reoccurrence of PFP."

So the evidence isn't there to suggest that every runner should be doing hip-strengthening exercises. But if you start having knee problems, that's probably a good place to start.

* * * *

Forward Lean While Running Might Reduce Knee Pain

By Scott Douglas

RUNNING WITH a slight forward lean of the trunk results in less stress on the patellofemoral joint, and might therefore relieve knee pain, according to research published in the *Journal of Orthopaedic & Sports Physical Therapy*.

Twenty-four runners with no history of knee pain ran at just faster than 5 minutes per kilometre with three variations of trunk posture: self-selected, flexed (forward lean) and extended (erect trunk). Researchers measured the movement of the runners' trunk and knees, ground reaction forces, and activity in some lower-leg muscles. The researchers combined these measurements for an overall barometer of stress to the knee joint.

The average trunk flexion angle in the self-selected running style was 7.3 degrees. The significant finding from that condition was that the runners with the least amount of flexion experienced the greatest knee stress, and vice versa.

When the runners were asked to consciously alter their trunk position, the difference in knee stress became even more pronounced.

"On average, a 6.8-degree increase in the mean trunk flexion angle resulted in a 6.0 percent decrease in peak [patellofemoral joint] stress, whereas a 3.3-degree decrease in mean trunk flexion angle led to a 7.4 percent increase in peak [patellofemoral joint] stress," the researchers report.

As noted above, the runners weren't experiencing knee pain at the time of the study. The research measured the stress on the runners' knee joints, not the runners' reports of how running with the various degrees of forward lean made their knees feel.

Still, the study's findings are in line with a growing consensus that some common areas of discomfort while running can be addressed with form alterations.

For example, because heel striking is associated with more loading forces on the knee than midfoot striking is, some sports medicine professionals recommend that people with chronic knee pain experiment with a midfoot strike. Conversely, midfoot and forefoot striking is associated with a greater load on the Achilles tendons, so people with chronic Achilles pain are sometimes advised to use a heel strike. (Both recommendations come with this caveat: The landing forces have to go somewhere. These form changes are an attempt to lessen the forces on a troublesome area, not a way to lessen overall landing forces.)

As this study's authors write, adopting a slight forward lean could be an alternative to switching to a midfoot strike for runners seeking to lessen chronic knee pain. Like the majority of runners, the runners in this study were heel strikers. Changing one's natural foot strike might be more difficult than running with a bit more of a forward lean.

These methods of potentially relieving chronic pain should be seen as short-term measures while you address the root cause of the problem. In the case of runner's knee and other causes of knee pain, many experts recommend strengthening the hips and glutes.

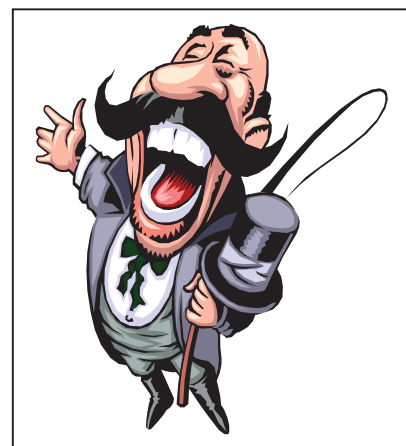
Reproduced from *Runner's World*, October 2014 issue.

Don't forget nominations for

WELLINGTON MASTERS

ATHLETICS INC.

ATHLETE OF THE YEAR



It is time to put forward nominations for the Athlete of the Year Award.

Award:

Known as the Wellington Masters Athlete of the Year Award.

Period Covered:

From 1 January to 31 December.

How Nominated:

Nominations may be made by Clubs, Centre Committees, and individuals or by athletes themselves.

Criteria for Award:

Achieving a medal at the WAVA or (WMA) Championships or World Masters Games.

Achieving a World Record or a World Best Performance.

Achieving a New Zealand Record or New Zealand Best Performance.

Achieving 90% or higher performance on the Age Graded Tables.

Achieving a meritorious performance or performances.

Closing Date:

The 20th January following the year for consideration.

Selection:

This is to be made by the Committee of Wellington Masters Athletics.

Presentation Date:

Either on the second day of the Wellington Masters Athletics Track and Field Championships in February following the year of consideration or at a special presentation dinner.

Form of Award:

A trophy has been donated by Colleena & Jim Blair and this year was awarded to Jackie Wilson.

INJURY PREVENTION

What is Achilles Tendinitis?

The Achilles is the large tendon connecting the two major calf muscles – the gastrocnemius and soleus – to the back of the heel bone. Under too much stress, the tendon tightens and is forced to work too hard. This causes it to become inflamed (that's Achilles tendinitis), and, over time, can produce a covering of scar tissue, which is less flexible than the tendon. If the inflamed Achilles continues to be stressed, it can tear or rupture.



Identifying symptoms of Achilles tendinitis

Achilles tendinitis is characterised by dull or sharp pain anywhere along the back of the tendon, but usually close to the heel. Other signs you might have Achilles tendinitis include limited ankle flexibility, redness or heat over the painful area, a nodule (a lumpy build-up of scar tissue) that can be felt on the tendon, or a cracking sound (scar tissue rubbing against the tendon) when the ankle moves.

Causes of Achilles tendinitis

Tight or fatigued calf muscles, which transfer too much of the burden of running to the Achilles, can be brought on by not stretching the calves properly, increasing mileage too quickly or simply overtraining. Excessive hill running or speedwork, both of which stress the Achilles more than other types of running, can also cause tendinitis. Inflexible running shoes, which force the Achilles to twist, cause some cases. Runners who overpronate (their feet rotate too far inward on impact) are most susceptible to Achilles tendinitis.

Prevention and treatment of Achilles tendinitis

If you start experiencing Achilles pain, stop running. Take aspirin or ibuprofen, and ice the area for 15 to 20 minutes several times a day until the inflammation subsides. Self-massage may also help.

Once the nodule is gone, stretch the calf muscles. Don't start running again until you can do toe raises without pain. Next, move on to skipping rope, then jumping jacks, and then gradually begin running again. You should be back to easy running in six to eight weeks.

If injury doesn't respond to self-treatment in two weeks, see a physical therapist or orthopedic surgeon. Surgery to scrape scar tissue off the tendon is a last resort, but not very effective and often just stimulates more scar tissue.

Try these alternative exercises: Swimming, pool running and cycling (in low gear). Stay away from weight-bearing exercises.

To prevent the recurrence of Achilles tendinitis, strengthen and stretch the muscles in your feet, calves and shins. A good way to do this: Sit on the floor with a weight taped or strapped to the front of one foot. Bend the knee at a 90-degree angle, with your heel resting on the floor; then lift the weight by pulling the toes toward you. Lower, and repeat. You can also do toe raises to help strengthen your calves.

Another great stretch for the Achilles is also the simplest. Stand on the balls of your feet on stairs or a curb with your legs straight. Drop both heels down and hold for a count of 10. To increase the intensity of the stretch, keep one foot flat and lower the other heel. Then switch legs.

It is wise not to run in worn-out shoes. Ease into any running program. Avoid hill work, and incorporate rest into your training schedule.

Reproduced from *Runner's World*, August 2014.

* * * *

Reducing Cancer Risk through Diet and Exercise

We are all aware of the common risk factors that may cause cancer such as smoking and excess sun exposure. Hereditary factors also have a part to play as to whether we develop cancer in our lifetime. When it comes to protecting ourselves against cancer there is evidence to show that regular physical activity and what we eat may play a part in reducing our risk for certain types of cancer.

- Maintain a healthy body, a healthy weight, and engage in regular physical activity.
- Eat plenty of fruits and vegetables. Include fruit and vegetables at every meal and limit fried vegetables. Choose bright colours and aim for a "rainbow" of different fruits and vegetables on your plate. Choose real fruit over fruit juice.
- Cruciferous vegetables such as broccoli, Brussel sprouts, cauliflower and cabbage are thought to be particularly beneficial when it comes to protecting against colon cancer.
- Ensure you have a good intake of dietary fibre. Legumes and whole grains are rich sources. Select oats and multi-grains over sweet cereals and white bread.
- Stick to lean meats – trim the fat from red meats and remove skin from chicken. Diets high in saturated and trans fats have been related to cancer in animal studies (The evidence in humans is still unclear). Include fish and poultry in your diet to help balance your red meat consumption.
- Where possible, avoid frying meat. Opt for grilling or baking. Over-cooked, crispy or 'burnt' meats that create carcinogens have been implicated as a cancer risk but this has not yet been fully proven.
- Limit alcohol intake to no more than 2 standard drinks per day.

MISCELLANEOUS

MEMBERSHIP

Our current membership is 70 members. Welcome to new member Kevin Pugh (Olympic).

* * * *

Results from 3,000m Track Walk

Newtown Park 1st November 2014

Pl.	Name	Club	Time
1	Quentin Rew	WHAC	11:47.47
2	Alana Barber	RW Akld	13:10.73
3	Stuart Hood	Trentham	16:37.29
4	*Peter Baillie	Scottish	16:42.82
5	Fraser Samson	WHAC	17:00.14
6	*Sean Lake	Scottish	17:16.69
7	Bob Gardner	Scottish	17:48.01
8	Chris Harp	Scottish	18:24.71
9	*Terri Grimmett	Scottish	18:28.44
10	John Leonard	Scottish	18:34.97
11	Ian Morton	Scottish	18:38.64
12	*Jackie Wilson	Trentham	18:53.03
13	*Barbara Morrison	Scottish	19:53.44
14	Daniel Hunt	Scottish	20:45.78
15	Arlene Wong-Tung	Scottish	20:55.94
16	Daniel Du Toit	UHAC	21:01.33
17	*Geoff Iremonger	Scottish	21:08.10
18	*Daphne Jones	Scottish	21:37.93
19	Tony Wolken	Scottish	22:41.34
20	Mandy Simpson	Scottish	23:35.16
21	Stephen Day	Scottish	23:39.68

*Donates member Wellington Masters

* * * *

Summer Scorching Triathlons

Below are the dates for the 2014/15 season.

2014:

- Sunday 21st December (a bonus new event with a triple twist!)

2015:

- Saturday 24th January
- Sunday 1st March
- Sunday 12th April (Teams Challenge).

* * * *

WEBSITE

Don't forget to have a look at our website at:

www.wellingtonmastersathletics.org.nz

* * * *

Triathlon Training Tips: The Wheel Deal

WITH ITS FOCUS on cardiovascular capacity and leg strength, cycling often comes more naturally to runners than swimming. Cycling magazine contributing editor Joe Lindsey lists some pointers on making the bike your friend.

Get fit

You'll go fastest on a nice road bike, but you can take on your first race on just about any bicycle. Above all, it needs to be the right size for you. "An ill-fitting bike can hurt your knees and waste your energy," says Lindsey, who recommends going to a local bike shop for a fitting.

Don't be a pedal masher

Runners have a tendency to ride with a low cadence in a hard gear, which wears out their legs. On the flats, aim for a cadence of 90 revolutions per minute. To ballpark your cadence, count your pedal strokes for 30 seconds and multiply that by two.

Master the quick change

You should know how to change a flat tyre before you take on a bike race. Ask a friend or a mechanic at your local bike shop to show you (or check out the demonstrations on bicycling.com). Then practice at home, when the pressure is off, so you can capably be your own mechanic.

Train for the course

Replicate the racecourse in your training. If the course is hilly, train on hills. If it's flat, train on the flats. That said, all triathletes benefit from hill work. Climbing builds strength and endurance without having to go faster.

DO THIS - (How your bike should fit and your body sit)

When your leg is extended, there should be a slight bend in your knee.

When the pedal is at 2 o'clock, drop your heel to push through the power phase of the stroke; at 7 o'clock, lift your heel to pull through the back of the stroke.

You should have a slight bend in your elbow when your hands are on the brake hoods. If you have pain or numbness in your shoulders, hands, or wrists, the reach to the handle-bars may be too long.

* * * *

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 accurate and up to date and ensures that you continue to receive your newsletter and copies of Vetline. It is also important that Club Coordinators notify the Secretary of any change of address to enable the information to keep getting out to the clubs in the Centre.

Why Racewalk?

By Dave McGovern

Racewalking has a long and varied history, both as a sport and as a recreational activity. Of course the same could be said for cliff diving, elephant polo and competitive hot-dog eating, but I wouldn't necessarily recommend that you engage in any of those pursuits. I would, however, suggest you give racewalking a try, especially if you're already walking for fitness. Why? Because racewalking can give you a much better workout than "regular" walking. Not exactly fast walking, and certainly not just slow running, racewalking offers some of the best elements of both activities.

Like running, racewalking can give you a great heart-pounding cardiovascular workout – probably much better than you could ever hope to achieve through regular walking. Don't get me wrong, walking is a great calorie burning exercise that almost anyone can do. But to burn a lot of calories, you need to walk for a long time. (And who has a lot of time to exercise?!) The low intensity of regular walking makes it a great activity for beginning exercisers, but not for people who are looking for a higher-intensity cardio workout. It's almost impossible for most walkers to get their heart rates up beyond a very light aerobic effort no matter how hard they pump their arms and stomp their feet. Walking is a terrific way to go long distances at a relatively pedestrian pace, but the technique puts a real damper on your high-end speed. If you've ever tried to fitness walk really fast you know what I'm talking about. You've probably discovered that normal walking technique breaks down and becomes pretty awkward once you get beyond about a 12-minute mile pace. In fact, most people can't walk any faster than that 12 minutes mile pace no matter how hard they try.

Racewalking removes the technique barrier and allows you to spin your wheels much faster. With racewalking you can achieve much higher heart rates and burn more calories per hour than you can with regular walking. In fact, racewalkers burn as many calories as runners and achieve comparable working heart rates.

Where racewalking differs from running is in the greatly reduced risk of injury. Because the rules of the sport require that racewalkers keep one foot on the ground at all times, they impact the ground with one-third the force of runners who leap into the air with each stride. Since racewalkers stay so low to the ground, they're much less likely to suffer the high impact injuries so common in other fitness activities. The other rule to racewalking says that walkers must keep their knees straight from the moment the heel of the advancing leg hits the ground until that leg passes directly under the body. That may sound a little strange, but the straight leg not only provides the leverage that propels racewalkers forward so quickly, it also keeps the knee safe from many of the injuries that befall so many runners.

To get an idea of what racewalking feels like, simply stand in place with your feet together and your arms held by your sides with the elbows bent at 90 degrees. Now pump your knees

forward and back while keeping your weight on your heels and your feet flat on the ground. Each time you pull your knee back, your leg will straighten under your body just as it will when you're racewalking. Now all you need to do is add some stride length by stepping forward a bit each time you pump your knee forward. Just be sure to land on your heels. If you land too flat-footed your knees will probably bend when your foot hits the ground. Concentrate on taking short, quick steps rather than long, slow strides. If you do that, you'll have an easier time keeping your knees straight, and you'll expend much less energy. As you get stronger, your stride should get longer. Try and make sure the extra stride length is behind your body; keep it short in front.

Most people can pick up the technique the way I just outlined it, but if you feel that you're not getting the hang of the straight knee, you may have to try "Frankenstein walking" until you get your knees sorted out.

Start out by walking on your heels with your toes held up. Take short steps and maintain good posture. (Full disclosure: You will look like a dork.) After you get the hang of that, allow your foot to flatten out as your body passes over it, but keep your legs stiff. Continue landing on the heels and keep your weight on your heels throughout the stride. Now just take quicker and quicker steps. Your knees will start to bend as you step forward, but that's OK. Just make sure you keep landing on your heels so the knee stays straight. Once you've got the feel of Frankenstein walking with straight knees, you can gradually make it feel more like racewalking by bending the advancing knee more and more as it drives forward.

Doing either the knee pumps or the Frankenstein walk on a very gradual (3% to 5%) hill will make it even easier to pick up the technique. And once you have it, you can get faster by pumping your arms and driving your knees more vigorously to give yourself a longer, more powerful stride.

Once you've mastered the technique, you can move beyond using racewalking to pump up your walking workouts. Not just a great form of exercise, racewalking is also a competitive sport that has been in the Olympics since 1904. Elite racewalkers can walk a 5km race in less than 20 minutes and a full marathon in just over 3 hours. It may take a while for you to get up to those speeds, but if you're ready to mix it up with some local racewalkers, many running races include competitive race walk divisions. To find out about races in your area, call into your local running store or contact a local running club.

To find out more about racewalking go to www.racewalking.org.

Dave McGovern is a member of the US National Racewalking Team and the author of *The Complete Guide to Racewalking* and *The Complete Guide to Marathon Walking*. Visit his website at www.racewalking.org.

* * * *

Now that I'm older here's what I've discovered:

The only difference between a rut and a grave is the depth.

I'd much rather be an old has been, than a never was.

We Greyhairs have Destroyed the Planet

Checking out at the supermarket, the young cashier suggested to the much older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologised and explained, "We didn't have this 'green thing' back in my earlier days."

The young cashier responded, "That's our problem today – your generation did not care enough to save our environment for future generations."

She was right - our generation didn't have the 'green thing' in its day.

Back then, we returned milk bottles, lemonade bottles and beer bottles to the shop. The shop sent them back to the plant to be washed and sterilised and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the "green thing" back in our day.

Grocery shops bagged our groceries in brown paper bags, that we re-used for numerous things, most memorable besides household bags for rubbish, was the use of brown paper bags as book covers for our schoolbooks. This was to ensure that public property (the books provided for our use by the school), was not defaced by our scribbles. Then we were able to personalise our books on the brown paper bags.

But too bad we didn't do the "green thing" back then.

We walked up stairs, because we didn't have a lift in every supermarket, shop and office building. We walked to the local shop and didn't climb into a 300 horsepower machine every time we had to go half a mile.

But she was right. We didn't have the "green thing" in our day.

Back then, we washed the baby's Terry Towel nappies because we didn't have the throwaway kind. We dried clothes on a line, not in an energy-gobbling machine burning up 3 kilowatts wind and solar power really did dry our clothes back in our early days. Kids had hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

But that young lady is right; we didn't have the "green thing" back in our day.

Back then, we had one radio or TV in the house - not a TV in every room and the TV had a small screen the size of a big handkerchief (remember them?), not a screen the size of Scotland in the kitchen.

We blended and stirred by hand because we didn't have electric machines to do everything for us.

When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap.

Back then, we didn't fire up an engine and burn petrol just to cut the lawn. We pushed the mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the "green thing" back then.

We drank from a tap or fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the "green thing" back then.

Back then, people took the bus and kids rode their bikes to school or walked instead of turning their Mums into a 24-hour taxi service in the family's \$50,000 People Carrier which cost the same as a whole house did before the "green thing."

We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances and we didn't need a computerised gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest Pub!

But isn't it sad that the current generation laments how wasteful we old folks were just because we didn't have the "green thing" back then?

Please forward this on to another selfish old person who needs a lesson in conservation from a smart ass young person...

We don't like being old in the first place, so it doesn't take much to tick us off...especially from a tattooed, multiple pierced smartass who can't work out the change without the cash register telling them how much it is!

Here endeth the lesson!



- COMING EVENTS -

2015:

Jan

10 Port of Tauranga Half Ironman Mt Maunganui
18 Ironman 70.3 - Auckland Asia-Pacific Championships Auckland Viaduct Harbour

Feb

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

27 Feb-

1 Mar 41st NZMA Track & Field Championships Tauranga

March

15 Mt Lowry Challenge - 11.75km & 22km Williams Park, Days Bay
28-29 Barfoot & Thompson World Triathlon Auckland

April

11 Sovereign Duathlon Christchurch
20 119th Boston Marathon Boston

May

2 51st Rotorua Marathon Rotorua
3 Nelson Half Marathon, $\frac{1}{4}$ Marathon and 5km Saxton Field, Stoke
24 Masters Classic Relay Trentham Memorial Park

Aug

4-16 WMA Stadia Championships Lyon, France

Oct

5-9 OMA Stadia Championships Rarotonga
14-18 ITU World Duathlon Championships Adelaide, South Australia

2016:

26 Oct-

6 Nov WMA Stadia Championships Perth, Australia

2017:

April

21-30 World Masters Games Auckland

2018:

Jan

20-27 OMA Stadia Championships Dunedin

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 2014/2015 YEAR
(1st September 2014 to 31st August 2015) = \$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., ANZ 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